



DINNER

MONDAY



LENTIL CAKES

The creamy lemony dill yogurt dip is a must and you can serve them in pita, as burgers with toppings, or on top of a salad, plus a side.

Side dish ideas: [Tahini Cauliflower](#), [Sweet Potato Fries](#), [Shirazi Salad](#)

TUESDAY



CHEESE STUFFED SHELLS

My go-to when I want something to switch up from [lasagna](#) but still want all those same flavors. You can prep ahead, and always a hit!

TIP: Use a zip-top bag for easy, mess-free stuffing of the shells with the cheese mixture!

WEDNESDAY



LENTIL STEW

Made in one pot with green lentils, fire-roasted tomatoes, seasoning, and a few veggies. Just simmer on the stovetop and serve.

TIP: Rinse and pick through the lentils first to remove hidden stones or debris.

THURSDAY



QUINOA EDAMAME SALAD

This is one of those recipes that you'll love even more when you make it a head of time! But either way, it's ready in 30 minutes and so good!

Side dish ideas: [Crispy Tofu Bites](#), [Baked Kale Chips](#)

FRIDAY



UPSIDE DOWN PIZZA

This pizza is so fun where the toppings, cheese, sauce, and pizza crust are layered upside down in a cast iron skillet and bake.

TIP: Even though it looks a little different upside down, trust me, you're going to have a deliciously crisp crust and all the layers!

BREAKFAST

EGG WHITE BITES



Easy to make with red peppers and spinach, plus a mix of cottage cheese, mozzarella, and feta for extra protein.

SNACK/DESSERT

COTTAGE CHEESE COOKIE DOUGH



Made with cottage cheese, protein powder, natural sweetener, vanilla extract, and chocolate chips!