



DINNER

MONDAY



GREEK YOGURT MAC AND CHEESE

A lighter, protein-rich version (30 grams per serving!) with cheesy goodness and tangy flavor! Great on its own or with another dish.

Side dish ideas: [Salmon Bites](#), [Steak Tips](#), [Chicken Tenders](#)

TUESDAY



OVEN BAKED CHICKEN AND RICE

The best part of this recipe is that everything goes into one dish. Just add the rice ingredients and seasoned chicken, then bake!

Side dish ideas: [Sauteed Green Beans](#), [Roasted Carrots](#)

WEDNESDAY



SPANAKOPITA

Baked in a casserole dish with a phyllo dough crust, and a filling made with frozen spinach, feta, onions, and just 30 minutes of active time!

TIPS: Drain the spinach well to remove extra moisture and prevent the phyllo from becoming soggy.

THURSDAY



GARLIC BUTTER SHRIMP

I always keep a bag of frozen shrimp in the freezer because it thaws quickly in cool water and is a great option for last-minute dinners!

Side dish ideas: [Cacio e Pepe](#), [Roasted Broccolini](#)

FRIDAY



LAMB MEATBALLS

Made with ground lamb and full of Mediterranean flavor and served with an easy mint tzatziki sauce!

Side dish ideas: [Lemon Rice](#), [Tomato Cucumber Salad](#)

BREAKFAST

EGG SRATA



A great make-ahead dish! All ingredients blend into a soft, cheesy egg casserole ready for baking in the morning!

SNACK/DESSERT

CARROT CAKE



An easy sheet pan cake that's perfect for Easter or weeknight dessert!