



DINNER

MONDAY



ONE PAN PASTA

The pasta is cooked with the sauce & veggies all in one pan which means one less pan for a quicker dinner on the table & faster clean-up.

Protein ideas: [Baked Chicken Meatballs](#), [Grilled Shrimp Skewers](#)

TUESDAY



GRILLED LAMB KABOBS

Lamb chunks are marinated in a simple Mediterranean sauce for a delicious summer grilling recipe, perfect for a cookout!

TIP: If lamb isn't available, you can swap it for [beef](#) or [chicken](#)!

WEDNESDAY



CHICKEN PARM SANDWICH

These chicken parm sandwiches are easy to make in the oven and ready in under 30 minutes! A fun handheld option to a classic dinner!

Side dish ideas: [Zucchini Tater Tots](#), [Caprese Salad with Tomato](#)

THURSDAY



PESTO ZOODLES WITH MEATBALLS

This summery recipe pairs well with meatballs, & I have 3 versions to choose from! Sauté the meatballs, then cook the zoodles for an easy one-pan meal. Just add the meatball ingredients to your grocery list!

Protein ideas: [Vegan Meatballs](#), [Chicken Meatballs](#), [Beef Meatballs](#)

FRIDAY



SALMON BURGERS

Add another summer-friendly dish to your menu with these grilled fish burgers, perfect for outdoor barbecues or indoor grill pans.

Side dish ideas: [Corn Avocado & Tomato Salad](#), [Grilled Baby Potatoes](#)

BREAKFAST

CAULIFLOWER WAFFLES



A low carb waffle idea that is grain-free, crispy & cheesy - perfect with fried eggs for a new breakfast!

SNACK/DESSERT

PEANUT BUTTER CUPS



Just 4 simple ingredients - they're easy to make & you'll love knowing exactly what is going in to your dessert!