

RECIPE LINKS

BREAKFAST	LINK
Baked Eggs - V	http://homegrownandhealthy.com/simply-potatoes/
Kale and Eggs - V	http://anutritionisteats.com/recipes-3/?recipe_id=6006336
Protein Oat Bars - V	http://fitting-it-all-in.com/protein-oat-bars/
Easy Breakfast Casserole	http://www.pbfinders.com/2013/05/29/easy-breakfast-casserole/
Power Greens Breakfast Skillet - V w/o side of bacon	http://www.accordingtoelle.com/2014/01/power-greens-breakfast-skillet/
Best Roadtrip Breakfast Cookies - V	http://boulderlocavore.com/2014/03/the-best-road-trip-breakfast-cookies.html
Blueberry Paleo Muffins - V	http://www.thespunkycoconut.com/2013/06/blueberry-paleo-muffins/
Baked Eggs in a Bell Pepper	http://everydaypaleo.com/baked-eggs-bell-pepper/
Maple Cranberry Pecan Oat Bars - V	http://www.skinnytaste.com/2013/11/morning-maple-cranberry-pecan-oat-bars.html
Flourless pancakes - V	http://www.hollithompson.com/recipes/flourless-pancakes-client-recipe-nutritional-style-approved/
Spinach & Egg White Omelet - V	http://www.eat-yourself-skinny.com/2012/07/spinach-and-egg-white-omelet.html
Avocado Toast - V	http://www.hollithompson.com/recipes/avocado-toast/
Baked Egg & Avocado Tostadas - V	http://naturallyella.com/2013/02/06/baked-egg-and-avocado-tostadas/
Quinoa Breakfast Pudding - V	http://www.hollithompson.com/recipes/quinoa-breakfast-pudding/
Best Breakfast Sandwich Ever - V	http://heatherpierceinc.com/best-breakfast-sandwich-ever-avocado-egg-crispy-kale/
Zucchini Basil & Kale Frittata - V	http://www.theroastedroot.net/zucchini-basil-and-kale-frittata/
The Perfect Bowl - V	http://cleaneatingchelsey.com/2011/02/12/the-perfect-bowl/
High Protein Lemon Coconut Poppyseed Muffins - V	http://guiltykitchen.com/2012/03/15/high-protein-lemon-coconut-poppyseed-muffins/
Baked Carrot Cake Oatmeal - V	http://www.greenkitchenstories.com/baked-carrot-cake-oatmeal/
Hazelnut, Feta & Rosemary Frittata - V	http://slimpalate.com/hazelnut-feta-and-rosemary-frittata/
Gluten-Free Breakfast Pizza	http://www.thespunkycoconut.com/2011/07/gluten-free-breakfast-pizza/
Spicy Breakfast Stew with the Perfect Poached Egg	http://paleomg.com/spicy-breakfast-stew-with-the-perfect-poached-egg/
Low Carb Egg Breakfast Muffins - V	http://hurrythefoodup.com/low-carb-egg-breakfast-muffins/
Lemon Poppy Seed Protein Pancakes - V	http://www.lexiscleankitchen.com/2013/12/03/lemon-poppy-seed-protein-pancakes/
Nourishing Nut Seed Bread - V	http://nutritionstripped.com/nourishing-nut-seed-bread/

Paleo Egg Muffins - V	http://healthycrush.com/paleo-egg-muffins/
Grab n Go Oatmeal Pie - V	http://www.idontgotothegym.com/2012/11/grab-n-go-oatmeal-pie.html
Breakfast Panini - V	http://www.sproutedkitchen.com/home/2009/8/5/breakfast-panini.html
Energy Oats - V	http://www.movenourishbelieve.com/recipes/recipe-of-the-week-energy-oats-2/
Egg and Zucchini Muffins - V	http://www.eat-yourself-skinny.com/2013/04/clean-egg-zucchini-muffins.html
LUNCH	LINK
Roasted Buddha Bowl - V	http://ohsheglows.com/2013/03/05/roasted-buddha-bowl/
Paleo Avocado Tuna Salad	http://cookeatpaleo.com/paleo-avocado-tuna-salad/
Sweet Potato Cakes - V	http://www.sproutedkitchen.com/home/2012/3/14/sweet-potato-cakes.html
