



### DINNER

MONDAY



#### **CHOPPED MEXICAN SALAD**

This salad is exactly what Meatless Mondays call for. Loads of veggies, protein-packed beans, and a creamy cilantro yogurt dressing!

**Extra protein ideas:** [Crispy Tofu Bites](#), [Quinoa Patties](#)

TUESDAY



#### **BAKED CHICKEN NUGGETS**

This is the easy dinner solution you need after a busy day. These nuggets are super crunchy, easy to make, & taste better than frozen!

**Side dish ideas:** [Baked Fries](#), [Mac & Cheese](#)

WEDNESDAY



#### **GREEK MEATBALLS**

You're going to love my secret to juicy meatballs! And these are stuffed with feta cheese which is so good. Easy to bake or air fry!

**Side dish ideas:** [Lemon Rice](#), [Roasted Zucchini](#)

THURSDAY



#### **CHICKEN BURRITO BOWL**

Talk about a filling meal! This chicken power bowl has 52 grams of protein and so much flavor from the adobo marinade.

**TIP:** Use up any ingredients from the Mexican salad earlier in the week or whatever else you have on hand.

FRIDAY



#### **GRILLED COD**

Grilled cod cooks in just 5 minutes (on a grill pan or outdoor grill) and makes the easiest Friday night dinner to end the week.

**Side dish ideas:** [Grilled Tomatoes](#), [Grilled Potatoes](#)

### BREAKFAST

#### **OATMEAL BARS**



Basically oatmeal in bar form for on-the-go breakfast and snacking!

### SNACK/DESSERT

#### **BAKED PEACHES**



Easily made in a casserole dish, it's baked with butter, honey, & spices then served warm with ice cream.