



DINNER

MONDAY



SKILLET CHICKEN WITH COUSCOUS

Comes together in a single pan with just 10 minutes of prep and 30 minutes of cooking time.

TIP: Use a heavy bottom skillet for best results.

TUESDAY



EASY BAKED SPAGHETTI

This is a budget-friendly big family meal that can easily be doubled! You can also add in some ground beef before baking for a heartier dish! Just remember to add any extra ingredients to your grocery list!

Side dish ideas: [Garlic Cheese Bread](#), [Kale Caesar Salad](#)

WEDNESDAY



CHICKEN VEGETABLE SOUP

So cozy and comforting, this soup is packed with zucchini, carrots, celery, and chicken in a warm broth, and a burst of citrusy flavor!

TIP: Use up any leftover chicken from Monday's dinner.

THURSDAY



UNSTUFFED PEPPERS

They have all the flavor and texture of traditional stuffed peppers but require less mess and less time to make.

TIP: Use a different protein like chicken, turkey, or lamb. For a vegetarian option, use more veggies and toss in some chickpeas!

FRIDAY



RED CURRY SHRIMP WITH COCONUT

End the week with an easy, flavorful meal full with easy prep and ready in just 30 minutes! Serve over white rice or cauliflower rice.

TIP: Freeze leftover curry paste in a zip-top bag, creating 1-tablespoon portions by pressing indents with a knife. Then break off when needed!

BREAKFAST

HONEY OAT GRANOLA BARS



With 12 bars in this recipe that you can enjoy all week long! Or double the batch to freeze for later!

SNACK/DESSERT

3 INGREDIENT CHIA PUDDING



Easy, wholesome, and you can make it taste like whatever you're craving! I have so many variations to try!