



# Sample Menus

## PASTA

- Spaghetti with Marinara Sauce
- Fettuccine Alfredo
- Baked Ziti
- Macaroni and Cheese
- Lasagna (Meat or Veggie)
- Penne alla Vodka
- Pasta Primavera
- Spaghetti Carbonara
- Pesto Pasta with Parmesan
- Ravioli with Tomato Sauce
- Tortellini with Cream Sauce
- Spaghetti and Meatballs
- Chicken Alfredo Pasta
- Shrimp Scampi Pasta
- Greek Pasta Salad
- Cajun Chicken Pasta
- Stuffed Shells
- Cacio e Pepe
- Gnocchi with Marinara
- Pasta Bolognese
- Cheeseburger Macaroni

- Pasta with Broccoli and Garlic
- Spinach and Ricotta Cannelloni
- Chili Mac
- Taco Pasta Bake
- One-Pot Tuscan Pasta
- Pasta with Sausage and Peppers
- Buttered Noodles with Parmesan
- Creamy Mushroom Pasta
- Zucchini Noodle Spaghetti

## **CHICKEN**

- Chicken Alfredo
- Chicken Tenders
- Chicken Parmesan
- BBQ Chicken Drumsticks
- Chicken Nuggets
- Chicken Stir-Fry
- Teriyaki Chicken
- Baked Lemon Chicken
- Chicken Quesadillas
- Chicken Pot Pie
- Chicken Fajitas
- Chicken and Rice Casserole
- Chicken Tikka Masala
- Popcorn Chicken
- Honey Garlic Chicken
- Buffalo Chicken Wraps
- Chicken and Broccoli
- Chicken Enchiladas
- Crispy Chicken Sandwich
- Chicken Noodle Soup
- Chicken Caesar Wrap
- Chicken Fried Rice
- Creamy Tuscan Chicken

- Chicken and Waffles
- Ranch Baked Chicken
- Grilled Chicken Skewers
- Chicken Stroganoff
- Chicken Marsala
- Chicken Lettuce Wraps
- Chicken Sliders

## **BEEF**

- Cheeseburgers
- Beef Tacos
- Spaghetti Bolognese
- Beef Chili
- Sloppy Joes
- Meatloaf
- Beef Stroganoff
- Steak and Potatoes
- Beef Enchiladas
- Shepherd's Pie
- Salisbury Steak
- Ground Beef Quesadillas
- Korean Beef Bowls
- BBQ Beef Sandwiches
- Taco Salad
- Beef Lasagna
- Beef and Broccoli
- Stuffed Bell Peppers
- Beef Burritos
- Philly Cheesesteak Sandwiches
- Ground Beef Tostadas
- Meatball Subs
- Beef Kebabs
- Hamburger Steaks
- Beef Fried Rice

- Mini Meatball Skewers
- Baked Ziti with Ground Beef
- Chili Mac
- Mongolian Beef
- Beef and Cheese Nachos

## **LOW CALORIE**

- Grilled Lemon Herb Chicken with Quinoa and Broccoli
- Baked Salmon with Asparagus and Sweet Potato
- Veggie Stir-Fry with Tofu and Brown Rice
- Turkey and Spinach Stuffed Bell Peppers
- Chickpea and Avocado Salad
- Greek Chicken Bowl with Tzatziki and Brown Rice
- Lentil and Vegetable Soup
- Baked Cod with Garlic Green Beans and Roasted Potatoes
- Black Bean and Quinoa Tacos
- Zucchini Noodles with Turkey Meatballs
- Grilled Shrimp Skewers with Couscous and Cucumber Salad
- Sweet Potato and Black Bean Chili
- Eggplant Lasagna (No Pasta)
- Asian Chicken Lettuce Wraps
- Tuna Salad Stuffed Avocados
- Cauliflower Fried Rice with Chicken
- Turkey Chili with Kidney Beans and Corn
- Spinach and Feta Stuffed Chicken Breast
- Vegan Buddha Bowl with Hummus and Grilled Veggies
- Mushroom and Lentil Shepherd's Pie
- Salmon Poke Bowl with Brown Rice and Edamame
- Avocado Toast with Poached Egg and Tomato
- Baked Falafel with Tabbouleh and Tahini Sauce
- Grilled Chicken Salad with Strawberries and Almonds
- Shrimp and Mango Salad with Lime Vinaigrette
- Portobello Mushroom Burger with Sweet Potato Fries
- Quinoa-Stuffed Zucchini Boats

