

Breakfast

[Overnight Oats Recipe - Love and Lemons](#)

[Egg Bites Recipe - Love and Lemons](#)

[Morning Millet Porridge — Tasting Page](#)

[Anti-Inflammatory Breakfast Bowl I Can't Stop Making](#)

[Recipe: Sunrise Breakfast Smoothie | Whole Foods Market](#) *use preferred milk

Lunch

[Lemon Tahini Chickpea Tuna Salad - Gimme Some Oven](#)

[Chopped Rainbow Salad Bowls with Peanut Sauce](#)

[The Ultimate Fall Salad - Making Thyme for Health](#)

[Healthy Chicken Fajita Rice Bowls | YellowBlissRoad.com](#)

Snack

[Jessica's Pistachio Oat Squares Recipe - Love and Lemons](#)

Dinner

[Chili-Lime Roasted Cauliflower Quinoa Bowls - Gimme Some Oven](#)

[Ginger Scallion Chicken Soup - Gimme Some Oven](#)

[Recipe: Turkey Pumpkin Chili | Whole Foods Market](#)

[Recipe: Roasted Sweet Potato Salad | Whole Foods Market](#)

[Recipe: Indian-Spiced Salmon with Lentils | Whole Foods Market](#) (too many ingredients?)

[Harvest Casserole {Paleo, Whole30} - The Paleo Running Momma](#)

[Butternut Squash Soup Recipe - Love and Lemons](#)

[Best Shakshuka Recipe \(Easy & Traditional\) | Downshiftology](#)

[Immunity-Boosting Turmeric Chicken Soup - The Roasted Root](#)