

ENTREES

Chinese Pork Lettuce Wraps, <https://therealfoodrds.com/chinese-pork-lettuce-wraps/>

Creamy Ham and Potato Soup, <https://therealfoodrds.com/creamy-ham-potato-soup/>

Pan-Fried Tilapia,

<https://www.delish.com/cooking/recipe-ideas/a25137966/pan-fried-tilapia-recipe/>

Bruschetta Grilled Chicken,

<https://www.delish.com/cooking/recipe-ideas/a53594/grilled-bruschetta-chicken-recipe/>

Fresh Black Bean Burrito Bowl, <https://cookieandkate.com/black-bean-burrito-bowl-recipe/>

SIDES and SALADS

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

Simple Beet, Arugula, and Feta Salad,

<https://cookieandkate.com/simple-beet-arugula-and-feta-salad-with-hilarys-balsamic-thyme-dressing/>

Best Roasted Vegetables, <https://www.acouplecooks.com/best-roasted-vegetables/>

Lemon Herb Steamed Cauliflower,

<https://www.acouplecooks.com/herb-lemon-steamed-cauliflower/>

Simple Sauteed Onions, <https://www.acouplecooks.com/sauteed-onions/>

BREAKFAST

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

Western-Style Breakfast Casserole,

<https://therealfoodrds.com/western-style-breakfast-casserole/>

Turkey Sausage Patties with Apple, <https://therealfoodrds.com/turkey-apple-sausage-patties/>

Healthy Apple Muffins, <https://cookieandkate.com/healthy-apple-muffins-recipe/>

Overnight Oats, <https://www.acouplecooks.com/overnight-oats/>