- Cauliflower Tacos with Cilantro Lime Slaw
- Chicken and Vegetable Skewers with Yogurt Dip
- Pasta Primavera with Whole Wheat Pasta
- Teriyaki Salmon Bowl with Brown Rice
- Thai Peanut Chicken Lettuce Cups
- Shakshuka (Poached Eggs in Spiced Tomato Sauce)
- Grilled Tempeh with Roasted Veggies and Pesto
- Mediterranean Chickpea Bowl
- Chicken Fajita Bowl with Brown Rice
- Butternut Squash Soup with Pumpkin Seeds
- Roasted Salmon with Quinoa and Spinach
- Grilled Halloumi with Chickpeas and Tomatoes
- Zucchini and Black Bean Enchiladas
- Greek Lentil Soup (Fakes Soupa)
- Spicy Tofu Wraps with Avocado and Spinach
- Chicken Piccata with Steamed Broccoli
- Barley Salad with Roasted Vegetables
- Cabbage Stir-Fry with Ground Chicken
- Grilled Turkey Kebabs with Tzatziki
- Cauliflower Mac and Cheese (Low-Carb)
- Kale and Sweet Potato Salad with Tahini Dressing
- Lemon Herb Tilapia with Steamed Veggies
- Roasted Garlic and White Bean Soup with Whole Grain Toast
- Chicken with Black Beans
- Shrimp and Cauliflower Grits
- Avocado Chicken Salad (No Mayo)
- Vegetable and Chickpea Tagine
- Balsamic Chicken with Roasted Carrots
- Egg Roll in a Bowl (Ground Turkey and Cabbage Stir-Fry)
- Edamame and Veggie Brown Rice Bowl
- Chicken Fajita Bowl with Brown Rice
- Butternut Squash Soup with Pumpkin Seeds
- Roasted Salmon with Quinoa and Spinach
- Grilled Halloumi with Chickpeas and Tomatoes
- Zucchini and Black Bean Enchiladas

- Greek Lentil Soup (Fakes Soupa)
- Spicy Tofu Wraps with Avocado and Spinach
- Chicken Piccata with Steamed Broccoli
- Barley Salad with Roasted Vegetables
- Cabbage Stir-Fry with Ground Chicken
- Grilled Turkey Kebabs with Tzatziki
- Cauliflower Mac and Cheese (Low-Carb)
- Kale and Sweet Potato Salad with Tahini Dressing
- Lemon Herb Tilapia with Steamed Veggies
- Roasted Garlic and White Bean Soup with Whole Grain Toast
- Moroccan Chickpea Stew
- Baked Eggplant with Tomato and Parmesan
- Cilantro Lime Chicken with Black Beans
- Shrimp and Cauliflower Grits
- Avocado Chicken Salad (No Mayo)
- Vegetable and Chickpea Tagine
- Balsamic Chicken with Roasted Carrots
- Egg Roll in a Bowl (Ground Turkey and Cabbage Stir-Fry)
- Edamame and Veggie Brown Rice Bowl
- Cauliflower Crust Pizza with Veggies
- Grilled Chicken with Mango Avocado Salsa
- Chicken Burrito with Rice and Beans
- Beef Fajitas with Peppers and Onions
- Shrimp Tacos with Cilantro Lime Slaw
- Cheese Enchiladas with Red Sauce
- Carnitas Burrito with Salsa Verde
- Steak Fajitas with Guacamole
- Fish Tacos with Chipotle Mayo
- Green Chile Chicken Enchiladas
- Barbacoa Beef Burrito with Pico de Gallo
- Veggie Fajitas with Mushrooms and Zucchini
- Chorizo and Potato Tacos
- Enchiladas Suizas (Chicken with Cream Sauce)
- Carnitas Tacos with Pickled Onions
- Beef Burrito with Queso and Jalapeños

