



DINNER

MONDAY



SPINACH FETA STUFFED CHICKEN

Stuffing a chicken breast with a blend of cheese, veggies, and spices is the ultimate way to load it up with more flavor!

Side dish ideas: [Batata Harra](#) (spicy potatoes), [Air Fried Cauliflower](#)

TUESDAY



STOVETOP BEEF STEW

Hearty, comforting and made in one pot, this stew is full of tender flavorful beef with minimal prep for an easy and delicious family meal!

TIP: Sear the beef well which really helps to lock in the flavor!

WEDNESDAY



TABBOULEH SALAD W/ HUMMUS CHICKEN

This classic Lebanese salad features fresh herbs, tomatoes, and bulgur, pairing perfectly with hummus-crust chicken!

TIP: Wait until right before serving to toss the dressing with the herbs and veggies so it's nice and fresh!

THURSDAY



ONE PAN SHRIMP AND RICE

I love one-pan meals and cooking everything together for a well-balanced dish that's ready in just 30 minutes!

TIP: If you've seen my [rice cooking tutorial](#), I recommend a 2:1 water to rice ratio, but with the vegetables, you'll need less water.

FRIDAY



VEGAN CAULIFLOWER PITA SANDWICHES

This recipe is a great way to use any leftover ingredients, like tomatoes and lettuce from the week. Have some extra tabbouleh? Just spoon it into the pita for a burst of fresh, herby flavors!

Side dish ideas: [Quinoa Avocado Salad](#), [Red Cabbage Slaw](#)

BREAKFAST

GREEN SHAKSHUKA



Perfectly cooked eggs on top of tender leafy greens topped with crumbled feta!

SNACK/DESSERT

STUFFED DATES



The grocery list includes filling for the peanut butter & chocolate. Check out the full recipe for more fillings!