

## **ENTREES**

Slow Cooker or Instant Pot Beef Stew, <https://therealfoodrds.com/slow-cooker-beef-stew/>  
Kings Shepherd's Pie, <https://jessicainthekitchen.com/kings-shepherds-pie/>  
BBQ Chickpea Wraps, <https://jessicainthekitchen.com/bbq-chickpea-wraps-with-ranch-dressing/>  
Chicken Tostadas, <https://www.apinchofhealthy.com/chicken-tostadas/>  
Sesame Crusted Salmon,  
<https://rachaelsgoodeats.com/the-sesame-crusted-salmon-you-didnt-know-you-needed/>

## **SIDES and SALADS**

Acorn Squash Chickpeas Chimichurri,  
<https://www.loveandlemons.com/acorn-squash-chickpeas-chimichurri/>  
Zesty Broccoli, <https://www.rachaelraymag.com/recipe/zesty-broccoli/>  
Curried Cauliflower, <https://www.rachaelraymag.com/recipe/curried-cauliflower/>  
Creamy Roasted Cauliflower Soup,  
<https://cookieandkate.com/2018/creamy-roasted-cauliflower-soup-recipe/>  
Smoked Salmon Platter, <https://www.howsweeteats.com/2018/11/smoked-salmon-platter/>

## **BREAKFAST**

Broccoli Cheese Quiche, <https://www.howsweeteats.com/2018/12/broccoli-cheese-quiche/>  
Zucchini Pie, <https://www.howsweeteats.com/2018/08/zucchini-pie/>  
Tortilla Eggs, <https://www.howsweeteats.com/2018/04/tortilla-eggs/>  
Breakfast Pizza Puff Pastry,  
<https://www.howsweeteats.com/2017/12/breakfast-pizza-puff-pastry/>  
Rainbow Syrup Bottomed Chia Pudding Parfaits,  
<https://www.howsweeteats.com/2016/06/rainbow-syrup-bottomed-chia-pudding-parfaits/>