



DINNER

MONDAY



SESAME SHRIMP & BROCCOLI

One pan, super easy, and exactly right for Monday dinner (pro tip: pat the shrimp dry for the best crunch!).

Side dish ideas: [Basmati Rice](#), [Spicy Mayo](#)

TUESDAY



SHEET PAN STEAK FAJITAS

Just toss everything on a sheet pan with [taco seasoning](#) and roast in the oven for just 12 minutes! Serve with all the things!

Side dish ideas: [Guacamole](#), [Corn Salsa](#), [Refried Beans](#)

WEDNESDAY



YOGURT CHICKEN

Get ready for the juiciest chicken ever! Grill, bake, or air fry it with this simple hack that locks in moisture every time.

Side dish ideas: [Greek Orzo Salad](#), [Pasta with Yogurt Sauce](#)

THURSDAY



WEST AFRICAN BEEF KABOBS

Made from any steak cut you like cut into chunks, marinated in a peanut tomato sauce, skewered, and grilled for about 15 minutes.

TIP: Use peanut butter with only peanuts or peanuts and salt for an authentic West African flavor.

FRIDAY



GRILLED TURKEY BURGER

Made with ground turkey and simple seasonings, these burgers are $\frac{3}{4}$ inch thick, cook in 10 minutes on a grill pan or outdoor grill.

Side dish ideas: [Red Cabbage Slaw](#), [Grilled Onions](#), [Potato Salad](#)

BREAKFAST

CHOCOLATE CHIP PANCAKES



Double the batch and stash extras in the freezer for weekday mornings!

SNACK/DESSERT

BEST HUMMUS



Only 5 ingredients and a secret tip for smooth, creamy goodness! Great for school lunches or a quick snack.