



DINNER

MONDAY



APPLE WALNUT SALAD

A flavor and ingredient loaded fall-inspired salad that's vegan, nutrient dense and vibrant - perfect as a meal or side salad!

TIP: Toast quinoa before cooking it in water to bring out the nuttiness for a more flavorful salad. Check out my tips for [cooking quinoa](#).

TUESDAY



CREAMY PESTO CHICKEN

An easy, healthy weeknight meal that's ready in less than 30 minutes! If you have any extra pesto, freeze it or use for the pesto egg breakfast!

Side dish ideas: [Lemon Rice](#), [Cauliflower Rice](#), [Zoodles with Pesto](#)

WEDNESDAY



ROASTED SALMON IN BUTTER

The salmon recipe has a delicious butter herb sauce and paired with asparagus for a meal ready in 20 minutes.

Side dish ideas: [Smashed Herbed Potatoes](#), [Cherry Tomato Pasta](#)

THURSDAY



INSTANT POT SPAGHETTI & MEATBALLS

I'm always looking for new recipes to use my Instant pot for, but don't worry if you don't have an IP! Try my [stove top version](#) instead!

TIP: To make this faster, you can make a batch of my meatballs and freeze them to use here, or buy a 16-ounce bag of frozen meatballs.

FRIDAY



TUNA MELT STUFFED PEPPERS

Just like tuna salad, this recipe comes together fast! Just fill up your peppers and let the oven do the work.

TIP: Par cook the peppers for about 15 minutes before filling with the tuna mixture so they are nice and tender before warming the tuna.

BREAKFAST

PESTO EGGS



A [TikTok inspired](#) recipe made with 4 ingredients and ready in just 10 minutes!

SNACK/DESSERT

PUMPKIN SNICKERDOODLES



Chewy, full of warm Fall spices, easy to make, and sure to be your new favorite pumpkin recipe!