



DINNER

MONDAY



SWEET POTATO CHILI

This chili is sweet, smoky, and packed with protein and fiber. You can have a pot of chili ready in under an hour with just 10 minutes of prep!

TIP: Looking to thicken your chili? While it cooks, mash some of the beans and/or potatoes against the pot's side for a heartier texture.

TUESDAY



BUFFALO WINGS

This recipe starts with seasoned flats and drumettes that are air-fried until crispy, then tossed in a tangy buffalo sauce.

Side dish ideas: [Sweet Potato Fries](#), [Coleslaw](#)

WEDNESDAY



CHICKEN LO MEIN

This is a must-try recipe for anyone who loves Chinese takeout and wants to make a simple, delicious version at home!

TIP: Stir-fry works best with high heat and fast cooking! Make sure your pan's hot so everything cooks evenly and the veggies stay crisp.

THURSDAY



COTTAGE CHEESE LASAGNA

Lasagna is always a hit with my family, and this recipe replaces ricotta with cottage cheese while still including all the classic layers.

Side dish ideas: [Garlic Knots](#), [Garden Salad](#)

FRIDAY



BBQ GRILLED SHRIMP

It takes less than 10 minutes to make these shrimp skewers in a grill pan or on the grill!

Side dish ideas: [Macaroni Salad](#), [Veggie Skewers](#)

BREAKFAST

COTTAGE CHEESE BAGELS



Self-rising flour + cottage cheese...that's it! You can make them in an air fryer or in the oven.

SNACK/DESSERT

YOGURT CHIA PUDDING



Just 4 simple ingredients! This is your new go-to for a make ahead breakfast or a quick afternoon snack.