



### DINNER

MONDAY



#### MEAT STUFFED PITAS

This is basically kafta, or seasoned ground beef, stuffed into pitas and then pan-fried, grilled, or baked. Super easy and so good!

**Side dish ideas:** [Tabbouleh](#), [Tahini Sauce](#), [Lebanese Spicy Potatoes](#)

TUESDAY



#### SALMON BITES

My kids love salmon and these bites are so crispy and easy to pair with any sides you have on hand for a super quick weeknight dinner!

**Side dish ideas:** [Rice](#), [Air Fried Broccoli](#), [Easy Spicy Mayo](#)

WEDNESDAY



#### LEMON CHICKEN PICCATA

Chicken cutlets in a lemon caper sauce, pan-seared and ready in under 30 minutes. Serve over pasta or potatoes!

**TIP:** If you're using chicken breast, butterfly them into cutlets so they cook evenly.

THURSDAY



#### CABBAGE ROLL SOUP

Made with cabbage, lean ground beef, & rice, all simmered in a tomato-based broth. The best part? Just 15 minutes to prep!

**Side dish ideas:** [Garlic Knots](#), [Garden Salad](#)

FRIDAY



#### BAKED RANCH CHICKEN

Just season and bake on a sheet pan. That's it! I like to use my homemade ranch seasoning, but you can use a store mix instead!

**Side dish ideas:** [Roasted Broccoli](#), [Sweet Potato Fries](#)

### BREAKFAST

#### CINNAMON WAFFLES



Light and fluffy with added protein from yogurt in the batter. **TIP:** Double batch to freeze for a quick breakfast!

### SNACK/DESSERT

#### CHOCOLATE CHIA PUDDING



This is definitely an easy **FEEL GOOD** treat that you can prep in advance for a snack all week!