



### DINNER

MONDAY



#### LEMON PASTA

This pasta is a light vegetarian meal to start your week, or use it as a base for a complete meal with added veggies, shrimp, or chicken!

**TIP:** Cook pasta al dente since you'll toss it with sauce and don't toss pasta water! Add half a cup to the pan to help coat the spaghetti.

TUESDAY



#### STEAK BITES

You don't have to go all out for a nice steak dinner! These steak tips cook in minutes and pair with just about anything!

**Side dish ideas:** Air Fryer Baby Potatoes, Roasted Zucchini

WEDNESDAY



#### SPINACH STRAWBERRY SALAD

An easy salad paired with a simple basil vinaigrette makes weeknight dinner easy, along with any leftover protein you might have!

**Protein ideas:** *leftover steak bites*, Shrimp Skewers, Shredded Chicken

THURSDAY



#### COTTAGE CHEESE PIZZA

Pizza dough is easy to make and extra tasty (with 21 grams of protein) thanks to cottage cheese as the base. Add your favorite sauce, cheese, and toppings!

**Note:** *The grocery list is for a double batch (4 servings) and does not include optional toppings.*

FRIDAY



#### PAN SEARED SALMON

Start your sides first because this salmon cooks in just 10 minutes! I love serving it over fluffy rice with creamed spinach.

**TIP:** Pat salmon dry with a paper towel to remove excess liquid for a better sear.

### BREAKFAST

#### BROCCOLI CHEESE QUICHE



Enjoy this easy quiche for Sunday brunch or make ahead for breakfast during the week.

### SNACK/DESSERT

#### VANILLA CUPCAKES



Topped with cream cheese frosting, this is perfect for Mother's Day and easy for beginner bakers!