



## DINNER

MONDAY



### **BLACK BEAN BURGER**

A win for meatless Monday! This vegetarian burger mixes roasted beans with salsa & pantry staples for a hearty, protein-packed patty. Top it your way!

**TIP:** Check out my full list of the [best sides to serve with burgers!](#)

TUESDAY



### **SALMON TACOS WITH SLAW**

We love taco night (my kids beg for it every week!) and these salmon tacos are so good with the best crispy blackened seasoning.

**Side Dish Ideas:** [Fish Taco Slaw](#) *ingredients included in grocery list*

WEDNESDAY



### **CHICKEN KAFTA**

This Middle Eastern “meatball” is made with ground chicken and spices and shaped into sausage-like logs on skewers instead of balls, or into patties without skewers.

**Side dish ideas:** [Lebanese Rice](#), [Tabbouleh](#), [Garlic Sauce](#)

THURSDAY



### **SHRIMP SCAMPI WITH ZOODLES**

This shrimp scampi is a full meal and full of healthy ingredients, tons of flavors of the traditional dish, but lighter in calories and fat.

**TIP:** For picky eaters, mix zoodles with spaghetti and peel the green skin so it blends in and adds extra veggies.

FRIDAY



### **LEMON CILANTRO CHICKEN**

This chicken is full of my favorite Lebanese flavors—cilantro, lemon, & garlic—marinated and seared, then served with your favorite sides.

**Side dish ideas:** [Fluffy Bulgur](#), [Lebanese Cabbage Salad](#)

## BREAKFAST

### **BANANA PANCAKES**



Easy to make, naturally sweet & make the best freezer-friendly pancakes.

## SNACK/DESSERT

### **LEMON PUDDING**



Fresh and bright, this easy summer dessert made with real lemon will make you forget store-bought pudding!