



MEAL PLAN WEEK 1

Recipe Ideas and Prep Instructions

MONDAY



ONE POT CHICKEN AND RICE

Combine perfectly fluffy rice with tender, juicy chicken thighs, loaded with flavor. This is a super simple, low-fuss meal to make on busy/lazy evenings!

TUESDAY



BEEF STIR FRY

This is a quick, easy, healthy meal for busy weeknights, combining tender strips of beef with mixed vegetables in a tangy, savory, slightly sweet stir-fry sauce.

Side dish ideas: Enjoy with rice or noodles!

WEDNESDAY



CHICKPEA CURRY

This is an easy, one-pot, vegan-friendly dish that combines chickpeas, crushed tomatoes, and velvety coconut milk.

Side dish ideas: Serve over rice or with a naan.

THURSDAY



OVEN-BAKED SALMON

Make the best oven-baked salmon in just 25 minutes. It is tender and flaky, with a lemon-garlic flavor.

Side dish ideas: Perfect with veggies, grains, or salads.

FRIDAY



SALMON SALAD

Creamy, herby and so quick and easy to make, this is the perfect option to use any leftover cooked salmon.

Side dish ideas: To make this dish more filling, enjoy it with your favorite bread.

Bonus!



OVERNIGHT OATS

This is a healthy breakfast loaded with protein, fiber, vitamins, minerals, and flavor. Make one or all 5 flavor variations to enjoy throughout the week.