



DINNER

MONDAY



TACO PASTA

An easy family dinner made in one pot with elbow macaroni, ground beef, and cheesy taco-seasoned tomato sauce.

TIP: Let the pasta rest off the heat before serving for the sauce to reach the perfect consistency.

TUESDAY



AIR FRYER STUFFED PEPPERS

Stuffed with seasoned beef and rice and topped with bubbly cheese! 15 minutes in the air fryer gets the peppers soft and cheese melty.

Side dish ideas: [Chopped Green Goddess Salad](#), [Parmesan Potatoes](#)

WEDNESDAY



ZUCCHINI ENCHILADAS

A fun and tasty low-carb option using “zucchini tortillas” filled with a delicious chicken filling and topped with enchilada sauce.

Side dish ideas: [Street Corn Salad](#), [Cilantro Lime Rice](#)

THURSDAY



GRILLED FISH TACO WITH COLESLAW

Tender, flaky white fish topped with a simple creamy, crunchy slaw. While these are great on an outdoor grill, a grill pan works too!

TIP: I like to use a firm white fish that flakes apart easily and absorbs the flavor of the marinade such as cod, mahi mahi, snapper or halibut.

FRIDAY



SHEET PAN CHICKEN FAJITAS

Just 10 minutes of prep and 15 minutes to cook in the oven. It seriously doesn't get much easier than this one!

Side dish ideas: [Refried Beans](#), [Black Bean Salsa](#), [Avocado Crema](#)

BREAKFAST

PB BANANA SMOOTHIE



5 simple ingredients for a fiber rich, protein packed breakfast smoothie!

SNACK/DESSERT

CREAM CHEESE FRUIT DIP



Fruit is delicious on its own, but it's even better with this sweet creamy fruit dip!