Shrimp Fajitas with Grilled Pineapple  
Breakfast Burrito with Eggs and Chorizo  
Chicken Tacos with Mole Sauce  
Cheese and Spinach Enchiladas  
Fajita Veggie Burrito with Bell Peppers  
Grilled Fish Fajitas  
Al Pastor Tacos with Pineapple  
Beef Enchiladas with Red Chile Sauce  
Pulled Pork Burrito with BBQ Sauce  
Shrimp Enchiladas with Verde Sauce  
Chicken Fajitas with Onions and Peppers  
Carne Asada Tacos with Salsa Roja  
Black Bean and Corn Burrito  
Cheese Enchiladas with Green Sauce  
BBQ Chicken Fajitas  
Crispy Fish Tacos with Cabbage Slaw  
Ground Beef Burrito with Refried Beans  
Shrimp Tacos with Avocado Crema  
Enchiladas Poblanas (Mole Sauce)  
Chicken Fajitas with Guacamole  
Carnitas Burrito with Cilantro Rice  
Steak Tacos with Onions and Cilantro  
Veggie Enchiladas with Roasted Peppers  
Chicken and Rice Burrito  
Chorizo Fajitas with Bell Peppers  
Fried Fish Tacos with Spicy Slaw  
Beef Tacos with Salsa Verde  
Bean and Cheese Burrito  
Enchiladas with Red Chile and Cheese  
Shrimp Fajitas with Onions  
Chicken Tacos with Pico de Gallo  
Ground Beef Enchiladas with Sour Cream  
Veggie Burrito with Guacamole  
Steak Fajita Burrito  
Crispy Chicken Tacos with Ranch Dressing

Barbacoa Enchiladas with Queso Fresco  
Pulled Pork Fajitas with Peppers  
Shrimp Burrito with Black Beans  
Chicken Enchiladas with Salsa Roja  
Carne Asada Burrito with Beans and Rice  
Fish Fajitas with Lime Crema  
Ground Beef Tacos with Lettuce and Cheese  
Cheese and Mushroom Enchiladas

- Chicken Burrito Bowl
- Beef Fajita Tacos with Onions
- Veggie Tacos with Avocado and Salsa
- Crispy Chicken Tacos with Ranch Dressing
- Spaghetti Squash with Marinara and Turkey Sausage
- Roasted Veggie and Hummus Wrap
- Broccoli and Cheddar Crustless Quiche
- Chicken and Spinach Curry with Brown Rice
- Seared Ahi Tuna with Avocado and Cucumber
- Chicken with Wild Rice and Cranberries
- Miso Soup with Tofu and Seaweed
- Cod with Mango Salsa and Brown Rice
- Sweet Potato and Chickpea Buddha Bowl
- Tofu and Broccoli in Garlic Sauce
- Roasted Beet and Goat Cheese Salad
- Cauliflower Crust Pizza with Veggies
- Grilled Chicken with Mango Avocado Salsa
- Moroccan Chickpea Stew
- Baked Eggplant with Tomato and Parmesan
- Cilantro Lime Chi
- Roasted Chicken Thighs with Brussels Sprouts and Carrots
- Vegan Lentil Tacos with Guacamole
- Brown Rice Stir-Fry with Egg and Veggies
- Sweet Potato and Kale Hash with Fried Egg
- Grilled Tilapia with Corn and Tomato Salad
- Tomato Basil Soup with Grilled Zucchini
- Mediterranean Quinoa Salad



- Black Bean Soup with Lime and Cilantro
- Shrimp and Veggie Kebabs
- Chicken and White Bean Soup
- Stuffed Portobello Mushrooms with Spinach and Feta
- Grilled Veggie and Mozzarella Sandwich on Whole Grain Bread
- Chia Pudding with Berries and Almonds
- BBQ Chicken with Cauliflower Mash and Peas
- Baked Egg Muffins with Spinach and Bell Peppers
- Vegan Stuffed Sweet Potatoes with Quinoa and Kale
- Lemon Dill Tuna Patties with Steamed Veggies
- Roasted Chickpea and Veggie Bowl
- Soba Noodle Salad with Edamame and Sesame Dressing
- Baked Chicken Meatballs with Marinara and Zoodles
- Wild Rice and Mushroom Pilaf
- Greek Yogurt Chicken Salad Lettuce Wraps
- Turkey Burger Lettuce Wraps with Avocado
- Grilled Vegetable Paella
- Almond-Crusted Tilapia with Green Beans
- Roasted Cauliflower and Lentil Tacos
- Pesto Zucchini Noodles with Cherry Tomatoes
- Chicken Stir-Fry with Snap Peas and Bell Peppers
- Stuffed Acorn Squash with Wild Rice and Cranberries
- Miso Soup with Tofu and Seaweed
- Cod with Mango Salsa and Brown Rice
- Sweet Potato and Chickpea Buddha Bowl
- Tofu and Broccoli in Garlic Sauce
- Roasted Beet and Goat Cheese Salad