Vegetarian Stuffed Zucchini - V w/ option to add meat	http://www.thespunkycoconut.com/2009/08/vegetarian-stuffed-zucchini-gluten-free-dairy-free/
Indian Couscous - V	http://www.thespunkycoconut.com/2014/02/indian-couscous/
Delmonico's Ribeye Steak	http://everydaypaleo.com/delmonicos-ribeye-steak/
Chinese Quinoa Meatballs	http://www.sodiumgirl.com/chinese-quinoa-meatballs/
Brussels Sprouts with White Beans & Pecorino - V w/ option to use chicken stock	http://notwithoutsalt.com/2011/12/05/brussels-sprouts-with-white-beans-and-pecorino/
Roasted Tomato Caprese with Avocado - V	http://notwithoutsalt.com/2013/04/25/roasted-tomato-caprese-with-avocado/
Cold Avocado Soup - V	http://www.greenkitchenstories.com/cold-avocado-soup-ebook-giveaway/
Yoga Pot - V	http://www.greenkitchenstories.com/yoga-pot/
Slow Cookie Veggie Chili - V	http://www.hollithompson.com/recipes/chili/
Creamy Cauliflower Soup - V	http://www.hollithompson.com/recipes/creamy-cauliflower-soup/
Sauteed Collard Greens with White Beans & Lemon - V	http://www.hollithompson.com/recipes/sauteed-collard-greens-with-white-beans-and-lemon-2/
Warm Chicken Salad with Mango	http://heatherpierceinc.com/boost-your-mental-energy-with-this-lunch/
Mediterranean Salad with Broiled Chicken	http://heatherpierceinc.com/fast-easy-lunch-mediterranean-salad-with-broiled-chicken/
Curried Lentil Walnut Burgers - V	http://yourhealthiestyou.com/curried-lentil-walnut-burgers/
Sesame Quinoa - V	http://heatherpierceinc.com/my-tv-segment-crazy-week-sesame-quinoa/
Roasted Sweet Potato Quinoa & Kale Salad - V	http://www.eat-yourself-skinny.com/2014/02/roasted-sweet-potato-quinoa-and-kale-salad.html
Clean Egg Zucchini Muffins - V	http://www.eat-yourself-skinny.com/2013/04/clean-egg-zucchini-muffins.html
Spring Herb Quinoa Patties (serve on salad) - V	http://www.eat-yourself-skinny.com/2012/11/spring-herb-quinoa-patties.html

Black Bean Lettuce Wraps - V	http://thishomemadelife.com/black-bean-lettuce-wraps
Quinoa Stuffed Bell Peppers - V	http://www.eat-yourself-skinny.com/2012/07/quinoa-stuffed-bell-peppers.html
Ratatouille Barley Salad - V	http://www.sproutedkitchen.com/home/2012/6/3/ratatouille-barley-salad.html
Kale and White Bean Salad with Caesar Dressing - V	http://www.choosingraw.com/kale-and-white-bean-salad-with-caesar-dressing/
Mushroom, Lentil & Quinoa Croquettes - V	http://www.choosingraw.com/mushroom-lentil-and-quinoa-croquettes/
Grilled Vegetable and Tuna Salad with Salsa Verde	http://alexcooks.com/recipes/grilled-vegetable-and-tuna-salad-w-salsa-verde/
Delicious Detoxifying Walnut Lentil Salad - V	http://kriscarr.com/recipe/delicious-detox-recipe-walnut-lentil-salad/
Mango Avocado & Herbed Baby Spinach Salad - V	http://kriscarr.com/recipe/mango-avocado-and-herbed-baby-spinach-salad-2/
Grilled Chicken & Spinach Salad with Mango	http://www.wholefoodsmarket.com/recipe/grilled-chicken-and-spinach-salad-mangoes
Chicken Squash Chickpea Salad	http://www.realsimple.com/food-recipes/browse-all-recipes/chicken-squash-chickpea-salad-00100000074104/
Spring Quinoa Salad	http://glutenfreegirl.com/2012/05/spring-quinoa-salad/
