



DINNER

MONDAY



NICOISE SALAD

This vegetarian salad combines fresh ingredients, veggies, eggs, olives, and a delicious simple vinaigrette. So good!

TIP: To prevent the salad from becoming soggy, dress it with the vinaigrette just before serving to maintain crispness.

TUESDAY



RED LENTIL CURRY

An easy and hearty Indian-inspired vegan recipe that's made with lentils, sweet potatoes, aromatic Indian spices & broth!

Side dish ideas: [Naan](#), [Brown Rice](#)

WEDNESDAY



EGGPLANT PASTA CASSEROLE

This is exactly what you want from a casserole! Chunks of veggies, easy marinara sauce, loaded with pasta, and covered with cheese!

Protein ideas: [Crispy Tofu Bites](#), [Quinoa Patties](#)

THURSDAY



CORN CHOWDER

Corn chowder is a cozy, feel-good recipe packed with fresh corn and the creamy tang of Greek yogurt. It's light, comforting, and so good!

Side dish ideas: [Lebanese Cabbage Salad](#), [Olive Bread](#)

FRIDAY



VEGETARIAN SHEPHERD'S PIE

This version brings the same amount of comfort with a filling of veggies and quinoa that makes it just as satisfying as the traditional.

TIP: Use an oven safe skillet to cook the filling, top with the potato crust and baking without the need to transfer to a baking dish!

BREAKFAST

PANCAKE MUFFINS



Easy, fun, with any toppings you want! Great for packing on busy mornings.

SNACK/DESSERT

APPLE CRISP



The oat topping is everything on this easy crisp! Enjoy with ice cream.