## **DOWN HOME MEALS**

Meatloaf with Mashed Potatoes and Green Beans

- Beef Chili with Cornbread
- Chicken Fried Rice
- Spaghetti with Meat Sauce
- BBQ Chicken Thighs with Potato Salad

- Cheeseburger and Baked Fries
- Beef Stroganoff over Egg Noodles
- Chicken Alfredo Pasta
- Ham and Cheese Sandwich with Chips
- Grilled Cheese and Tomato Soup
- Chicken and Dumplings
- Pulled Pork Sandwiches with Slaw
- Steak and Baked Potato
- Fried Chicken with Mac and Cheese
- Tacos with Ground Beef and Rice
- Chicken Pot Pie
- Sausage and Peppers with Rice
- Sloppy Joes with Tater Tots
- Baked Ziti with Garlic Bread
- Chicken Quesadillas with Salsa
- Tuna Noodle Casserole
- Pork Chops with Apples and Stuffing
- Chicken Drumsticks with Corn on the Cob
- BLT Sandwich with Pickle Spear
- Fish and Chips
- Meatball Subs with Potato Wedges
- Grilled Chicken with Wild Rice
- Lasagna with Caesar Salad
- Chili Dogs with Baked Beans
- Egg and Sausage Breakfast Burritos
- French Toast and Bacon
- Pancakes with Sausage
- Shrimp and Grits
- Biscuits and Sausage Gravy
- BBQ Ribs with Cornbread
- Roast Beef Sandwich with Au Jus
- Country Fried Steak with White Gravy
- Chicken Tenders with Waffle Fries
- Philly Cheesesteak Sandwich
- Chicken Caesar Wrap

- Turkey and Cheese Wrap with Chips
- Pork Roast with Carrots and Potatoes
- Chicken Bacon Ranch Pasta
- Steak Fajitas with Peppers and Onions
- Fried Catfish with Hush Puppies
- Hamburger Helper (Beef)
- Breakfast Sandwich with Eggs and Bacon
- Chicken Parmesan Sandwich
- Goulash with Buttered Bread
- Beef Burritos with Sour Cream
- Chicken Wings with Celery and Ranch
- Pepperoni Pizza
- Hot Dogs with Onion Rings
- BBQ Chicken Pizza
- Fried Bologna Sandwich
- Brisket Plate with Baked Beans
- Teriyaki Chicken and Rice
- Macaroni and Beef Skillet
- Salisbury Steak with Mashed Potatoes
- Chicken Fajita Rice Bowl
- Fried Chicken with Collard Greens
- Smothered Pork Chops
- Baked Macaroni and Cheese
- Candied Yams
- Red Beans and Rice
- Chicken and Waffles
- Oxtails with Rice and Gravy
- Neck Bones and Collards
- Cornbread Dressing
- Black-Eyed Peas with Ham Hocks
- Shrimp and Grits
- Turkey Wings with Gravy
- Hoppin' John
- Chitlins (Chitterlings)
- Catfish Nuggets with Hot Sauce

