

## ENTREES

One Skillet Not-So-Stuffed Peppers,

<https://thesassydietitian.com/one-skillet-not-so-stuffed-peppers/>

Greek Steak Kabobs with Tzatziki,

<https://thesassydietitian.com/greek-steak-kabobs-with-tzatziki/>

Easy Turkey Burrito Bowls with Cauliflower Rice,

<https://thesassydietitian.com/easy-turkey-burrito-bowls-with-cauliflower-rice/>

Grilled Salmon Tacos with Roasted Poblano Avocado Sauce,

<https://thesassydietitian.com/grilled-salmon-tacos-with-roasted-poblano-avocado-sauce/>

Spaghetti Squash Bolognese, <https://thesassydietitian.com/spaghetti-squash-bolognese/>

## SIDES

Mediterranean Hummus Party Dip,

<https://thesassydietitian.com/mediterranean-hummus-party-dip/>

Easy Roasted Red Pepper and Tomato Soup,

<https://thesassydietitian.com/easy-roasted-red-pepper-tomato-soup/>

Bacon Wrapped Balsamic Asparagus Bundles,

<https://thesassydietitian.com/bacon-wrapped-balsamic-asparagus-bundles/>

Easy Lemon Garlic Broccolini, <https://thesassydietitian.com/easy-lemon-garlic-broccolini/>

Garlic Rosemary Mashed Parsnips,

<https://thesassydietitian.com/garlic-rosemary-mashed-parsnips/>

## BREAKFAST

One-pot Savory Oats with Poached Eggs,

<https://thesassydietitian.com/one-pot-savory-oats-with-poached-eggs/>

Berry Cocoa Mango Beet Smoothie,

<https://thesassydietitian.com/berry-cocoa-mango-beet-smoothie/>

Blueberry Zucchini Oatmeal Bars,

<https://thesassydietitian.com/blueberry-zucchini-oatmeal-bars/>

Green Eggs and Ham Veggie-Loaded Frittata,

<https://thesassydietitian.com/green-eggs-ham-veggie-loaded-frittata-gluten-free/>

Carrot Cake Overnight Oats, <https://thesassydietitian.com/carrot-cake-overnight-oats/>