

ENTREES

Sheet Pan Chicken Shawarma Bowls,

<https://therealfoodrds.com/sheet-pan-chicken-shawarma-bowls/>

Mexican Shredded Beef,

<https://lilynicholsrdn.com/mexican-shredded-beef-instant-pot-slow-cooker/>

Twice Baked Spaghetti Squash, <https://lilynicholsrdn.com/twice-baked-spaghetti-squash/>

Rosemary Pork Chops with Sauteed Kale and Apples,

<https://lilynicholsrdn.com/rosemary-pork-chops-sauteed-kale-apples/>

Easy Vegetable Soup, <http://www.nutritiouseats.com/easy-vegetable-soup/>

SIDES and SALADS

Crispy Smashed Potatoes, <https://therealfoodrds.com/crispy-smashed-potatoes/>

Sheet Pan Cauliflower Fried Rice, <https://therealfoodrds.com/sheet-pan-cauliflower-fried-rice/>

Balsamic Carrot Slaw, <https://lilynicholsrdn.com/balsamic-carrot-slaw/>

Crispy Thai Brussels Sprouts,

<https://karalydon.com/recipes/crispy-brussels-sprouts-with-thai-sauce/>

Broccoli Apple Salad, <http://www.nutritiouseats.com/broccoli-apple-salad/>

BREAKFAST

Buffalo Chicken Egg Muffins, <https://therealfoodrds.com/buffalo-chicken-egg-muffins/>

Apple Baked Oatmeal, <https://karalydon.com/recipes/apple-baked-oatmeal/>

Make Ahead Freezer Veggie Breakfast Sandwiches,

<https://karalydon.com/recipes/freezer-veggie-breakfast-sandwiches/>

Better Tasting Breakfast Sausage with Mushrooms,

<https://teaspoonofspice.com/better-tasting-breakfast-sausage-from-scratch-mushrooms/>

Sweet Potato Pancakes, <https://nutritionstripped.com/sweet-potato-pancakes/>