- Fried Green Tomatoes
- Southern Fried Pork Chops
- Butter Beans with Ham
- Chicken and Rice Casserole
- Baked BBQ Chicken
- Sweet Cornbread with Honey Butter
- Ham Hocks with Pinto Beans
- Braised Short Ribs with Mashed Potatoes
- Fried Okra
- Chicken Gizzards and Gravy
- Turkey Necks with White Rice
- Liver and Onions
- Creamed Corn
- Hush Puppies
- Peach Cobbler (Dessert)
- Southern Potato Salad
- Chicken Livers with Hot Sauce
- BBQ Ribs with Mustard Greens
- Gumbo with Rice
- Jambalaya
- Crawfish Étouffée
- Cornish Hens with Cornbread Stuffing
- Cabbage and Sausage
- Baked Spaghetti with Cheese
- Sweet Potato Pie (Dessert)
- Cracklin' Cornbread
- Kool-Aid Pickles
- Hot Water Cornbread
- Fish Fry Platter
- Fried Turkey Cutlets
- Blackened Catfish with Dirty Rice
- BBQ Turkey Legs
- Pigs Feet with Hot Sauce
- Stewed Okra and Tomatoes
- Pinto Beans and Cornbread

- BBQ Baked Beans with Ground Beef
- Southern Chicken Stew
- Cajun Chicken Pasta
- Chicken Bog (Rice, Chicken, Sausage)
- Brown Stew Chicken (Southern-Caribbean Style)
- Southern-Style Meatloaf
- Pepper Steak and Rice
- Collard Green Egg Rolls
- Dirty Rice with Chicken Livers

## **TASTE OF CENTRAL AMERICA**

- Tacos al Pastor
- Chiles Rellenos
- Enchiladas Verdes
- Carnitas
- Mole Poblano
- Pozole Rojo
- Tamales
- Sopas
- Quesadillas
- Birria de Res
- Tostadas de Tinga
- Huevos Rancheros
- Chilaquiles
- Cochinita Pibil
- Flautas (Taquitos)
- Barbacoa
- Elote (Mexican Street Corn)
- Arroz Rojo (Mexican Red Rice)
- Frijoles Charros
- Aguachile
- Caldo de Res
- Menudo
- Camarones a la Diabla

- Nopales con Huevo
- Gorditas
- Queso Fundido
- Tortilla Soup
- Alambre (Grilled Skillet Meat)
- Pambazos
- Molletes
- Tacos al Pastor
- Carne Asada
- Chicken Enchiladas
- Beef Enchiladas
- Chile Rellenos (Stuffed Poblano Peppers)
- Chiles en Nogada
- Carnitas (Slow-cooked Pulled Pork)
- Mole Poblano Chicken
- Tamales (various fillings)
- Quesadillas (cheese, chicken, beef, or veggies)
- Fajitas (Chicken, Beef, or Shrimp)
- Pozole (Hominy soup with pork or chicken)
- Sopos (Thick corn tortilla with toppings)
- Tostadas (Crispy flat tortillas with toppings)
- Barbacoa (Slow-cooked beef or lamb)
- Cochinita Pibil (Slow-roasted pork in achiote marinade)
- Huevos Rancheros (Eggs on tortillas with salsa)
- Chilaquiles (Tortilla chips with salsa, eggs, cheese)
- Birria (Spicy stewed goat or beef)
- Camarones a la Diabla (Spicy shrimp)
- Guacamole with Chips
- Elote (Mexican street corn)
- Carnitas Burrito
- Fish Tacos
- Caldo de Res (Beef soup)
- Lengua Tacos (Beef tongue)
- Flautas (Rolled and fried tacos)
- Mexican Rice and Beans (Side dishes)

- Queso Fundido (Melted cheese with chorizo)
- Carne Tampiqueña (Steak served with sides like enchiladas and beans)

