

Breakfast

- **Apple Pie Oatmeal** - <http://www.girlmakesfood.com/apple-superfood-oatmeal/>
- **Whole Wheat Banana Pancakes** - <http://sallysbakingaddiction.com/2014/01/02/whole-wheat-banana-pancakes/>
- **Whole Wheat Waffles** - <http://www.100daysofrealfood.com/2010/07/23/recipe-whole-wheat-waffles/>
- **Chocolate Banana Smoothie** - <http://kidscooking.about.com/od/beverages/r/chocbananasmoo.htm>
- **Green Smoothies**- <http://www.superhealthykids.com/healthy-kids-recipes/how-to-make-a-green-smoothie.php>
- **Sunshine Smoothie** - <http://sallysbakingaddiction.com/2014/03/30/sunshine-smoothie/>
- **Egg Crescent Squares** - <http://www.tablespoon.com/recipes/bacon-and-egg-crescent-squares/12619ef5-23e7-4d72-aab0-84221442811b>
- **Banana Cream Pie Overnight Oatmeal** - <http://www.theoatmealartist.com/2012/06/banana-cream-pie-overnight-oatmeal.html>
- **Nutella French Toast** - <http://www.recipesquickneasy.com/strawberry-nutella-stacked-french-toast/>

Lunch & Dinner

- **Turkey Roll-ups** - <http://www.myrecipes.com/recipe/hummus-turkey-sandwiches-50400000111853/>
- **Cheese Quesadillas** - <http://www.thekitchn.com/how-to-make-crispy-cheesy-quesadillas-on-the-stove-top-cooking-lessons-from-the-kitchn-188645>
- **Veggie & Hummus Stuffed Pita** - <http://www.wholefoodsmarket.com/recipe/quick-hummus-and-vegetable-stuffed-pitas>
- **English Muffin Pizzas** - <http://www.thomasbreads.com/recipes/personal-english-muffin-pizzas>
- **Chicken Devan** - <http://www.campbellskitchen.com/recipes/chicken-broccoli-divan-24320>
- **Rotisserie Chicken Salad** - <http://www.mccormick.com/Recipes/Main-Dishes/Chicken-Salad>
- **Grilled Cheese Rolls** - <http://www.tablespoon.com/recipes/grilled-cheese-rolls/1318c62d-f6d3-4a57-87fc-31e24d337648>
- **Crock Pot Mac & Cheese**- <http://allrecipes.com/recipe/slow-cooker-macaroni-and-cheese-i/>
- **Bang Bang Chicken Kabobs** - <http://lecremedelacrumb.com/2014/05/bang-bang-chicken-kabobs.html>

- **Homemade Mini Pizzas** - <http://www.thecomfortofcooking.com/2012/08/make-your-own-mini-pizzas.html>
- **Zucchini Boats** - <http://www.budgetbytes.com/2011/04/zucchini-pizza-boats/>
- **Chicken Taco Soup** - http://insomnimom.blogspot.com/2009_01_01_archive.html
- **Turkey Meatballs** - <http://www.food.com/recipe/turkey-meatballs-33944>
- **Honey Mustard Pretzel Chicken** - <http://www.foodnetwork.com/recipes/honey-mustard-pretzel-coated-chicken-fingers-recipe.html>
- **Poppy Seed Chicken** - <http://www.the-girl-who-ate-everything.com/2010/06/poppy-seed-chicken.html>
- **Crockpot Ranch Chicken Tacos**- <http://www.food.com/recipe/crockpot-chicken-ranch-tacos-477222>
- **Chicken Pillows** - <http://laurassweetspot.com/2013/01/29/chicken-pillows/>
- **Baked Chicken Parmesan** - <http://www.skinnytaste.com/2009/04/baked-chicken-parmesan.html>

Snacks

- **Kale Chips**- <http://www.thatssomichelle.com/2012/08/easy-ranch-kale-chips-step-by-step.html>
- **Homemade Granola Bars** - <http://allrecipes.com/recipe/playgroup-granola-bars/>
- **Puppy Chow** - <http://www.food.com/recipe/puppy-chow-or-monkey-munch-74048>
- **Chocolate Covered Popcorn** - <http://makebakecelebrate.blogspot.com/2012/03/how-to-make-chocolate-covered-popcorn.html>
- **Baked Zucchini Chips** - <http://www.foodnetwork.com/recipes/ellie-krieger/zucchini-parmesan-crisps-recipe.html>
- **Baked Mozzarella Sticks** - <http://www.skinnytaste.com/2012/02/skinny-baked-mozzarella-sticks.html>
- **Sweet Potato Fries** - <http://www.inspiredtaste.net/25387/baked-sweet-potato-fries-recipe/>

Desserts

- **Banana Fudgsicles** - <http://chocolatecoveredkatie.com/2011/08/11/creamy-chocolate-fudgsicles/>
- **Graham Cracker "Ice Cream" Sandwiches** - <http://www.yummly.com/recipe/Mock-Ice-Cream-Sandwiches-TasteOfHome?columns=4&position=7%2F31>
- **Baked Funfetti Donuts**- <http://sallysbakingaddiction.com/2014/01/12/baked-funfetti-donuts/>

- **Oatmeal Chocolate Chip Cookies-** <http://www.crisco.com/recipes/details.aspx?recipeID=1018>
- **Fruit & Yogurt Dip-** <http://www.food.com/recipe/marshmallow-cream-cheese-fruit-dip-186517>
- **Nutella cookies -** <http://warmvanillasugar.com/2013/10/29/nutella-stuffed-chocolate-chip-cookies-with-sea-salt/>
- **Cake Balls-** <http://www.parenting.com/article/easy-cake-balls-recipe>
- **Salted Caramel Pretzel Bark-** <http://www.mamasaywhat.com/salted-caramel-pretzel-bark/>
- **M&M Pretzel Bites-** <http://allrecipes.com/recipe/chocolate-pretzels/>
- **Fruit Pizza -** <http://sallysbakingaddiction.com/2014/05/23/fruit-pizza/>
- **Funfetti Milkshake -** <http://sallysbakingaddiction.com/2013/05/27/skinny-funfetti-milkshake/>

***Substitutes:**

For many of the above recipes I use chicken or ground turkey (I'm not a red-meat eater), you could always substitute ground beef if desired. I also substitute butter or milk with applesauce, coconut oil, greek yogurt, margarine to make a healthy version without compromising taste.

My Favorite Recipe Sites:

- **SallysBakingAddiction.com**
- **ChocolateCoveredKatie.com**
- **Yummly.com**
- **Allrecipes.com**
- **SouthernLiving.com**
- **CookingLight.com**
- **EatingWell.com**