



DINNER

MONDAY



MEDITERRANEAN CHOPPED SALAD

It's full of veggies, chickpeas, feta cheese, and olives and tossed in a lemony herb dressing! It's great on it's own or topped with a protein.

Protein Ideas: [Grilled Chicken Kabobs](#), [Lentil Cakes](#)

TUESDAY



GRILLED BBQ SHRIMP

Great for cookouts and summer grilling! Marinated in a smoky bbq seasoning blend and skewered for easy cooking!

Side dish ideas: [Grilled Veggie Skewers](#), [Mustard Potato Salad](#)

WEDNESDAY



CUCUMBER TUNA SALAD

I'm loving this crunchy cucumber boat stuffed with tuna salad. It's fun and you can add some crispy fried panko on top for a sushi vibe!

TIP: Switch it up and try it with my [salmon salad](#) instead!

THURSDAY



HOT HONEY GROUND BEEF BOWLS

The latest viral recipe: a high protein meal with cottage cheese, lean ground beef, roasted sweet potatoes, avocados, and hot honey.

Bowl Additions: [Roasted Broccoli](#), [Sautéed Kale](#)

FRIDAY



BBQ CHICKEN SANDWICH

Just toss [shredded chicken](#) in bbq sauce and serve on a bun with a quick homemade slaw. Super easy and so good!

Side dish ideas: [Cauliflower Potato Salad](#), [French Fries](#)

BREAKFAST

EGGS FLORENTINE



Poached eggs, sautéed spinach, and a simple [hollandaise sauce](#). Super easy and quick!

SNACK/DESSERT

CHOCOLATE COVERED BANANAS



Grab semi-ripe bananas, chocolate, and a little coconut oil. Melt the chocolate, dip, and add your fave toppings!