



DINNER

MONDAY



PASTA WITH PEAS

My kids love this colorful pasta using frozen peas. Just 25 minutes, and you can reuse the pasta pot for the sauce for a one-pot meal.

TIP: Thaw peas before use to avoid a watery sauce. You can quickly thaw by placing in a sieve under cold running water for a few minutes.

TUESDAY



SOUTHWEST QUINOA SALAD

Quinoa is not just a boring side dish; it's a hearty, healthy base for salads, and that's exactly what this salad is!

TIP: Double up on the quinoa and roasted sweet potatoes to use in the Buddha bowl later in the week for a quick dinner.

WEDNESDAY



SMASH FALAFEL PITA

If you've never tried falafel before, this is such a great way to try the recipe without forming them into balls and frying them. Make sure to make my [Tahini Sauce](#), and you can freeze any leftover falafel batter!

Side dish ideas: [Fattoush Salad](#), [Tabbouleh Salad](#)

THURSDAY



ASIAN NOODLE SALAD

Full of fresh colorful vegetables and tossed in a spicy creamy nutty dressing; it makes for a great make-ahead meal!

Add-on ideas: [Air Fryer Tofu](#), [Steamed Edamame](#)

FRIDAY



VEGAN BUDDHA BOWL

Buddha bowl is a one-bowl meal with grains, vegetables and plant-based proteins. Mine is colorful and yummy with a tahini dressing!

TIP: This bowl is truly versatile and a great way to use leftovers in your fridge so don't worry about sticking to the recipe too much.

BREAKFAST

AVOCADO SMOOTHIE



The blend of coconut water, pineapple and lime juice with creamy avocado is pure tropical goodness!

SNACK/DESSERT

STRAWBERRY CHIA PUDDING



With 10 g of protein and 10 g of fiber, it's the kind of snack you'll feel so good about!