

ENTREES

Easy Beef Taco Bowl with Salsa Ranch, <https://therealfooddietitians.com/beef-taco-bowl/>

Buffalo Chicken Stuffed Spaghetti Squash,

<https://therealfooddietitians.com/buffalo-chicken-stuffed-spaghetti-squash/>

Easy Skillet Lasagna, <https://therealfooddietitians.com/easy-skillet-lasagna/>

Turkey Cobb Salad, <https://downshiftology.com/recipes/turkey-cobb-salad/>

Lighter Turkey Casserole, <https://downshiftology.com/recipes/lighter-turkey-casserole/>

SIDES and SALADS

Roasted Root Vegetables with Pecan Crumbles,

<https://www.thepioneerwoman.com/food-cooking/recipes/a33251632/roasted-vegetables-with-pecan-crumble-recipe/>

Simple Roasted Butternut Squash Soup,

<https://www.thepioneerwoman.com/food-cooking/recipes/a103161/simple-roasted-butternut-squash-soup/>

Brussels Sprouts Casserole,

<https://www.thepioneerwoman.com/food-cooking/recipes/a37611646/brussels-sprouts-casserole-recipe/>

Honey Glazed Carrots and Parsnips,

<https://www.thepioneerwoman.com/food-cooking/recipes/a33248884/honey-glazed-carrots-and-parsnips-recipe/>

Ultimate Winter Salad,

<https://www.thepioneerwoman.com/food-cooking/recipes/a104726/ultimate-winter-salad/>

BREAKFAST

Overnight Steel Cut Oats, <https://fitfoodiefinds.com/overnight-steel-cut-oats/>

Healthy Breakfast Casserole with Sweet Potato Hash Browns,

<https://fitfoodiefinds.com/healthy-breakfast-casserole-with-sweet-potato-hash-browns/>

Chia Yogurt Power Bowl, <https://fitfoodiefinds.com/chia-yogurt-power-bowl/>

Turkey Fajita Egg Cups, <https://fitfoodiefinds.com/turkey-fajita-egg-cup-recipe/>

Denver Omelette Bake, <https://fitfoodiefinds.com/healthy-denver-omelet-egg-bake-serve-crowd/>