



DINNER

MONDAY



TOMATO LENTIL SOUP

22g

Lentils are a powerhouse for plant-based protein and an excellent source of fiber, all delivered in a single bowl.

TIP: Soak your lentils if you have time! And if you'd like a thicker soup, you can blend some up and add it back to the pot.

TUESDAY



CHICKEN SHAWARMA SALAD

29g

Chicken with Lebanese spices tastes even better after an overnight marinade. And it's a tasty protein boost!

TIP: Keep all the salad ingredients separate until ready to serve. They make for great leftovers too!

WEDNESDAY



HONEY MUSTARD CHICKEN

37g

This chicken recipe, using just a few basic pantry staples, is a tasty 20-minute dinner that the whole family will enjoy.

Side dish ideas: [Green Beans with Almonds](#), [Bean Salad](#)

THURSDAY



SHRIMP LETTUCE WRAPS

29g

Sautéed shrimp, veggies, and a spicy peanut sauce all wrapped up in a crunchy lettuce leaf. Low in carbs and full of protein!

Side dish ideas: [Cauliflower Fried Rice](#), [Spicy Edamame](#)

FRIDAY



PAN SEARED STEAK

41g

After a long week, there's nothing better than a juicy steak! Just 15 minutes to prep and cook.

Side dish ideas: [Air-Fried Asparagus](#), [Cauliflower Mashed Potatoes](#)

BREAKFAST

SOUFFLE OMELETTE

25g



A light, airy omelette made by whisking egg whites into cloud-like fluffiness & gently folding them in with the yolk.

SNACK/DESSERT

PROTEIN BALLS

8g



There's 8 grams of protein in just 3 balls - choose your favorite add in's or try all 4 flavor options!