



DINNER

MONDAY



ONE PAN PASTA

An easy family meal for meatless Mondays using only one pan and any vegetables you like.

TIP: Swap some of the water for broth for extra flavor and nutrients!

TUESDAY



BLACK BEAN QUESADILLA

This is one of those easy meals you go to when you want simple, filling and skips the meat.

Side dish ideas: [Taco Pasta Salad](#), [Guacamole](#), [Cilantro Lime Rice](#)

WEDNESDAY



AIR FRYER GRILLED CHEESE

Have you tried cooking a Grilled Cheese in the air fryer? The bread turns perfectly crispy, and the cheese melts just right.

Side dish ideas: [Cauliflower Tater Tots](#), [Air Fried French Fries](#)

THURSDAY



QUINOA EDAMAME SALAD

You can make earlier in the week for no cook dinner on a busy night. It's so hearty and tastes even better as it sits in the dressing!

Side dish ideas: [Crispy Tofu Bites](#), [Crunchy Chickpeas](#)

FRIDAY



BAKED CHICKPEA SHAWARMA

If you're looking for a vegan version of my [Chicken Shawarma](#), you're going to love this! *Try skipping the oven and air frying the chickpeas and cauliflower mixture instead.*

Side dish ideas: [Quinoa Tabbouleh](#), [leftover quinoa edamame salad](#)

BREAKFAST

CUSTARD YOGURT TOAST



Use whatever fruit you have on time for a different toast each time!

SNACK/DESSERT

ONION RING CHIPS



Sometimes you want something cheesy and these onions are exactly that!