

Breakfasts

Breakfast Tacos- pancakes with either bacon and syrup or pancake, jelly, pb
Ugly Biscuits- bisquick plus bacon, cheese, sausage, apples and cinnamon...
Quiche- Julia child recipe- can do crustless to cut carbs, can do muffin size for snacks
Muffins
Coffee Cake
Croissants with ham, brie or preserves
Burritos sausage/egg scramble with salsa
Grits with mushrooms, bacon, cheese
Omelets with spinach
Cinnamon rolls
Homemade Granola- clean food cookbook
Pigs in the blanket
Morning glory muffins
Cheddar red bell pepper strata
Pancakes
Waffles
French toast
Bfast casserole
Cranberry almond quinoa cookies
Mom bars

Lunches

Spicy SW wraps- chicken left over with cheddar and creamy salsa
Grilled turkey paninis
Pork rolls- hawaiian bread or rolls with leftover pork tenderloin and chutney or cranberry
Chili
Black bean wraps
Ham, Turkey or Roast Beef sandwiches
Grilled chicken/avocado wrap
Steak wraps
PB & J
Pigs in the blanket
BBQ Pork Sandwiches
Cobb Egg Salad
Turkey cucumber sandwiches
Tabouli/Pita/Hummus
Ham/alouette/pepperjack hoagies
BBQ sandwiches
Chicken breast sandwiches

Dinners

Vegetable Frittata

Salmon Frittata

Quiche- lorraine, bacon, sausage, veggie- keeps in the fridge for days(reheat a slice at a time for bfast-30 sec)

Pork Tenderloin- make 2 for leftovers

Pork chops

Jerk Chicken

Rosemary Chicken

grilled chicken with salsa

spicy grilled chicken with green onions

Steak with bell pepper salsa

Steak/baked potato/salad

Tilapia with bell peppers

Grilled Tuna

Grilled Shrimp

Santa Fe soup

Vegetable chili

Tortilla soup with quesadillas

black bean and butternut chili- green cookbook

goodness soup

Turkey Sloppy joes- recipe

Bleu Cheese Burgers

Buffalo Chicken Burgers

Turkey Burgers

BBQ Pork-brown a pork loin, put in crockpot or low oven for at least 4 hours add bbq sauce

MYO Pizzas

Stuffed Bell Peppers

Spaghetti

Chicken wild rice casserole-recipe

Chicken pot pie

Chinese lettuce wraps-green cookbook

Pork Satay

Fajitas

Albondigas-great for snacks or appetizers

Curry - green cookbook- malaysian with jalapeno and sweet with apricots

Red Beet Risotto with greens and goat cheese

Chicken Piccata

Turkey quinoa casserole

Castellane pasta with sausage

Chicken for les paresseux- recipe, cook extra for leftovers

Pot Roast

Meatloaf

Shrimp and Grits

Shrimp Heart Palm Pasta Salad

Grilled Chicken Salad

Grilled Steak Salad

Sides

Zucchini boats

millet with cranberries

roasted vegetables

rosemary roasted potatoes

sauteed spinach

Green beans with balsamic

bacon wrapped cherry peppers

farro salad

roasted cauliflower with mustard sauce