



DINNER

MONDAY



LENTIL SOUP

21g

Simple yet delicious, made with green lentils, onion, carrot, celery, and a squeeze of lemon. It's a Meatless Monday hit!

TIP: For a creamier soup, use an immersion blender to blend some of the lentils and veggies into the broth.

TUESDAY



HARISSA CHICKEN

32g

This spicy chicken uses a sweet, smoky red chili pepper paste as a marinade and is then seared in a skillet.

Side dish ideas: [Naan](#), [Greek Yogurt Sauce](#), [White Rice](#)

WEDNESDAY



SPAGHETTI SQUASH LASAGNA

34g

Spaghetti Squash Lasagna lets you enjoy all the classic flavors without the pasta - it's a low-carb, gluten-free, and keto-friendly recipe!

Side dish ideas: [Caprese Salad](#), [Garlic Cheese Bread](#)

THURSDAY



CHICKEN CRUST PIZZA

48g

When you're craving pizza but want to cut back on carbs, simply blend chicken, spices, and cheese, bake the crust, then add all the toppings!

TIPS: Remove excess moisture from the chicken before processing to avoid a soggy crust.

FRIDAY



PISTACHIO CRUSTED SALMON

41g

The pistachio crust on this salmon is so flavorful, made with lemon and dill. Bake on a sheet pan and it's ready in 20 minutes!

Side dish ideas: [Lemon Rice](#), [Baked Asparagus](#)

BREAKFAST

COTTAGE CHEESE SCRAMBLED EGGS

17g



Adding cottage cheese to your eggs adds extra protein and makes them so creamy!

SNACK/DESSERT

CHEESE CRISPS

7g



Just 4 cheese crisps has 7 grams of protein and made with just 1 ingredient - CHEESE!