

ENTREES

Simple Roasted Sweet Potato and Cauliflower Soup,

<https://www.rachaelhartleynutrition.com/blog/simple-roasted-sweet-potato-and-cauliflower-soup>

Salmon Burgers with Creamy Yogurt-Dill Sauce,

<https://www.rachaelhartleynutrition.com/blog/2016/08/salmon-burgers-creamy-yogurt-dill-sauce>

Grilled Pork Tacos with Charred Eggplant and Tomatoes,

<https://www.rachaelhartleynutrition.com/blog/2015/07/grilled-pork-tacos-with-charred-eggplant-and-tomatoes>

Baked Peruvian Chicken Drumsticks,

<https://www.ambitiouskitchen.com/baked-peruvian-chicken-drumsticks/>

Comforting and Healthy Slow Cooker Chicken Noodle Soup,

<https://www.ambitiouskitchen.com/comforting-healthy-slow-cooker-chicken-noodle-soup/>

SIDES and SNACKS

Asian Deviled Eggs, <https://www.rachaelhartleynutrition.com/blog/2016/05/asian-deviled-eggs>

Indian Spiced Guacamole,

<https://www.rachaelhartleynutrition.com/blog/2013/11/avocado-with-mustard-seeds>

Sweet Potato Hummus,

<https://www.rachaelhartleynutrition.com/blog/2016/07/sweet-potato-hummus>

Avocado Salad with Carrot Ginger Dressing,

<https://www.rachaelhartleynutrition.com/blog/2016/12/avocado-salad-with-carrot-ginger-dressing>

Mayo-less Tuna Salad Three Ways,

<https://www.rachaelhartleynutrition.com/blog/2015/05/mayoless-tuna-salad-three-ways>

BREAKFAST

Smoked Salmon and Cucumber Breakfast Plate,

<https://www.rachaelhartleynutrition.com/blog/breakfast-snack-plate>

Cottage Cheese Breakfast Plate,

<https://www.rachaelhartleynutrition.com/blog/breakfast-snack-plate>

Protein Breakfast Plate, <https://www.rachaelhartleynutrition.com/blog/breakfast-snack-plate>

Hashbrown Breakfast Casserole with Peppers and Kale,

<https://www.rachaelhartleynutrition.com/blog/hash-brown-casserole-with-kale-and-peppers>

Spicy Quinoa and Black Bean Breakfast Tacos,

<https://www.rachaelhartleynutrition.com/blog/2017/8/spicy-quinoa-and-black-bean-breakfast-tacos>

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