



DINNER

MONDAY



ASIAN CHICKEN SALAD

With two types of cabbages, lots of vegetables, and shredded chicken tossed in a flavorful peanut dressing, this salad is so easy & so good!

TIP: Here's how I [shred my cabbage super thin!](#)

TUESDAY



GRILLED SHRIMP TACOS

Use that extra cabbage and top these easy shrimp tacos with a simple cabbage slaw. Just 10 minutes to cook in a grill pan or on the grill!

Side dish ideas: [Street Corn Salad](#), [Refried Beans](#)

WEDNESDAY



CHICKEN KABOBS

Chicken breast marinated in Middle Eastern spices, oil, lemon, and garlic skewered with chunks of colorful vegetables in between!

Side dish ideas: [Lebanese Rice Pilaf](#), [Tabbouleh Salad](#)

THURSDAY



TOMATO COTTAGE CHEESE PASTA

This easy high-protein Cottage Cheese Pasta Sauce only requires 5 ingredients, a high-speed blender and it's ready for your favorite pasta!

TIP: Always add pasta water to your sauce to thin it if too thick and help it cling better to the pasta.

FRIDAY



CHICKEN BURGERS

My go-to when I'm craving a burger but want to keep the meal a little lighter, but still super delicious and easy to make!

Side dish ideas: [Zucchini Fries](#), [Baked Potato Chips](#)

BREAKFAST

COTTAGE CHEESE SMOOTHIE



Made with whole milk cottage cheese, 2% milk, frozen fruit and honey - that's 15 grams of protein!

SNACK/DESSERT

GRAPE SALAD



Don't let summer slip by without this creamy fruit salad with pecans for that crunch.