



### DINNER

MONDAY



#### AIR FRYER CHICKEN TENDERS

40g

Chicken tenders pair well with almost anything, quick to make, and one that even picky eaters will love! No air fryer? Try this oven recipe!

**Side dish ideas:** BBQ Sauce, Mac & Cheese, Air Fried Broccoli

TUESDAY



#### GROUND BEEF BURRITOS

26g

Stuff your burritos with meat, beans, and rice and roll tight in a flour tortilla, then pan sear for a crispy shell!

**Side dish ideas:** Guacamole, Corn Tomato Avocado Salad

WEDNESDAY



#### SALMON FISH STICKS

37g

Salmon makes these baked fish sticks a bit different, super crunchy, and seriously delicious. Can't find the sauce? Swap with any mayo-based sauce you like!

**Side Dish Ideas:** Baked Zucchini Fries, French Fries

THURSDAY



#### TACO STUFFED PEPPERS

30g

If you have leftover taco meat, it's a shortcut to a quick dinner, but even made from scratch, this recipe is quick, easy, and so good.

**TIP:** You can swap the spices for a packet of taco seasonings.

FRIDAY



#### BAKED CHICKEN TACOS

40g

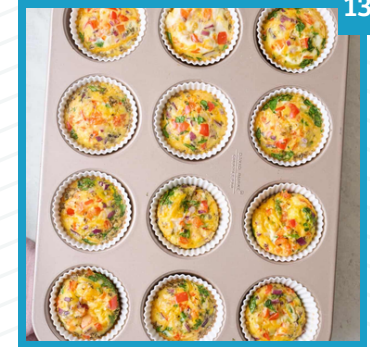
Do you meal prep shredded chicken like me? That's my go-to for these tacos, but a store-bought rotisserie chicken works too and easy to shred!

**Side dish ideas:** Cilantro Lime Rice, Refried Beans

### BREAKFAST

#### EGG MUFFINS

13g



Test out these high protein muffins for back to school meal prep! Easy to make & customizable for picky eaters!

### SNACK/DESSERT

#### STRAWBERRY YOGURT SMOOTHIE

16g



Just 4 ingredients and 16 grams of protein!!  
*no protein powder needed!*