Healthy Chicken Chickpea Chopped Salad	http://www.ambitiouskitchen.com/2012/07/healthy-chicken-chickpea-chopped-salad/
Kale & Quinoa Salad with Delicata - V	http://www.flourishingfoodie.com/2013/11/kale-and-quinoa-salad-with-delicata.html
Shrimp Avocado Salad with Miso Dressing	http://pinchofyum.com/spicy-shrimp-avocado-salad-miso-dressing
Lentil Soup with Chipotle Yogurt - V	http://www.sproutedkitchen.com/home/2009/12/10/lentil-soup-with-chipotle-yogurt.html
DINNER	LINK
Acorn Squash Black Bean Quesadillas - V	http://www.ambitiouskitchen.com/2011/11/acorn-squash-black-bean-quesadillas/
Baked Halibut with Asparagus Leeks & Dill	http://glutenfreegirl.com/2011/04/baked-halibut-with-asparagus-leeks-and-dill/
Turkey Lettuce Wrap Tacos	http://dashingdish.com/recipe/turkey-lettuce-wrap-tacos/
Quick Coconut Curry Lentils with Greens - V	http://www.acouplecooks.com/2012/09/quick-coconut-curry-lentils-with-greens/
Spaghetti Squash Pad Thai	http://www.hollithompson.com/recipes/guest-blogger-dr-mark-hymans-spaghetti-squash-pad-thai/
Italian Style Lentils - V	http://heatherpierceinc.com/good-luck-italian-style-lentils/
Sneaky Mom's Meatloaf	http://www.hollithompson.com/recipes/sneaky-moms-meatloaf/
Maple Sesame Bok Choy	http://heatherpierceinc.com/same-old-greens-how-bout-10-minute-maple-sesame-bok-choy/
Chinese Quinoa Meatballs	http://www.sodiumgirl.com/chinese-quinoa-meatballs/

Black Bean & Spinach Burritos - V	http://heatherpierceinc.com/takeout-schmakeout/
Ginger-Lime Cod en Papillote	http://heatherpierceinc.com/easiest-way-ever-to-cook-fish/
Broccoli Garlic Hazelnuts - V	http://heatherpierceinc.com/broccoli-garlic-hazelnuts/
Mustard Encrusted Salmon	http://heatherpierceinc.com/i-am-so-smart-mustard-encrusted-salmon/
Classic Curry with Kale & White Beans - V	http://yourhealthiestyou.com/how-i-actually-enjoy-winter-plus-two-great-recipes/
Curry Spiced Sole with Garlic Sauteed Kale	http://www.theroastedroot.net/curry-spiced-sole-with-garlic-sauteed-kale/
Asian Lettuce Cups	http://www.eat-yourself-skinny.com/2012/03/asian-lettuce-cups.html
Lemon Rosemary Chicken	http://www.eat-yourself-skinny.com/2011/10/lemon-rosemary-chicken-and-a-winner.html
White Bean Burger with Rosemary & Sun Dried Tomatoes - V	http://notwithoutsalt.com/2011/10/28/white-bean-burger-with-rosemary-and-sun-dried-tomatoes/
Sauteed Shrimp with Onions and Cherry Tomatoes	http://nomnompaleo.com/post/10161654190/sauteed-shrimp-with-onions-and-cherry-tomatoes
Cauliflower Pizza (amazing but takes time) - V	http://alexcooks.com/recipes/vegetables/cauliflower-pizza-w-spicy-tomato-basil-sauce/
Gluten-Free Baked Chicken Tender Veggie Chopped Salad	http://alexcooks.com/recipes/gf-baked-chicken-tender-veggie-chopped-salad/
Orange Chicken Made Over	http://www.skinnytaste.com/2014/03/orange-chicken-makeover.html
Flounder Milanese with Arugula & Tomatoes (use gluten-free breadcrumbs)	http://www.skinnytaste.com/2014/03/flounder-milanese-with-arugula-and.html
Stuffed Bell Peppers - V	http://www.forkandbeans.com/2012/05/21/stuffed-bell-peppers/
Falafel Nachos - V	http://www.forkandbeans.com/2013/03/14/falafel-nachos/
Grilled Salmon Cherry Couscous (can sub quinoa)	http://www.wholefoodsmarket.com/recipe/grilled-salmon-cherry-couscous
