



DINNER

MONDAY



VEGAN LENTIL CHILI

This chili is perfect for Meatless Monday's, loaded with lentils, beans, and all those chili flavors you love!

TIP: Have leftovers for lunch? Try serving it over a [baked potato](#)!

TUESDAY



PEANUT BUTTER CHICKEN

This has become one of those meals everyone goes quiet for because they're too busy eating! Great for breaking out of the same meal loop.

Side dish ideas: [Basmati Rice](#), [Asian Noodle Salad](#)

WEDNESDAY



HONEY LEMON SALMON

Tender, flaky salmon, pan-fried and covered in a sweet, sticky lemon glaze and ready in just 20 minutes!

Side dish ideas: [Green Beans Almondine](#), [Air Fried Potatoes](#)

THURSDAY



STEAK GYROS

Marinated flank steak that's grilled and served in a pita with fresh veggies and tzatziki sauce!

TIP: Cut the steak against the grain to help break up the muscle fibers for a tender cut of meat.

FRIDAY



SHRIMP & BROCCOLI STIR FRY

This shrimp and broccoli takes about 20 minutes, uses medium-sized shrimp, fresh broccoli, and a quick homemade stir fry sauce.

Side dish ideas: [Cilantro Lime Rice](#), [Vegetable Spring Rolls](#)

BREAKFAST

BAKED FETA EGGS



A super easy, hands off scrambled eggs with melty feta. I stuff mine in a pita pocket with mint leaves!

SNACK/DESSERT

CRANBERRY BLISS BARS



Thick, chewy blondies with orange zest and dried cranberries, topped with creamy frosting. Yes, please!