



DINNER

MONDAY



RATATOUILLE

A visually stunning end-of-summer meal that is easy to prepare & can be enjoyed as a vegetarian main or as a side with a protein.

Protein ideas: [Chickpea Fritters](#), [Lemon Garlic Shrimp](#), [Whole Chicken](#)

TUESDAY



CASHEW CHICKEN

Forget about takeout! This recipe combines tender chicken, crunchy cashews, and colorful veggies in a tasty sauce, perfect over [rice](#)!

Side ideas: [Cauliflower Fried Rice](#), [Brown Rice](#), [Veggie Spring Rolls](#)

WEDNESDAY



SALMON PATTIES

This budget-friendly recipe uses canned salmon and is so full of flavor with dill, green onion and mustard and perfectly crispy.

Side ideas: [Saffron Rice](#), [Greek Salad](#), [Cheesy Lemon Orzo](#)

THURSDAY



STEAK GYROS

Made with marinated flank steak that's quickly grilled and served in pita with fresh veggies and [tzatziki sauce](#) for a seriously easy dinner!

TIP: Flank steak can be a tough meat cut, so be sure to allow for marination and cutting against the grain when serving for a tender bite.

FRIDAY



VEGETABLE LASAGNA

Use up extra veggies from the week for the veggie filling or follow the recipe as is. It's so versatile, filling, and a deliciously comforting meal!

TIP: Save some time by prepping the veggie filling the day before! Then you can just assemble and bake!

BREAKFAST

STRAWBERRY CHIA PUDDING



A healthy breakfast option or snack to enjoy between meals.

SNACK/DESSERT

FRUIT LEATHER



You can simply blend the fruit and then slowly dry it in the oven – no dehydrator needed.