

MONDAY



20g

Feta Spaghetti Squash

Tip:
Microwave the squash for 5 minutes before cutting to soften it, making it easier to halve.

TUESDAY



25g

Ground Beef Tacos

Side dish ideas:

- Guacamole
- Cilantro Lime Rice

WEDNESDAY



32g

Chicken Lettuce Wraps

Side dish ideas:

- Air Fryer Potatoes
- Asian Noodle Salad

THURSDAY



28g

Teriyaki Beef Stir Fry

Side dish ideas:

- Basmati Rice
- Cauliflower Fried Rice

FRIDAY



23g

Lemon Garlic Shrimp

Side dish ideas:

- Lemon Pasta
- Sauteed Spinach

SNACK/DESSERT



09g

No Bake Energy Bites

Tip:
Add a scoop of protein powder and adjust the PB or water so they're not too dry.

