

ENTREES

Spiced Chickpea Wrap with Lemon Dill Yogurt Sauce,

<https://nutritionalanatalie.com/spiced-chickpea-wrap-with-lemon-dill-yogurt-sauce/>

Tuna Salad, <https://thestayathomechef.com/healthy-tuna-salad/>

Tomato Basil Bisque, <https://www.aspicyperspective.com/tomato-bisque/>

SIDES

Eggplant "Bacon", <https://foodandnutrition.org/from-the-magazine/eggplant-bacon/>

Last Minute Green Beans, <https://www.southernplate.com/last-minute-green-beans/> (feel free to cut the additional salt – I doubt you'll miss it!)

Garden Vegetable Rice, <https://www.readyseteat.com/recipes-Garden-Vegetable-Rice-6083>

BREAKFAST

Protein Pancakes, <https://pinchofyum.com/protein-pancakes#tasty-recipes-42092>