<h2>Monday</h2>

<a href="http://cooknourishbliss.com/2016/03/07/roasted-vegetable-quesadillas/">Roasted Vegetable Quesadillas</a> from Cook Nourish Bliss.

<strong>Prep Ahead: </strong><span data-sheets-value="{&quot;1&quot;:2,&quot;2&quot;:&quot;Filling can be made in advance so it is ready to go for dinner. Additionally, you can make the filling, let cool to room temp, and then assemble the quesadillas as directed. Wrap each individually in plastic wrap and store in fridge. When ready to eat, just cook in the skillet! They keep wrapped for about 1 to 3 days.&quot;}" data-sheets-userformat="{&quot;2&quot;:769,&quot;3&quot;:[null,0],&quot;11&quot;:4,&quot;12&quot;:0}">Filling can be made in advance so it is ready to go for dinner. Additionally, you can make the filling, let cool to room temp, and then assemble the quesadillas as directed. Wrap each individually in plastic wrap and store in fridge. When ready to eat, just cook in the skillet! They keep wrapped for about 1 to 3 days.</span>

<h2>Tuesday</h2>

<a href="http://laurenkellynutrition.com/vegetable-parmesan-quinoa-in-the-slow-cooker/">Vegetable Parmesan Quinoa in the Slow Cooker</a> from Lauren Kelly Nutrition.

<strong>Prep Ahead: </strong><span data-sheets-value="{&quot;1&quot;:2,&quot;2&quot;:&quot;Vegetables can be choped ahead of time.&quot;}" data-sheets-userformat="{&quot;2&quot;:513,&quot;3&quot;:[null,0],&quot;12&quot;:0}">Vegetables can be chopped ahead of time.</span>

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<h2>Wednesday</h2>

<a href="http://flavorthemoments.com/chicken-verde-enchilada-bake-heirloom-cherry-tomato-salsa/">Chicken Verde Enchilada Bake with Heirloom Cherry Tomato Salsa</a> from Flavor the Moments.

<strong>Prep Ahead: </strong><span data-sheets-value="{&quot;1&quot;:2,&quot;2&quot;:&quot;The chicken and verde sauce may be made ahead, then just bake and make the salsa the day you're serving! Omit the chicken and add roasted veggies or white beans for vegetarian.&quot;}" data-sheets-userformat="{&quot;2&quot;:769,&quot;3&quot;:[null,0],&quot;11&quot;:4,&quot;12&quot;:0}">The chicken and verde sauce may be made ahead, then just bake and make the salsa the day you're serving! </span>

<span data-sheets-value="{&quot;1&quot;:2,&quot;2&quot;:&quot;The chicken and verde sauce may be made ahead, then just bake and make the salsa the day you're serving! Omit the chicken and add roasted veggies or white beans for vegetarian.&quot;}" data-sheets-userformat="{&quot;2&quot;:769,&quot;3&quot;:[null,0],&quot;11&quot;:4,&quot;12&quot;:0}"><strong>Vegetarian Option:</strong> Omit the chicken and add roasted veggies or white beans for vegetarian.</span>

<h2>Thursday</h2>

<a href="http://www.greensnchocolate.com/2016/04/thai-peanut-chicken-noodles/">Thai Peanut Chicken Noodles </a>from greens &amp; chocolate.

<strong>Prep Ahead:</strong> <span data-sheets-value="{&quot;1&quot;:2,&quot;2&quot;:&quot;The sauce can be made in advance and you can chop/prep the veggies in advance if you want. Vegetarian option: omit the chicken and use tofu instead. Or just omit the chicken and add extra vegetables like broccoli, snap peas, etc. &quot;}" data-sheets-userformat="{&quot;2&quot;:769,&quot;3&quot;:[null,0],&quot;11&quot;:4,&quot;12&quot;:0}">The sauce can be made in advance and you can chop/prep the veggies in advance if you want. </span>

<span data-sheets-value="{&quot;1&quot;:2,&quot;2&quot;:&quot;The sauce can be made in advance and you can chop/prep the veggies in advance if you want. Vegetarian option: omit the chicken and use tofu instead. Or just omit the chicken and add extra vegetables like broccoli, snap peas, etc. &quot;}" data-sheets-userformat="{&quot;2&quot;:769,&quot;3&quot;:[null,0],&quot;11&quot;:4,&quot;12&quot;:0}"><strong>Vegetarian option:</strong> omit the chicken and use tofu instead. Or just omit the chicken and add extra vegetables like broccoli, snap peas, etc. </span>

<h2>Friday</h2>

<a href="http://www.spoonfulofflavor.com/2015/07/20/strawberry-tropical-fruit-salad-with-strawberry-ginger-dressing/">Strawberry Tropical Fruit Salad with Strawberry Ginger Dressing</a> from Spoonful of Flavor.

<strong>Prep Ahead: </strong><span data-sheets-value="{&quot;1&quot;:2,&quot;2&quot;:&quot;Prepare the quinoa, chop the fruit and make the dressing in advance to save time. &quot;}" data-sheets-userformat="{&quot;2&quot;:769,&quot;3&quot;:[null,0],&quot;11&quot;:4,&quot;12&quot;:0}">Prepare the quinoa, chop the fruit and make the dressing in advance to save time. </span>