



DINNER

MONDAY



RED LENTIL CHICKEN SOUP

This vibrant red lentil soup takes inspiration from my [crushed lentil soup](#), with a flavorful spice blend and added protein from chicken!

Side dish ideas: [Fattoush Salad](#), [Cheese Fatayer](#)

TUESDAY



MEDITERRANEAN COUSCOUS WITH SHRIMP

A healthy and easy one-pot weeknight meal that's also meal prep friendly whether you're making ahead of time or reusing leftovers!

TIP: Check out my tips on [how to cook three types of couscous](#).

WEDNESDAY



SHISH TAWOOK

My mom's recipe for juicy chicken marinated in yogurt, lemon, and garlic and cooked on a skewer! Serve in a warm pita with [garlic toum](#) sauce and [pickled turnips](#) with a side of [Lebanese rice](#)!

TIP: Marinade the chicken for at least 4 hours for the best flavor!

THURSDAY



HUMMUS WITH GROUND BEEF

This popular Lebanese dish combines creamy hummus with ground beef ([hashweh](#)) and pine nuts and is served with pita or [pita chips](#)!

TIP: Hummus lasts for a week in the fridge and can be made ahead of time! Double the recipe to serve 4 for dinner (as listed in grocery list)

FRIDAY



STUFFED SALMON

Stuffed with Greek yogurt and Mediterranean flavors, this recipe only takes 20 minutes to make, perfect for a quick weeknight dinner!

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

BREAKFAST

DATE SHAKE



Naturally sweet and easy to whip up in a high-speed blender!

SNACK/DESSERT

PISTACHIO PUDDING



Dairy-free and naturally bright green! Just be sure to use raw shelled pistachios!