



MEAL PLAN **WEEK 4**

Recipe Ideas and Prep Instructions

MONDAY



CHICKEN STIR FRY

This 20-minute easy chicken stir-fry recipe combines juicy diced chicken with mixed vegetables in a delicious homemade soy, sweetener, and sesame oil sauce.

Side dish ideas: [rice](#), [quinoa](#), noodles.

TUESDAY



BEEF AND BROCCOLI

This delicious, quick, and simple take on the popular beef and broccoli can be on your dinner table in 20 minutes.

Side dish ideas: [rice](#), [quinoa](#), noodles.

WEDNESDAY



VEGAN CHILI CON CARNE

This simple recipe uses a mixture of pantry staples and fresh vegetables, for a delicious meat-free hearty vegan chili.

THURSDAY



CAJUN SHRIMP PASTA

Creamy and packed full of warming spices, this pasta recipe is the perfect mid-week meal and is quick and easy to make.

FRIDAY



CHICKPEA SALAD (BALELA SALAD)

This Middle Eastern-inspired salad is delicious, herby, and high in fiber and protein. It takes 10 minutes to prepare when using pre-cooked or canned chickpeas.

Side dish ideas: toasted [pita bread](#).

Bonus!



HEALTHY GRANOLA BARS

This is the perfect healthy snack for the on-the-go. This quick and delicious recipe requires oats, almonds, and nut butter for chewy and nutty bars.