



DINNER

MONDAY



CHICKEN BITES

37g

Chicken bites are a go-to recipe that my entire family enjoys, and I feel good knowing we're getting our protein in too!

Side dish ideas: [Sauteed Broccoli](#), [Microwaved Baked Potato](#)

TUESDAY



BEEF STROGANOFF

25g

This one-pot meal only needs about 20 minutes on the stove before you let it simmer for 2 hours to get nice and tender.

Side dish ideas: [Egg Noodles](#), [Mashed Potatoes](#), or [Rice](#)

WEDNESDAY



HARISSA GLAZED SALMON

34g

This 5-ingredient Harissa Glazed Salmon is tender, flaky, with a sweet heat sauce made with harissa paste and honey, ready in just 10 mins!

TIP: To get the best sear on salmon, heat the skillet up to medium-high heat with oil.

THURSDAY



JENNIFER ANISTON SALAD

18g

This salad literally has all my favorite things (quinoa, chickpeas, cucumbers, pistachios, feta), plus protein and even 11 grams of fiber!

Extra protein ideas: leftover chicken bites, salmon, or [Garlic Shrimp](#)

FRIDAY



CHICKEN WILD RICE SOUP

27g

There's nothing quite like finishing the week with a warm, comforting bowl of soup as the weather starts to cool down.

TIP: Don't skip toasting the rice as it adds another layer of flavor!

BREAKFAST

TURKISH EGGS

22g



Poached eggs on garlicky yogurt with spicy chili butter sauce... yes please!

SNACK/DESSERT

VEGAN PROTEIN BARS

13g



Make these on Sunday for a quick and easy protein snack all week!