



DINNER

MONDAY



EGGPLANT STEW

It's quick, easy, and ready in just 30 minutes made with chickpeas in a zingy harissa tomato base. You can pack up any leftovers for a quick lunch and pair with a [light salad](#).

Side dish ideas: [Homemade Pita Bread](#), [Garlic Cheese Bread](#)

TUESDAY



CHICKEN LETTUCE CUPS

Save leftovers for lunch and add some leftover harissa paste from the eggplant stew for added flavor. Try it in a wrap, on top of a salad, or a warm grain!

Side dish ideas: [Bulgur Pilaf](#), [Fried Rice](#)

WEDNESDAY



STUFFED SALMON

Stuffed with Greek yogurt and Mediterranean flavors, this recipe only takes 20 minutes, perfect for a weeknight dinner on the table fast!

Side dish ideas: [Air Fryer Asparagus](#), [Spicy Potatoes \(Batata Harra\)](#)

THURSDAY



BAKED CHICKEN MEATBALLS

Juicy, tender, and full of garlicky flavor - these meatballs are a delicious addition to pasta and sides for a rounded dinner!

Side dish ideas: [Cacio e Pepe](#), [Pasta with Cherry Tomatoes](#)

FRIDAY



STEAK SALAD

This steakhouse Steak Salad is topped with blue cheese, avocados, tangy pickled onions, and a quick homemade balsamic dressing!

TIP: Cook steak to your preferred doneness. 2 minutes on each side for a rare, 3-4 minutes for med-rare, and 4-6 minutes for med-well.

BREAKFAST

AVOCADO TOAST



One avocado makes 4 toasts! Just add your favorite style egg on top.

SNACK/DESSERT

PEANUT BUTTER COOKIES



Just one bowl and 3 simple ingredients!