



# MEAL PLAN WEEK 31

Recipe Ideas and Prep Instructions

MONDAY



## SHREDDED CHICKEN TACOS

Tender, juicy, and full of flavor - these tacos loaded up with all your favorite toppings are the perfect crowd-pleasing meal for lazy weeknights and taco Tuesdays!

TUESDAY



## SLOW COOKER BEEF STROGANOFF

Wonderfully creamy and tender, this simple slow cooker recipe gets your crock pot to do all the hard work and makes the perfect comfort food on colder nights.

WEDNESDAY



## VEGAN CHILI

This chili recipe is a hearty and nutrient-dense dish made with a variety of beans, vegetables, and aromatic spices.

THURSDAY



## GRILLED SALMON

This easy salmon recipe needs just 2 ingredients and cooks in minutes. Pair with your favorite grilled vegetables for a simple, healthy meal.

FRIDAY



## SHIRAZI SALAD

A fresh salad of cucumber, tomato, and onion with dried mint. So crisp and simple.

Bonus!



## OVERNIGHT OATS (5 FLAVORS)

A healthy breakfast loaded with protein, fiber, vitamins, minerals, and flavor. Including a how-to for a base easy overnight oats recipe, + 5 flavor variations.