



DINNER

MONDAY



GRILLED SHRIMP SALAD

When it's grilling season, I'm all about this salad. The shrimp get a quick toss in a spicy seasoning and cook in just 4 minutes!

TIP: Buy deveined shrimp, or devein them using my simple tutorial [here!](#)

TUESDAY



GRILLED CHICKEN DRUMSTICKS

This recipe uses skin-on drumsticks for a crispy, charred bite seasoned with Mediterranean spices and easy to make.

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

WEDNESDAY



GRILLED CAULIFLOWER STEAKS

Marinated cauliflower steaks are tossed on the grill and cook in about 15 minutes! They come out meaty and with a nice caramelized char.

TIP: Make sure to keep the cauliflower core intact so they stay together and no pieces fall into the grill.

THURSDAY



GRILLED SALMON

Grilled salmon is a summer favorite for a reason! It cooks fast, holds its shape, and soaks up this simple marinade while the grill heats.

Side dish ideas: [Grilled Asparagus](#), [Lemon Rice](#)

FRIDAY



BEEF HAMBURGERS

My hamburger recipe uses 85% ground beef, binders, and seasoning, is cooked on the grill or stovetop in about 10 minutes!

Side dish ideas: [Coleslaw](#), [Mustard Potato Salad](#)

BREAKFAST

FRUIT & YOGURT PARFAIT



These red white and blue fruit yogurt parfaits are great to enjoy on the 4th, or all summer long.

SNACK/DESSERT

STRAWBERRY TRIFLE



Made with homemade (or storebought) [angel food cake](#), [vanilla pudding](#), and [whipped cream](#), layered with sweet juicy strawberries!