Dairy-Free, Gluten-Free Lasagna	http://www.wholefoodsmarket.com/recipe/dairy-and-gluten-free-lasagna
Chicken Stuffed Goat Cheese & Red Pepper Tapenade	http://www.wholefoodsmarket.com/recipe/chicken-stuffed-goat-cheese-and-red-pepper-tapenade
Greek Meatballs with Roasted Red Peppers & Mint	http://www.wholefoodsmarket.com/recipe/greek-meatballs-roasted-red-peppers-and-mint
Lemon & Miso Poached Fish	http://www.wholefoodsmarket.com/recipe/lemon-and-miso-poached-fish
Maple Glazed Salmon	http://www.realsimple.com/food-recipes/browse-all-recipes/maple-glazed-salmon-0010000074102/
Quinoa & Black Beans - V	http://thishomemadelife.com/quinoa-and-black-beans
Lemon Rosemary Grilled Chicken	http://chasingdelicious.com/lemon-rosemary-grilled-chicken/
Ginger Chicken with Simple Mango Salsa	http://www.paleogirlskitchen.com/2013/10/ginger-chicken-with-simple-mango-salsa.html
Rosemary Pork with Applesauce	http://www.freckleditalian.com/blog/2013/08/recipe-rosemary-pork-with-applesauce.html
Turkey Meatloaf	http://anutritionist eats.com/recipes-3/?recipe_id=6043194

Lemon Kale Salad with Seared Salmon	http://www.sproutedkitchen.com/home/2010/9/17/lemon-kale-salad-seared-salmon.html
Chili Lime Pork Medallions	http://www.primalpalate.com/paleo-recipe/chili-lime-pork-medallions/
Roasted Butternut Squash Penne with Pistachio Pesto - V	http://www.sproutedkitchen.com/home/2012/11/1/roasted-butternut-penne-with-pistachio-pesto.html
Pizza Quiche - V	http://www.thespunkycoconut.com/2013/03/dairy-free-quiche-pizza/
SIDES	LINK
Green Beans & Toasted Almonds - V	http://healthycrush.com/green-beans-toasted-almonds/
Quinoa Cakes - V	http://anutritionisteats.com/recipes-3/?recipe_id=6007747
Spicy Cauliflower with Lemon & Garlic - V	http://www.eat-yourself-skinny.com/2011/03/spicy-cauliflower-with-lemon-and-garlic.html
Rosemary Garlic Cauliflower Mash	http://www.eat-yourself-skinny.com/2014/01/rosemary-garlic-cauliflower-mash.html
Asparagus with Miso Lemon Dressing & Marcona Almonds - V	http://terrywalters.net/2011/03/asparagus-with-miso-lemon-dressing-and-marcona-almonds/
Oven Baked Sweet Potato Fries - V	http://nomnompaleo.com/post/6172268400/oven-baked-sweet-potato-fries
Roasted Brussels Sprouts & Bacon	http://nomnompaleo.com/post/1670459416/roasted-brussels-sprouts-and-bacon
Millet Cauliflower Mash - V	http://www.coconutandquinoa.com/2010/10/18/millet-cauliflower-mash/
Cauliflower Fried Rice - V	http://www.skinnytaste.com/2014/03/cauliflower-fried-rice.html
Roasted Brussels Sprouts Dusted with Coconut - V	http://blog.cleanprogram.com/roasted-brussels-sprouts-dusted-with-coconut/
Creamed Kale - V	http://www.forkandbeans.com/2013/10/08/creamed-kale/
Big Ol' Lentil Burrito - V	http://foxeslovelemons.com/big-ol-lentil-burrito/
Baked Butternut Squash with Tahini Sauce - V	http://kriscarr.com/recipe/baked-butternut-squash-with-tahini-sauce/
Italian Roasted Cauliflower - V	http://anutritionisteats.com/recipes-3/?recipe_id=6034532
Asian Kale with Squash - V	http://anutritionisteats.com/recipes-3/?recipe_id=6006449
Balsamic Roast Chickpeas - V	http://thechiclife.com/2010/08/balsamic-roast-chick-peas.html
