



DINNER

MONDAY



GRILLED PORTOBELLO MUSHROOMS

These balsamic marinated mushrooms are as juicy and meaty as a vegan burger and perfect for Meatless Mondays!

Serving ideas: On a bun with [guacamole](#) or [pickled red onions](#) -or- On top of [fettuccine alfredo](#) or [lemon rice](#)

TUESDAY



MEXICAN STREET TACOS

Made with marinated skirt steak, inside a corn tortilla, and topped with cilantro and onions. They come together in under 10 minutes!

Side Dish Ideas: [Street Corn Salad](#), [Cilantro Lime Rice](#)

WEDNESDAY



CHICKPEA BURGER

These vegetarian burgers are easy to make with canned chickpeas, oats, parsley, sun-dried tomatoes & feta!

TIP: Don't over-process the patty mixture. You still want to see chunks of feta and sun-dried tomatoes! **Here are some [burger side ideas](#)!**

THURSDAY



SPAGHETTI & MEATBALLS

This classic always wins over my family. Garlic and parsley meatballs simmered in marinara, served over al dente pasta. So good!

TIP: Boil your spaghetti until it's just al dente. It'll soak up more sauce and keep that perfect texture when you mix it all together.

FRIDAY



AIR FRYER SHRIMP

Air frying shrimp is just too easy! Just toss the shrimp with oil and seasonings, put in the basket and they're done in under 10 minutes!

Side dish ideas: [Cabbage Slaw](#), [Caesar Salad](#), [Lemon Pasta](#)

BREAKFAST

DRAGON FRUIT SMOOTHIE



Just 4 simple ingredients for this pretty pink protein smoothie to start your day!

SNACK/DESSERT

CHERRY COBBLER



Wondering what to make with cherries this summer? Put this cherry cobbler at the top of your list!