## **WHOLE30**

- Lemon Herb Grilled Chicken with Roasted Broccoli
- Pan-Seared Salmon with Garlic Green Beans
- Sweet Potato Hash with Ground Turkey and Spinach
- Chicken Zucchini Poppers
- Pork Tenderloin with Apple and Onion Sauté
- Beef and Cabbage Stir-Fry with Coconut Aminos
- Whole30 Breakfast Sausage Patties with Kale
- Shrimp and Cauliflower Grits
- Buffalo Chicken Lettuce Wraps
- Grilled Steak with Roasted Brussels Sprouts
- Chicken Fajita Bowl (no rice/beans)
- Tuna Salad-Stuffed Avocados
- Garlic Butter Scallops with Zoodles
- Zucchini Noodles with Bolognese
- Whole30 Chili (no beans)
- Chicken and Sweet Potato Sheet Pan
- Egg and Veggie Breakfast Bake
- Turkey Meatballs with Spaghetti Squash
- Seared Tuna with Cucumber Avocado Salad
- Balsamic Glazed Chicken with Carrots
- Whole30 Deviled Eggs
- Italian Sausage with Peppers and Onions
- Grilled Chicken with Mango Salsa
- Beef Taco Lettuce Cups
- Shrimp and Avocado Salad
- Slow Cooker Pot Roast with Root Veggies
- Salmon Cakes with Dill Mayo (Whole30 mayo)
- Breakfast Hash with Eggs and Brussels Sprouts
- Grilled Pork Chops with Apple Slaw

- Chicken Stir-Fry with Coconut Aminos
- Chicken Cobb Salad (no cheese or bacon with sugar)
- Roasted Chicken Thighs with Asparagus
- Zoodle Stir-Fry with Ground Beef
- Chili Lime Shrimp Skewers
- Turkey Burgers (no bun) with Guacamole
- Chicken Piccata with Capers and Spinach
- Grilled Mahi Mahi with Pineapple Salsa
- Steak and Sweet Potato Fries
- Shredded Chicken Lettuce Tacos
- Sausage and Cauliflower Rice Skillet
- Whole30 Meatloaf with Mashed Sweet Potatoes
- Eggs Over Roasted Veggies
- Pan-Seared Cod with Lemon Garlic Sauce
- Whole30 Shepherd's Pie (cauliflower topping)
- Shrimp Ceviche with Avocado
- Ground Beef and Zucchini Skillet
- Turkey and Spinach Stuffed Peppers
- Chicken Thighs with Roasted Turnips
- Grilled Chicken Sausage with Peppers
- Tuna Patties with Sweet Potato Mash
- Roast Beef Lettuce Wraps with Horseradish Sauce
- Cauliflower Rice Burrito Bowl
- Chicken Salad Lettuce Boats
- Steak Skewers with Chimichurri
- Coconut Curry Chicken with Veggies
- Egg and Avocado Breakfast Bowl
- Whole30 Zuppa Toscana
- Chicken Drumsticks with Garlic Roasted Radishes
- Stuffed Acorn Squash with Ground Beef
- Baked Salmon with Dill and Roasted Carrots



## **TASTE OF THE CARIBBEAN**

- Jerk Chicken (Jamaica)
- Curry Goat (Jamaica/Trinidad)
- Callaloo (Trinidad/Jamaica)
- Ackee and Saltfish (Jamaica)
- Rice and Peas (Jamaica)
- Roti with Curry Chicken (Trinidad)
- Oxtail Stew (Jamaica)
- Doubles (Trinidad)
- Pelau (Trinidad)
- Conch Fritters (Bahamas)
- Haitian Griot (Fried Pork)
- Pikliz (Spicy Haitian Slaw)
- Brown Stew Chicken (Jamaica)
- Macaroni Pie (Barbados/Trinidad)
- Bajan Fish Cakes (Barbados)
- Curry Crab and Dumplings (Tobago)
- Escovitch Fish (Jamaica)
- Run Down (Coconut Fish Stew – Jamaica)
- Jamaican Patties
- Callaloo and Saltfish (St. Lucia)
- Goat Water (Montserrat)
- Saltfish Buljol (Trinidad)
- Coconut Rice and Beans (Various Islands)
- Breadfruit and Ackee (Jamaica)
- Oil Down (Grenada)
- Crab and Callaloo (Trinidad)
- Souse (Bahamas/Barbados)
- Caribbean Pepperpot Stew
- Cassava Pone (Caribbean dessert)
- Stewed Chicken with Rice (Multiple Islands)