Ratatouille Inspired Summer Veggie Dish - V	http://ohsheglows.com/2012/07/23/ratatouille-inspired-summer-veggie-dish/
Peanut Tempeh Stir Fry with Soba Noodles - V	http://nutritionstripped.com/peanut-tempeh-stir-fry-with-soba-noodles/
Spicy Asian Slaw - V	http://www.eatliverun.com/spicy-asian-slaw/
Spicy Roasted Cauliflower - V	http://www.eatliverun.com/spicy-roasted-cauliflower/
Roasted Veggie Sweet Potatoes - V	http://www.idontgotothegym.com/2013/01/roasted-veggies-sweet-potatoes.html
Asparagus & Fresh Corn Lemon Basil Summer Salad - V	http://www.idontgotothegym.com/2013/07/asparagus-fresh-corn-lemon-basil-summer.html

Honey Almond Quinoa Crusted Salmon	http://www.queenofquinoa.me/2014/03/honey-almond-quinoa-crusted-salmon/
SNACKS/DESSERTS	LINK
Peanut Butter Granola Bars - V	http://www.sproutedkitchen.com/home/2013/8/27/peanut-butter-granola-bars.html
Roasted Rosemary Almonds - V	http://nomnompaleo.com/post/7758908372/roasted-rosemary-almonds
Post-Workout Banana Bites - V	http://www.eat-yourself-skinny.com/2013/01/post-workout-banana-bites.html
Almond Butter Chocolate Chip Oat Balls - V	http://heatherpierceinc.com/get-a-load-of-these-balls/
Watermelon Granita - V	http://www.hollithompson.com/recipes/watermelon-granita/
Frozen Banana Ice Cream - V	http://www.hollithompson.com/recipes/frozen-banana-ice-cream/
Chocolate Pudding - V	http://www.hollithompson.com/recipes/what-is-it-chocolate-pudding/
Guilt-Free Oatmeal Raisin Cookies - V	http://www.eat-yourself-skinny.com/2013/03/guilt-free-oatmeal-raisin-cookies.html
Chocolate Peanut Butter Balls - V	http://www.eat-yourself-skinny.com/2013/06/chocolate-peanut-butter-balls.html
Easy Snack Bars - V	http://www.hollithompson.com/recipes/easy-snack-bars/
Quinoa Granola Bars - V	http://honestlyyum.com/8346/quinoa-granola-bars/
Coconut Date Energy Bars - V	http://www.dailygarnish.com/recipes?recipe_id=6031267
Gluten-Free Zucchini Muffins - V	http://blog.cleanprogram.com/a-clean-gluten-free-girls-zucchini-muffins/
Guacamole Deviled Eggs - V	http://theforestfeast.com/post/13561604990/using-avocado-as-a-base-makes-these-deviled-eggs-a
Gluten Free Breakfast Cookie - V	http://breakfasttobed.com/recipe/?recipe_id=6047371
No Sugar Oat Drops - V	http://blueberrygirlinoz.blogspot.com/2010/05/no-sugar-oat-drops.html
Clean Eating Cookie Dough - V	http://purelytwins.com/2013/08/29/healthy-chocolate-chip-cookie-dough-dip-paleo-recipe/
Sweet and Spicy Pretzel Mix - V	http://www.eat-yourself-skinny.com/2012/11/sweet-and-spicy-pretzel-mix.html
Curry Roasted Pumpkin Seeds - V	http://www.thegraciouspantry.com/clean-eating-roasted-curry-pumpkin-seeds/
Baked Crispy Coconut Cauliflower - V	http://theleananeatingmachine.com/2014/03/19/crispy-baked-coconut-cauliflower/
Carrot Protein Bites - V	http://www.sproutedkitchen.com/home/2009/8/5/breakfast-panini.html
Mango Coconut Chia Seed Pudding - V	http://theleananeatingmachine.com/2014/01/30/mango-coconut-chia-seed-pudding/
Cake Batter Dip - V	http://theleananeatingmachine.com/2014/02/28/minus-cake-batter-dip/
No Sugar Oatmeal Cookies - V	http://blueberrygirlinoz.blogspot.com/2010/05/no-sugar-oat-drops.html