

ENTREES

Slow Cooker Creamy Chicken Wild Rice Soup,

<https://therealfoodrds.com/slow-cooker-creamy-chicken-wild-rice-soup/>

Instant Pot Beef and Bean Chili,

<https://thesassydietitian.com/the-best-instant-pot-beef-bean-chili/>

Healthy Beef and Broccoli Recipe,

<https://www.asweetpeachef.com/healthy-beef-and-broccoli-recipe/>

Easy Chicken Piccata, <https://www.asweetpeachef.com/easy-chicken-piccata/>

Crispy Bean Tostadas, <https://cookieandkate.com/bean-tostadas-recipe/>

SIDES

Sesame-Honey Eggplant, <https://www.rachaelraymag.com/recipe/sesame-honey-eggplant>

Roasted Carrots with Pepitas,

<https://www.rachaelraymag.com/recipe/roasted-carrots-with-pepitas>

Okra with Tomatoes,

<https://www.foodnetwork.com/recipes/food-network-kitchen/okra-with-tomatoes-recipe-2103770>

Chili-Garlic Edamame,

<https://www.foodnetwork.com/recipes/food-network-kitchen/chile-garlic-edamame-recipe-2105690>

Jewel Roasted Vegetables,

<https://www.foodnetwork.com/recipes/ellie-krieger/jewel-roasted-vegetables-recipe-1926835>

BREAKFAST

Plant-protein Smoothies,

<https://tasty.co/compilation/how-to-replace-the-protein-powder-in-your-smoothies>

Muffin Tin Customizable Veggie Egg Cups,

<https://tasty.co/recipe/muffin-tin-customizable-veggie-egg-cups>

Egg, Avocado, Tomato Toast, <https://tasty.co/recipe/egg-avocado-tomato-toast>

Almond Butter, Yogurt, Fruit Parfait,

<https://www.realsimple.com/food-recipes/browse-all-recipes/almond-butter-yogurt-fruit-parfait>

Pumpkin Steel Cut Oats, <https://blog.fitbit.com/healthy-recipe-pumpkin-steel-cut-oats/>