



### DINNER

MONDAY



#### PASTA IN YOGURT SAUCE

This vegetarian pasta is like a thick Lebanese alfredo with toasted pine nuts. Save some pasta water to thin down the sauce if needed.

**Side dish ideas:** [Roasted Vegetables](#)

TUESDAY



#### AIR FRYER FALAFEL

Skip the deep fryer and try falafel in the air fryer! It's crispy and full of all the best herby flavors. Serve in a pita or on a salad.

**TIP:** Don't have an air fryer? You can also baking them at 350°F for 20-25 minutes, flipping halfway through.

WEDNESDAY



#### CRUSHED LENTIL SOUP

Lentils, rice, and carrots are blended together into a creamy soup that is filling and easy to make for a quick dinner.

**TIP:** If you want an extra protein boost, toss in a can of cannellini beans or a high-protein vegetable, like corn (17 grams in just one cup!).

THURSDAY



#### HUMMUS BOWL

Easy and quick to make, this is a great healthy and filling meal that's made with quinoa, fresh vegetables and homemade hummus.

**TIP:** add any leftover Falafel for an extra layer and added protein!

FRIDAY



#### MEDITERRANEAN RICE SALAD

This salad is all about fresh, bold flavors. It's just so refreshing and perfect for a light meal, full of cucumbers, tomatoes, and olives.

**Protein ideas:** [Roasted Chickpeas](#), [Crispy Tofu Bites](#)

### BREAKFAST

#### EJJEH (LEBANESE OMELETTE)



A cross between an omelette and fritter full of herbs and Middle Eastern spices!

### SNACK/DESSERT

#### LEBANESE FRUIT COCKTAIL



Chopped fresh fruit in rose water infused strawberry juice with creamy [ashta](#), chopped nuts and honey.