



## DINNER

MONDAY



### LENTIL KALE SOUP

A hearty vegan recipe that's easy to throw together with green lentils, onions, celery, carrots, and kale – 13 grams of protein/serving!

**TIP:** I like to use green lentils in this soup as they hold their shape really well when cooked, unlike red lentils which can get mushy.

TUESDAY



### BAKED BALSAMIC CHICKEN

This baked chicken is SIMPLE! Prep the chicken, mix the sauce, and toss everything in a baking dish!

**Side dish ideas:** [Sauteed Green Beans](#), [Cacio e Pepe](#)

WEDNESDAY



### AIR FRYER SALMON BITES

Salmon is coated with a yummy seasoning blend, oil, and air-fried until crispy. Served over a bowl of rice and vegetables for a complete meal.

**Side dish ideas:** [Cilantro Lime Rice](#), [Air Fried Broccoli](#), [Rice](#)

THURSDAY



### CHICKEN STUFFED ZUCCHINI BOATS

Quick and easy to make for a healthy weeknight meal. Stuffed with chicken in marinara and topped with cheese for a filling low-carb meal.

**Side dish ideas:** [Tabbouleh Salad](#), [Cauliflower Rice](#)

FRIDAY



### PASTA BOLOGNESE

This kid-friendly version is made without red wine but still packed with rich flavor, veggies, and a touch of nutmeg!

**TIP:** The longer the pasta sauce simmers, the better it gets! Give it at least 30 minutes, but 2 hours would be \*chef's kiss\*!

## BREAKFAST

### BAKED CRANBERRY OATMEAL



Such a delicious way to use cranberries for a holiday-baked breakfast and warm up a chilly winter morning.

## SNACK/DESSERT

### GINGERBREAD CAKE



Perfectly spiced & topped with brown sugar whipped cream. Perfect for the season!