

Morning Snacks:

- Cranberry protein bars
 - <https://weelicious.com/protein-bars/>
 - We have a cashew allergy so we didn't use cashews. We used golden raisins and cranberries, chia seeds and hemp seeds
- Pear oatmeal
 - <https://minimalistbaker.com/brown-sugar-pear-steel-cut-oats/>
 - Used bobs red mill oat bran and kodiak protein oats. Didn't use lemon juice. Added a dash of milk, finely grated the pears to a sauce consistency, added hemp and chia seeds.
- Carrot muffins
 - <https://cookieandkate.com/healthy-carrot-muffins-recipe/>
 - Used almonds instead of walnuts, used golden raisins and maple syrup, oikos vanilla bean protein greek yogurt
- Cranberry almond energy bites
 - <https://www.eatingwell.com/recipe/8013418/cranberry-almond-energy-balls/>
 - Used chopped almonds, bobs red mill oat bran, no tahini or lemon juice, added golden raisins, hemp and chia seeds and almond butter
- Cranberry bran muffins
 - <https://weelicious.com/cranberry-bran-muffins/>
 - Used flaxseed meal instead of wheat bran, added golden raisins, hemp and chia seeds

Lunch:

- Unstuffed Russian cabbage and turkey rolls
 - <https://www.killingthyme.net/unstuffed-cabbage-rolls-with-ground-turkey-and-rice/>
 - Used white wine vinegar instead of apple cider vinegar, Seeds of Change garlic quinoa and wild rice packets. No sour cream
- Pasta Primavera with Roasted Veggies
 - <https://minimalistbaker.com/vegan-pasta-primavera-with-roasted-veggies/#wprm-recipe-container-92976>
 - Veggies used: yellow and green zucchini, asparagus, red and orange bell peppers. Used regular parmesan, added crushed red pepper and diced chicken thighs. When sauteing the veggies, I used a dash of chicken stock and added it to the pasta at the end when I mixed in the veggies to the pasta. You can saute or bake the veggies, both are delicious.

- Italian sausage and cabbage stew
 - https://www.simplyrecipes.com/recipes/italian_sausage_and_cabbage_stew/
 - Used milk italian sausage, cooked all the ingredients in a crockpot, used cannellini beans, veggie stock and parm cheese. The second time I made it, I added diced golden potatoes, mushrooms, tomatoes, crushed red pepper and a ¼ cup of heavy whipping cream to thicken it.
- Riced cauliflower and bell pepper with turkey
 - <https://erincliffordwellness.com/stuffed-peppers-and-cauliflower-mash/>
 - I deconstructed this dish and diced the peppers into small pieces, cooked them with the onions and garlic, then added the riced cauliflower, crushed tomatoes and ground turkey. I did not use ketchup, but added a dash of veggie stock and a can of chickpeas.
- Kale sausage soup
 - https://www.simplyrecipes.com/recipes/kale_sausage_soup_with_tomatoes_and_chickpeas/
 - I used a can of crushed tomatoes, a bag of chopped Kale and added cannellini beans. You can also add mushrooms, potatoes, cream and crushed red pepper for more flavors.

Afternoon snacks:

- Hard boiled eggs, crackers and hummus
- Cottage cheese, chickpea and cucumber cups
- Almond butter rice cakes with banana
- Black bean and cheese quesadilla
- Bell peppers and hummus