



DINNER

MONDAY



LEBANESE FATTOUSH SALAD

An authentic fresh and bright salad made with seasonal vegetables and topped with the iconic fried pita bread! Pair it with your favorite protein and be sure to update your grocery list!

Protein ideas: [Chicken Tawook](#), [Beef Kafta](#)

TUESDAY



CHICKEN FATTEH

This authentic Lebanese recipe is an amazing combination of yogurt, spiced [shredded chicken](#), chickpeas, [toasted pine nuts](#) & pita bread!

Side dish ideas: [Vermicelli Rice](#), any leftover [Fattoush Salad](#)

WEDNESDAY



HARIRA

This Moroccan-inspired soup is loaded with chickpeas, lentils, and vermicelli in a spiced tomato broth. It's so filling and is vegetarian!

TIP: While I like this soup vegetarian, you could brown cubed lamb or chicken breasts or thighs before cooking the veggies

THURSDAY



MEDITERRANEAN GROUND BEEF & RICE

The base of this recipe is [hashweh](#), or ground beef with onions and spices. I made it a full meal with rice and chickpeas all in one pan!

Side dish ideas: [Tabbouleh Salad](#), [Roasted Cauliflower with Tahini](#)

FRIDAY



SAYADIEH *FISH & RICE*

Deeply spiced rice, caramelized onions, and golden flaky cod—all topped with crunchy toasted almonds. So easy, so good!

Side dish ideas: [Tahini Sauce](#), [Lebanese Cabbage Salad](#)

BREAKFAST

BLENDED OVERNIGHT OATS



My classic overnight oats blended into a smooth creamy version.. so good!

SNACK/DESSERT

ROASTED CHICKPEAS



A quick snack made in either the air fryer or oven and 4 seasonings to try!