## VEGAN

- Cauliflower Rice Veggie Stir-Fry
- Zucchini Noodles with Avocado Pesto
- Sweet Potato Buddha Bowl
- Cabbage and Carrot Stir-Fry
- Roasted Veggie Sheet Pan with Tahini Drizzle
- Spaghetti Squash with Garlic Tomato Sauce
- Baked Acorn Squash with Cauliflower Rice
- Grilled Eggplant with Chimichurri
- Broccoli Stir-Fry with Coconut Aminos
- Smashed Sweet Potatoes with Kale
- Zucchini Fritters with Cashew Cream
- Cauliflower Tabbouleh
- Roasted Butternut Squash and Spinach Salad
- Mashed Cauliflower with Garlic Mushrooms
- Spiralized Cucumber Noodle Salad
- Balsamic Roasted Brussels Sprouts & Carrots
- Eggplant "Steaks" with Olive Tapenade
- Whole30 Vegetable Soup
- Roasted Rainbow Carrots with Avocado
- Sauteed Cabbage and Sweet Potato Hash
- Cauliflower Steak with Romesco Sauce
- Veggie Lettuce Wraps with Cashew Sauce
- Carrot and Zucchini Noodle Pad Thai
- Stir-Fried Kale with Mushrooms
- Whole30 Roasted Veggie Bowl with Tahini
- Spaghetti Squash Burrito Bowl
- Grilled Mushrooms with Garlic and Herbs
- Whole30 Cucumber Avocado Salad
- Coconut Cauliflower Curry
- Butternut Squash Fries with Guac
- Cauliflower and Broccoli "Fried Rice"
- Sweet Potato and Avocado Lettuce Wraps
- Whole30 Roasted Tomato Soup

- Sauteed Zoodles with Olive Oil & Spinach
- Sautéed Greens with Hemp Seeds
- Roasted Veggie and Cauliflower Mash Plate
- Cucumber and Dill Salad
- Sweet Potato and Kale Bowl with Almond Butter Drizzle
- Stir-Fried Bok Choy and Mushrooms
- Cauliflower Buffalo Bites
- Grilled Zucchini and Tomato Stack
- Raw Veggie Collard Wraps
- Spaghetti Squash Primavera
- Sauteed Sweet Plantains and Peppers
- Mashed Sweet Potatoes with Caramelized Onions
- Whole30 Chopped Salad with Avocado
- Baked Stuffed Peppers (Cauli Rice & Veggies)
- Broccoli and Cauliflower Bake with Cashew Cheese
- Sautéed Mushroom and Spinach Mix
- Cauliflower and Walnut “Taco Meat” Lettuce Wraps
- Roasted Sweet Potato Wedges with Cilantro
- Carrot Noodle Stir-Fry
- Chard Wraps with Veggie Fillings
- Roasted Fennel and Beet Salad
- Zoodle Stir-Fry with Coconut Aminos
- Roasted Garlic Mashed Cauliflower
- Stuffed Zucchini Boats (Whole30 Vegan)
- Kale Slaw with Avocado Dressing
- Balsamic Roasted Mushrooms and Onions
- Veggie Skewers with Almond Dipping Sauce
- Spiralized Beet Salad with Orange Vinaigrette
- Warm Roasted Veggie and Arugula Salad
- Roasted Delicata Squash Rings
- Sweet Potato Hash with Red Peppers
- Sautéed Asparagus and Carrot Ribbons
- Roasted Cauliflower with Chimichurri
- Grilled Cabbage Steaks with Lemon Garlic Oil
- Zucchini Roll-Ups with Roasted Red Pepper Sauce

- Celery Root Mash with Roasted Veggies
- Sweet Potato and Apple Skillet
- Broccoli and Avocado Salad
- Spiralized Carrot Salad with Ginger Dressing
- Raw Veggie Bowl with Tahini Sauce
- Roasted Garlic and Kale Cauliflower Rice
- Tomato and Avocado Cucumber Stack
- Sautéed Collard Greens with Olive Oil
- Grilled Bell Peppers and Onions
- Sweet Potato Nachos with Avocado Sauce
- Roasted Parsnips and Turnips
- Cauliflower and Kale Hash
- Simple Sautéed Brussels Sprouts with Balsamic
- Zucchini Noodle Stir-Fry with Cashew Sauce
- Mashed Rutabaga with Roasted Garlic

