

ENTREES

Black Bean Quinoa Bowl,

<https://www.eatingwell.com/recipe/260726/black-bean-quinoa-buddha-bowl/>

Salmon Caesar Salad, <https://www.eatingwell.com/recipe/280154/salmon-caesar-salad/>

Cuban Slow Cooker Picadillo,

https://www.laurelannnutrition.com/blog/slow-cooker-picadillo?fbclid=IwAR1zR6wh4hXeNYrcB4zeNx1MMQNhbooV5Zhn4LS3BCDXaeLrfjxBF-_eir0

Easy Beef and Broccoli with Mushrooms,

<https://streetsmartnutrition.com/easy-beef-and-broccoli-with-mushrooms/>

Hot Honey Chicken, <https://streetsmartnutrition.com/hot-honey-chicken-recipe/>

SIDES and SALADS

Tuna, White Bean, and Dill Salad,

<https://www.eatingwell.com/recipe/269012/tuna-white-bean-dill-salad/>

Lentil Salad with Feta, Tomatoes, Cucumbers, & Olives,

<https://www.eatingwell.com/recipe/7899362/lentil-salad-with-feta-tomatoes-cucumbers-olives/>

Vegetarian Chopped Salad with Hard Boiled Eggs,

<https://www.amydgorn.com/chopped-salad-recipe/?fbclid=IwAR0o13acc7uHCRud63ed1IPdWpTTzxpCzuONhgGFM4AhXhxH4i2yqICZmxw>

Roasted Butternut Squash and Carrot Soup,

https://eatingwithheartnutrition.com/butternut-squash-and-carrot-soup/?fbclid=IwAR1g1DSjTQE1p_mz4nXH6C_z87dqBHjZOLfxuZnw0sDyg55o5SE-rGT_0gA

Curried Pistachio Chicken Salad, <http://streetsmartnutrition.com/curried-pistachio-chicken-salad/>

BREAKFAST

Baked Eggs, Tomatoes, and Chiles,

<https://www.eatingwell.com/recipe/252833/baked-eggs-tomatoes-chiles-shakshuka/>

Bacon and Egg Breakfast Tacos,

<https://www.eatingwell.com/recipe/270977/bacon-egg-breakfast-tacos/>

Pineapple Banana Protein Oats, <https://streetsmartnutrition.com/pineapple-banana-protein-oats/>

Breakfast Stuffed Sweet Potatoes with Scrambled Eggs,

<https://streetsmartnutrition.com/breakfast-stuffed-sweet-potatoes-scrambled-eggs/>

Balsamic Strawberry Avocado Toast,

<https://streetsmartnutrition.com/balsamic-strawberry-avocado-toast/>