



### DINNER

MONDAY



#### **BAKED CHICKEN NUGGETS**

Making chicken nuggets from scratch is a lot easier than you might think and always a hit with the kids!

**Side dish ideas:** [Sweet Potato Fries](#), [Cheesy Cauliflower Casserole](#)

TUESDAY



#### **FETTUCCHINE ALFREDO**

I support jarred pasta sauces, but this one is just too easy to not make from scratch! Enjoy as a meal or pair veggies or another added protein!

**Protein ideas:** [Crispy Breaded Chicken](#), [Garlic Lemon Shrimp](#)

WEDNESDAY



#### **HONEY MUSTARD SALMON**

Talk about an easy dinner! Mix together the sauce ingredients, coat the salmon and bake! Just 20 minutes in the oven and it's ready!

**Side dish ideas:** [Creamy Risotto](#), [Air Fryer Cauliflower](#)

THURSDAY



#### **STOVETOP CHICKEN FAJITAS**

Bringing that sizzling fajita experience to your kitchen means you can skip the restaurant! Just grab your favorite fajita sides!

**Side dish ideas:** [Guacamole](#), [Refried Beans](#), [Cilantro Lime Rice](#)

FRIDAY



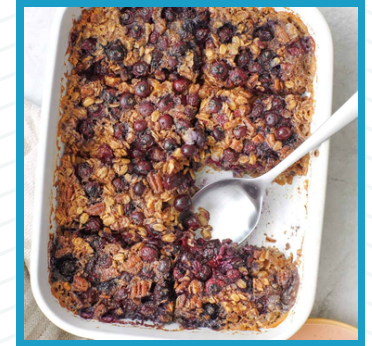
#### **CORN CHOWDER**

This recipe is packed with veggies and is creamy and tangy, not from cream, but from Greek yogurt! You can use fresh or frozen corn.

**TIP:** Use room-temperature yogurt. This will ensure it blends smoothly into the soup!

### BREAKFAST

#### **BLUEBERRY BAKED OATMEAL**



Mixes up right in the baking dish, going from prep to oven in minutes. Perfect for busy mornings!

### SNACK/DESSERT

#### **BROWNIE BITES**



Fudgy, chewy and a perfect bite-sized snack.

**Tip:** Double the batch, they're going to go fast!