## **KETO**

- Keto Bacon & Egg Breakfast Muffins
- Zucchini Noodles with Creamy Pesto Chicken
- Cauliflower Crust Pizza
- Egg Roll in a Bowl
- Bunless Bacon Cheeseburgers with Avocado
- Garlic Butter Shrimp with Zoodles
- Chicken Alfredo with Broccoli (No Pasta)
- Cauliflower Mac & Cheese
- Taco Salad with Ground Beef and Guacamole
- Buffalo Chicken Lettuce Wraps
- Keto Broccoli Cheddar Soup
- Baked Salmon with Garlic Butter and Spinach
- Sausage and Cabbage Skillet
- Cobb Salad with Ranch
- Steak with Garlic Butter Mushrooms
- Jalapeño Popper Chicken Casserole
- Keto Tuna Salad Stuffed Avocados

- Baked Chicken Thighs with Roasted Zucchini
- Eggplant Lasagna (No Noodles)
- Zoodle Alfredo with Sausage
- Cauliflower Rice Stir-Fry with Chicken
- Pepperoni Pizza Stuffed Peppers
- Bacon-Wrapped Asparagus with Chicken Thighs
- Cheesy Spinach-Stuffed Chicken
- Keto Chicken Enchilada Casserole
- Pork Chops with Mushroom Cream Sauce
- BLT Lettuce Wraps
- Keto Egg Salad with Pickles
- Keto Cheeseburger Casserole
- Spinach and Feta Omelet
- Baked Cod with Garlic Cauliflower Mash
- Keto Chicken Tenders (Almond Flour Breaded)
- Cauliflower Rice Sushi Rolls
- Tuna Melt Zucchini Boats
- Keto Philly Cheesesteak Bowl
- Creamy Garlic Mushroom Chicken
- Avocado Egg Salad Wraps
- Chicken Parmesan (Almond Crust)
- Taco Stuffed Zucchini Boats
- Turkey Bacon-Wrapped Egg Cups
- Keto Sausage Breakfast Casserole
- Broccoli and Cheese Egg Bake
- Smoked Salmon & Avocado Salad
- Chorizo-Stuffed Mini Bell Peppers
- Greek Chicken Bowls with Tzatziki
- Keto Deviled Eggs
- Shrimp and Broccoli Stir-Fry
- Pulled Pork Lettuce Wraps
- Keto Chicken Pot Pie (Fathead Crust)
- Spaghetti Squash Carbonara
- Baked Brie-Stuffed Chicken
- Creamy Tuscan Garlic Shrimp

- Eggplant Parmesan (No Breadcrumbs)
- Stuffed Avocados with Buffalo Chicken
- Chicken and Cauliflower Rice Soup
- Keto Reuben Cabbage Rolls
- Keto Chili (No Beans)
- Baked Salmon with Creamy Dill Sauce
- Turkey Sausage and Zucchini Hash
- Chicken and Spinach Stuffed Portobellos
- Roasted Radishes with Garlic Butter
- Jalapeño Bacon Egg Salad
- Thai Peanut Chicken Lettuce Cups
- Chicken Pesto Zoodle Bowl
- Beef Stroganoff with Cauli-Rice
- Shrimp Scampi over Cabbage Noodles
- Cheddar-Stuffed Turkey Burgers
- Keto Chicken and Waffles (Chaffle)
- Keto Taco Casserole
- Zucchini Fritters with Sour Cream
- Chicken Bacon Ranch Skillet
- Keto Sloppy Joes in Lettuce Cups
- Sausage and Pepper Egg Bake
- Keto Korean Beef Bowl
- Creamy Chicken Mushroom Skillet
- Cauliflower Hash Browns with Eggs
- Keto Meatballs with Marinara
- Seared Scallops with Zucchini Noodles
- Prosciutto-Wrapped Asparagus with Eggs
- Keto Pulled Chicken Salad
- Creamy Baked Eggs with Cheese
- Chaffle Sandwiches with Deli Turkey
- Tuna Patties with Avocado Mayo
- Beef Taco Zucchini Skillet
- Roasted Chicken Drumsticks with Brussels Sprouts
- Keto Spinach-Artichoke Dip with Veggies
- Keto Breakfast Burrito Bowl

- Thai Basil Beef with Cauli-Rice
- Keto French Toast (Chaffle Style)
- Chicken Piccata with Spinach