

30 DAYS OF RECIPES



Mon	Tues	Wed	Thurs	Fri	Sat / Sun
<u>Spicy Sweet Potato Bison Burgers</u>	<u>Taco Stuffed Peppers</u>	<u>Slow Cooker Turkey and Bean Chili</u>	<u>Chicken Teriyaki Stir Fry</u>	<u>Killer Grilled Cheese</u>	<u>Grilled Chicken Sandwich</u>
<u>Balsamic Chicken and Veggies Meal Prep</u>	<u>Chicken Fajita Quesadillas</u>	<u>Peanut Butter Energy Bites</u>	<u>Sweet Potato Hash</u>	<u>High Protein Overnight Oats</u>	<u>Lasagna Roll Ups</u>
<u>Chunky Monkey Smoothie</u>	<u>Grilled Shrimp Tacos</u>	<u>Pesto Chicken Pasta</u>	<u>Spinach Protein Pancakes</u>	<u>Turkey Meatloaf with Zucchini</u>	<u>Classic Chicken Salad</u>
<u>English Muffin Breakfast Sandwich</u>	<u>Chicken Burrito Bowls</u>	<u>Smashingly Good Brussels Sprouts</u>	<u>Chipotle Chicken Bowl</u>	<u>Slow Cooker Salmon</u>	<u>Ground Turkey Skillet</u>
<u>Egg-cellent Egg Bake</u>	<u>Avocado Lime Salmon</u>	<u>Beef and Broccoli Stir Fry</u>	<u>Honey Sriracha Salmon Bowl</u>	<u>Berry Cottage Cheese Bowl</u>	<u>Chocolate Banana Bites</u>