



DINNER

MONDAY



LEMON CHICKEN PICATTA

This is a quick and easy healthy version of the original recipe, that's grain-free, Whole30 and Paleo, but with the same great taste!

Side dish ideas: [Garlic Roasted Potatoes](#), [Riced Cauliflower](#)

TUESDAY



PANKO CRUSTED SHEET PAN SALMON

Salmon baked with asparagus on one pan for a simple and quick meal. Serve with rice and feel free to swap out for another veggie.

TIP: Use a fork to check if the salmon is done. Gently poke the center, and if it flakes easily and looks cooked, it's ready!

WEDNESDAY



CREAMY PUMPKIN PASTA

This pasta recipe is such a cozy and delicious meal that's perfect for fall. So quick and easy to make and full of flavor!

Side dish ideas: [Olive Oil Garlic Bread](#), [Homemade Dinner Rolls](#)

THURSDAY



WHITE CHICKEN CHILI

When the weather gets colder, I get into soup and chili mode and I love that this recipe is easy, healthy, and so good!

TIP: Allow the soup to thicken completely to a chili consistency.

FRIDAY



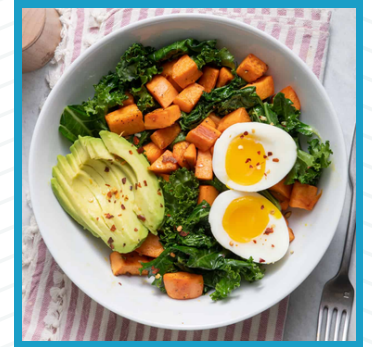
SHRIMP CAESAR SALAD

A simple salad recipe that comes together in minutes! The best part is the lightened up caesar dressing made with Greek yogurt. Yum!

TIP: Add in some diced avocado and a splash of lemon juice for even more flavor and texture!

BREAKFAST

SWEET POTATO BOWL



This healthy bowl is made with an egg, kale, & sweet potatoes - an easy vegetarian breakfast option!

SNACK/DESSERT

APPLE CRISP



The perfect fall dessert made with juicy apples, cinnamon & oat topping!