

6 Dinners Menu (Week 21)

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Korean Beef Bowls with Sesame Rice & Quick Pickled Cucumbers

Ingredients:

- 1 lb ground beef
- 2 tbsp soy sauce
- 1 tbsp honey or brown sugar
- 1 tbsp sesame oil
- 2 cloves garlic, minced
- 1 tsp grated ginger
- 1.5 cups jasmine rice
- 1 tbsp sesame seeds (optional)
- 1/4 cup Greek yogurt
- 1 cucumber, thinly sliced
- 1/4 cup rice vinegar
- 1 tsp sugar
- Salt, pepper, red pepper flakes
- 2 green onions, sliced

Directions:

1. Cook rice per package. Stir in sesame oil and sesame seeds.
2. Toss cucumbers with vinegar, sugar, and pinch of salt. Set aside.
3. Brown ground beef. Add garlic, ginger, soy sauce, honey. Simmer 3–5 mins.
4. Serve beef over rice with pickled cucumbers, yogurt drizzle, and green onions.

Nutrition per serving:

Calories: 530 | Protein: 29g | Carbs: 45g | Fat: 25g

Shrimp Tostadas with Mango Salsa & Black Beans

Ingredients:

- 1 lb raw shrimp, peeled & deveined
- 6 tostada shells or corn tortillas
- 1 can black beans, rinsed
- 1 mango, diced
- 1/2 red onion, finely diced
- 1/4 cup chopped cilantro
- 1 green onion, sliced
- Juice of 1 lime
- 1 tbsp olive oil
- 1/2 tsp chili powder
- Salt, pepper

Directions:

1. Combine mango, red onion, cilantro, lime juice, salt for salsa.
2. Sauté shrimp in oil with chili powder, salt, pepper — 2–3 mins per side.
3. Warm black beans with a pinch of salt.
4. Warm tostadas. Layer beans, shrimp, salsa. Garnish with green onion.

Nutrition per serving:

Calories: 480 | Protein: 32g | Carbs: 36g | Fat: 20g

One-Pot Creamy Pesto Gnocchi with Sun-Dried Tomatoes

Ingredients:

- 1 (16 oz) package shelf-stable gnocchi
- 1/2 cup jarred sun-dried tomatoes, chopped
- 2 tbsp pesto
- 1/4 cup grated Parmesan
- 1 cup baby spinach (optional)
- 1/2 cup water or broth
- Salt & pepper
- 1 tbsp olive oil

Directions:

1. Sauté sun-dried tomatoes in olive oil for 2 mins.
2. Add gnocchi and 1/2 cup water. Cover and simmer 4–5 mins until tender.
3. Stir in pesto, Parmesan, spinach (if using). Cook 1–2 mins until creamy.
4. Season with salt and pepper to taste.

Nutrition per serving:

Calories: 520 | Protein: 18g | Carbs: 50g | Fat: 28g

Moroccan-Spiced Lentil Soup with Garlic Naan

Ingredients:

- 1.5 cups dried lentils, rinsed
- 1 carrot, diced
- 1 celery stalk, diced
- 1/2 red onion, diced
- 2 cloves garlic, minced
- 1 tsp each: cumin, paprika, turmeric
- 1/2 tsp cinnamon
- 1/4 tsp chili flakes (optional)
- 1 can crushed tomatoes
- 1 can coconut milk
- 4 cups water or broth
- Salt & pepper
- Olive oil
- 1 package garlic naan

Directions:

1. Sauté onion, garlic, carrot, celery in olive oil for 5–6 mins.
2. Add spices, lentils, tomatoes, coconut milk, water. Simmer 25–30 mins.
3. Stir occasionally until lentils are soft. Add salt and pepper to taste.
4. Serve with warm garlic naan.

Nutrition per serving:

Calories: 490 | Protein: 20g | Carbs: 55g | Fat: 22g

BBQ Chicken Flatbreads with Red Onion & Gouda

Ingredients:

- 1.25 lb cooked shredded chicken (or rotisserie)
- 4 flatbreads or naan
- 1/2 red onion, thinly sliced
- 4 oz shredded smoked gouda (or cheddar)
- 1/3 cup BBQ sauce
- Olive oil
- Salt & pepper

Directions:

1. Preheat oven to 400°F.
2. Toss chicken with BBQ sauce. Layer onto flatbreads with onions and cheese.
3. Bake 8–10 mins until cheese is melted and edges are crisp.
4. Slice and serve hot.

Nutrition per serving:

Calories: 510 | Protein: 33g | Carbs: 34g | Fat: 24g

Stuffed Portobello Mushrooms with Herbed Couscous & Feta

Ingredients:

- 4–6 large portobello caps, stems removed
- 1 cup couscous
- 1.25 cups boiling water
- 1 lemon (juice + zest)
- 1/2 pint cherry tomatoes, halved
- 1 clove garlic, minced
- 1 tbsp chopped parsley
- 4 oz crumbled feta
- 1 tbsp olive oil
- Salt & pepper

Directions:

1. Brush mushrooms with oil, bake at 375°F for 10 mins.
2. Meanwhile, pour boiling water over couscous. Cover, steam 5 mins.
3. Fluff couscous, stir in lemon zest, juice, parsley, garlic, and tomatoes.
4. Stuff into mushrooms. Top with feta. Return to oven 5–7 mins to warm.

Nutrition per serving:

Calories: 470 | Protein: 16g | Carbs: 40g | Fat: 26g