



DINNER

MONDAY



VEGETARIAN PAD THAI

Rice noodles, crispy tofu, and fresh vegetables all brought together with a sauce that is the right balance of sweet, tangy, and spicy.

TIP: Make sure to press the tofu properly for the best crispy texture either with a tofu press or my method of using using a heavy pan!

TUESDAY



POACHED SALMON

Salmon fillets poached in a high-sided pan with vegetable broth, lemon slices, shallots and fresh dill. Easy and ready in under 20 min.

Side dish ideas: [Asparagus](#), [Hollandaise Sauce](#), [Roasted Potatoes](#)

WEDNESDAY



MEDITERRANEAN KALE & FARRO SALAD

Serve this salad cold or warm with just 5 main ingredients! Perfect on it's own, or serve it with a protein like [Shish Tawook](#) or [Garlic Shrimp!](#)

TIP: Massage the kale with the dressing to tenderize the leaves for a more enjoyable bite.

THURSDAY



PAN SEARED FISH

White fish is one of the easiest fish to cook and takes just minutes on the stove. Choose a white fish like halibut, cod or haddock.

Side dish ideas: [Green Beans](#), [Risotto](#), or leftover kale farro salad!

FRIDAY



PISTACHIO PASTA

Pistachio ½ cup of pistachios into a delicious pasta sauce made with basil, green onions, garlic, and milk, along with your choice of pasta.

TIP: Toast the pistachios lightly before blending them into the pesto. It brings out their natural oils and makes the sauce even better!

BREAKFAST

SCRAMBLED OATS



16 grams of protein + 10 grams of fiber! Now that's a good breakfast.. *and that's without toppings!*

SNACK/DESSERT

LEMON BLUEBERRY MUFFINS



This is the perfect mid-day snack, and you can keep it covered on your counter for the whole week!