



### DINNER

MONDAY



#### HOMEMADE LASAGNA

A recipe the whole family loves! The layered pasta, tangy marinara, and melted cheese are delicious comfort food that is hard to beat.

**TIP:** Prepare your lasagna on Sunday afternoon so you can easily pop it in the oven on Monday evening!

TUESDAY



#### GROUND BEEF BURRITOS

Stuffed with meat, beans, and rice and rolled tight in a flour tortilla. To get them to hold together, pan sear and serve with all the things!

**Side dish ideas:** [Guacamole](#), [Corn Tomato Avocado Salad](#)

WEDNESDAY



#### CHICKEN WILD RICE SOUP

My one-pot soup is a cozy, healthier option using beans for thickening instead of cream. Great meal prep and freezing for quick meals.

**TIP:** Don't skip toasting the rice before adding the cooking liquid; those 1-2 minutes of browning add so much flavor!

THURSDAY



#### FRIED CHICKEN PARM SALAD

Thin chicken coated in breadcrumbs and air-fried until golden and crispy. If you use the oven instead, bake them at 350°F for 25 min.

**Side dish ideas:** [Roasted Broccolini](#), [Cheesy Lemon Orzo](#)

FRIDAY



#### PESTO FLATBREAD PIZZA

Ricotta and mozzarella come together for a cheesy, easy flatbread pizza topped with [pesto](#) and sliced tomatoes, ready in just 15 minutes!

**Tip:** Par-bake your flatbread for an extra crispy crust before adding the toppings.

### BREAKFAST

#### FRUIT & YOGURT PARFAIT



Keep breakfast simple with a classic layered parfait with fruit and crunchy granola!

#### SNACK/DESSERT

#### PEANUT BUTTER BLOSSOMS



Soft and chewy cookies topped with a Hershey's kiss!