



DINNER

MONDAY



SPINACH TORTELLINI SOUP

A hearty tomato-based soup with cheese tortellini and fresh spinach. A quick 30-minute weeknight dinner everyone will love!

Protein ideas: [Crispy Tofu Bites](#), [Garlic Shrimp](#)

TUESDAY



CASHEW CHICKEN

Thinking about takeout? Try this cashew chicken instead! It has the best savory sauce, crunchy cashews and comes together fast!

Side dish ideas: [Cauliflower Fried Rice](#) or [Basmati Rice](#)

WEDNESDAY



EGGPLANT CASSEROLE

This makes a great vegetarian main dish without the pasta. It's saucy, pair it with a protein or crusty bread to soak up every drop.

TIP: When frying the eggplant slices, work in batches and avoid overcrowding the pan, cooking until golden on both sides.

THURSDAY



TUNA MELT SANDWICH

Some nights call for something super easy! It's cheesy, mixed with a bit of yogurt and crunchy veggies, then grilled for a warm, filling meal!

Side dish ideas: [French Fries](#), [Air Fried Broccoli](#)

FRIDAY



PITA PIZZA

End your week with a simple meal where everyone can build their own pizzas! A list of creative ideas to make your best creation is included!

TIP: Take a look at the leftover ingredients you have for the week and use them as toppings!

BREAKFAST

EGG WRAP



A quick, low-carb breakfast filled with veggies, cheese, or deli meat for a protein-packed delicious meal.

SNACK/DESSERT

APPLE YOGURT CAKE



Got a bunch of apples? This yogurt cake is loaded with fresh apples, making it a perfect fall treat.