

## **ENTREES**

Dijon Roasted Chicken and Carrots,

<https://www.asweetpeachef.com/dijon-roasted-chicken-and-carrots/>

Spaghetti Squash Lasagna, <https://www.wellplated.com/spaghetti-squash-lasagna/>

Vegetarian Power Bowl, <https://www.wellplated.com/whole30-vegetarian-power-bowls/>

Honey Garlic Salmon, <https://chefsavvy.com/honey-garlic-salmon/>

Pepper Steak, <https://chefsavvy.com/pepper-steak/>

## **SIDES and SALADS**

Vegan Pumpkin Soup, <https://www.wellplated.com/vegan-pumpkin-soup/>

Whole 30 Chicken Salad, <https://www.wellplated.com/whole30-chicken-salad/>

Steamed Vegetables with Sesame Chili Oil,

<https://www.foodnetwork.com/recipes/daphne-brogdon/steamed-vegetables-with-sesame-chile-oil-3044936>

Chopped Kale, Quinoa, Avocado Salad,

<https://chefsavvy.com/chopped-kale-quinoa-avocado-salad/>

Cilantro and Lime Brown Rice, <https://chefsavvy.com/healthy-cilantro-lime-brown-rice/>

## **BREAKFAST**

Strawberry Spinach Smoothie, <https://www.wellplated.com/strawberry-spinach-smoothie/>

Healthy Zucchini Muffins, <https://www.wellplated.com/healthy-zucchini-muffins/>

Crockpot Egg Casserole, <https://www.wellplated.com/crockpot-egg-casserole/>

Breakfast Quesadilla, <https://www.wellplated.com/breakfast-quesadilla/>

Scrambled Egg Toast, <https://www.wellplated.com/scrambled-egg-toast/>