



DINNER

MONDAY



VEGGIE SPAGHETTI

I love a good one pot meatless Monday meal! This spaghetti is full of colorful vegetables, a simple tomato sauce, and ready in 30 mins!

TIP: Keep the pasta moving to prevent the pasta from sticking.

TUESDAY



SHRIMP FAJITAS

Shrimp, peppers & onions, and a quick avocado salsa makes taco night extra special & super easy. It goes great with any taco sides!

Side dish ideas: [Cilantro Lime Rice](#), [Street Corn Salad](#)

WEDNESDAY



CHICKEN BROCCOLI CASSEROLE

No pre-cooking required! Just mix chicken, broccoli, rice and cheese in the baking dish, cover and let the oven do the rest!

TIP: Tightly cover the baking dish so that you don't lose any moisture and can cook the rice through evenly.

THURSDAY



GROUND BEEF STIR FRY

The sauce is simple, the veggies are flexible depending on what you have, and cooks just 10 minutes!

Side dish ideas: [White Rice](#), [Toasted Sesame Seeds](#)

FRIDAY



AIR FRYER CHICKEN

This crunchy chicken is easy to make, uses less oil, and stays juicy and tender. Don't have an [air fryer](#)? Try this [pan-fried](#) recipe instead!

Side dish ideas: [Fried Potatoes](#), [Caesar Salad](#), [Green Beans](#)

BREAKFAST

FRENCH TOAST STICKS



These are perfect for back to school mornings when you need something fast!

SNACK/DESSERT

MINI BANANA MUFFINS



Just the right size for snacking & packing lunch boxes or after school treats!