



DINNER

MONDAY



SESAME SHRIMP WITH BROCCOLI

This Sesame Shrimp with broccoli is an easy one pan meal perfect for weeknights. It's a low carb quick dinner ready in 20 minutes!

Side dish ideas: [Cauliflower Rice](#)

TUESDAY



POTATO TUNA CAKES

This budget-friendly recipe uses canned tuna and simple ingredients to create a meal in under 30 minutes and they really are so good!

Side dish ideas: [Roasted Broccolini](#), [Cauliflower Salad](#)

WEDNESDAY



CHICKEN BARLEY SOUP

So easy to throw together just like chicken noodle soup, but instead of pasta, we're using barley - a whole grain that is high in fiber.

TIP: Use bone-in, skin on chicken breast or thighs. It will give the soup a ton of flavor, like it simmered all day!

THURSDAY



BEEF AND BROCCOLI STIR FRY

Thinly sliced beef and tender-crisp broccoli cooked in a gingery soy-based sauce for a better-than-takeout meal!

Side dish ideas: [White Rice](#) or [Basmati Rice](#)

FRIDAY



AIR FRYER CHICKEN WINGS

A healthier way to prepare wings without deep frying or a long oven cook time. They're crisp on the outside and perfectly tender.

TIP: Cook in batches to avoid overcrowding the basket. You can stand them upright to give you some extra room if needed.

BREAKFAST

PB BANANA BAKED OATMEAL



Easy to make with minimal prep, it's a delicious make ahead breakfast that can be enjoyed on busy mornings.

SNACK/DESSERT

APPLE CHIPS



Simple and easy to make, you can dehydrate your apple chips in your oven or in the air fryer.