



# MEAL PLAN WEEK 21

Recipe Ideas and Prep Instructions

MONDAY



## MUSAKHAN SUMAC CHICKEN

This Palestinian roast chicken with caramelized onions will become your new favorite way to eat this protein!

TUESDAY



## THE BEST PEPPER STEAK

This 15-minute stir-fry combines tender, juicy steak with bell peppers in a flavorful, homemade brown stir-fry sauce for a quick and simple restaurant-quality meal to enjoy with rice or noodles!

WEDNESDAY



## VEGAN BOLOGNESE

This soy bolognese, made with soy mince and tomato vegan spaghetti sauce, is hearty, meaty, and 100% dairy-free, gluten-free, and vegan- and only takes 20 minutes to prepare!

THURSDAY



## SALMON SALAD

Creamy, herby and so easy to make, this recipe is the perfect option for meal prep, quick lunches, or as a delicious alternative to tuna salad.

FRIDAY



## FATTOUSH SALAD

This Lebanese salad features crunchy pita bread chips and fresh vegetables tossed in a zesty sumac dressing

*Bonus!*



## FRUIT AND YOGURT PARFAITS

Make this healthy parfaits in just 5 minutes with your choice of yogurt (dairy or dairy-free), fruit, and granola for a quick and easy grab-n-go breakfast, snack, or dessert!