



DINNER

MONDAY



CREAMY PESTO CHICKEN

32g

You can make this recipe in 30 minutes with only few ingredients - plus you can use any leftover pesto for breakfast eggs!

Side dish ideas: [Lemon Pasta](#), [Zoodles](#), [Cauliflower Rice](#)

TUESDAY



BEEF CHILI

32g

Unlike a lot of chili recipes, this one comes together quickly (not gonna take hours of simmering to get max flavor)!

TIP: Swap the protein. I like the taste of lean ground beef in this recipe, but you could easily swap it for ground chicken or turkey.

WEDNESDAY



SHRIMP LO MEIN

21g

So easy to make and tastes just as good as takeout with shrimp, veggies, and noodles tossed in the best sauce!

TIP: The onions might take a little longer to cook, but I promise it's worth the effort! And then everything else comes together super quick.

THURSDAY



ALMOND CRUSTED CHICKEN

29g

Crunchy and juicy, ready in 30 minutes with only a few ingredients. If you haven't tried nuts for coating your chicken, it's a must-have!

Side dish ideas: [Creamy Risotto](#), [Green Beans](#)

FRIDAY



STUFFED SALMON

37g

Stuffed with Greek yogurt, sun-dried tomatoes, spinach, and olives, this is so easy to make. Make the filling, stuff the salmon, and bake!

Side dish ideas: [Air-Fried Asparagus](#), [Greek Orzo Salad](#)

BREAKFAST

PESTO EGGS

32g



Creamy ricotta combined with pesto and eggs is ready in under 10 minutes for a solid morning protein boost!

SNACK/DESSERT

PEANUT BUTTER CUPS

12g



Two peanut butter cups have 12 grams of protein—perfect for a quick snack!