**M E N U *ideas***

nourish + splurge

**BREAKFAST**

* Toast with butter, Nutella
* Granola with milk
* Blueberry Muffins
* Twice-baked Potatoes (Eating in the middle)
* Muffin quiches
* Breakfast nachos with bacon, eggs, shredded chicken
* Soupy rice
* Overnight Oats
* Pancakes
* French toast
* Bacon, Sausage

**LUNCH**

* Leftover mini meatloaves
* Meatball sammies
* Leftover pizza
* Hot dogs
* Chicken summer rolls
* Noodle mason jars
* Mason jar salads
* Salami
* Cheese sticks
* Grapes
* Apples
* Chips
* Chocolate milk
* Healthy oatmeal cookies

**DINNER**

* VEGGIE SIDES: Broccoli, Spinach, Green Beans, Lettuce, Side Salad, Cucumbers, Sautéed Kale
* SIDES: Roasted potatoes, oven fries, sweet potatoes fries, baked sweet potatoes, baked potatoes, quinoa, faro, brown rice, black rice
* Chicken nuggets, my kind
* Mac and cheese (with sweet potatoes inside)
* Short ribs with parm sweet potatoes
* Spaghetti and meatballs
* Cauliflower Soup
* Chicken corn chowder
* Hamburgers
* Teriyaki Meatballs (with rice, leftovers in pita, in a healthy bowl)
* Pizza
* Chicken Saltimbucca
* Grilled Flank Steak
* Thai Beef Lettuce Cups
* Mini Meatloaves
* Cheesy Pasta Bake
* Tri-tip
* Chicken Curry
* Grilled Lemon Chicken with Tzatziki
* Datil Chicken
* Fried Rice
* Tofu Stir-fry
* Pho
* Any Asian noodle dish or stir-fry
* Sesame Chicken Noodles
* CPK Thai Chicken Tortilla appetizer deconstructed
* Drunken Noodles
* Mexican Soup
* Filet Mignon
* Fried Chicken
* Chicken Arugula Pasta
* Smashed Potatoes treated like nachos
* Roast chicken
* Next day Chicken bowls
* Thai Basil Chicken or Beef
* Next Day Thai Basil Chicken Salad (or bowls)
* Proscuitto Wrapped Chicken
* Chicken Satay over Jasmine Rice
* Pasta Bolognese
* Brick Chicken
* Shrimp + Sausage Cioppino
* Spicy Lemon Shrimp Pasta
* Chicken with Tarragon + White Wine
* Thai Beef Skewers
* Spicy Greek Meatballs
* Spicy Mint Beef
* Chicken Adobo
* BBQ Chicken with potato salad

**SLOW COOKER**

* Steak Chili
* Citrus Chicken
* Shredded Beef Tacos
* Chicken Cacciatore
* Beef + Cannellini Soup