



DINNER

MONDAY



LENTIL BURGERS

These lentil burgers are one of those recipes I make often for Meatless Monday - crispy on the outside, with a “meaty” texture!

Side dish ideas: [Apple Slaw](#), [Sweet Potato Fries](#)

TUESDAY



CAJUN CHICKEN PASTA

This pasta is made with juicy blackened chicken breasts and a light Cajun-inspired cream sauce.

TIP: Cook your pasta until just al dente. This will allow the pasta to absorb some of the sauce without becoming mushy.

WEDNESDAY



SALMON KABOBS

One of my go-to grilling recipes for a quick, flavorful meal when I want to fire up the grill, skewering chunks of salmon, zucchini, & onions!

Side dish ideas: [Grilled Pineapple Planks](#), [Grilled Baby Potatoes](#)

THURSDAY



STEAK SALAD

This steakhouse salad is so good, topped with blue cheese, avocados, tangy pickled onions, and a quick homemade balsamic dressing!

TIP: Top with toasted pecans, walnuts, almonds, or seeds like sunflower seeds or pepitas for a nutty flavor and crunchy texture.

FRIDAY



GRILLED CHICKEN SANDWICH

This grilled chicken sandwich can be made indoors on a grill pan or outdoors on the grill and served with my homemade burger sauce!

Side dish ideas: [Air Fryer Potatoes](#), [Mediterranean Rice Salad](#)

BREAKFAST

GROUND BEEF & EGGS



Mediterranean spices, lean ground beef and eggs scrambled all together in one skillet.

SNACK/DESSERT

BANANA SPLIT



Topped with Greek yogurt, berries, granola and peanut butter drizzle.