Bowls

Cabbage

Tempeh/tofu

Vegetables

Grains

Nuts

Dried fruit

Oil/ aolie/ dressing etc….

Chinese

Dumplings

Stir-fries (Gong bao dou fu

Mexican

Bowls

Tacos

Burritos

Nachos

FISH

Fish & chips

Fish & rice

Salmon Patties

Sandwiches

Greek Sandwiches

Veggie Burgers

Veggie Hash with eggs-- baked

Impossible Burgers

Soups

Pho / Ramen

Cabbage potato soup

Tortilla Soup

Vegetarian Chili

Pizza

Spaghetti

Lasagna

Roasted Vegetables

Salads

Tuna pasta salad

Ceasar Salad

Kale Salad

Broccoli salad

Thai

Indian

Greens

Bits and Pieces

Committed to my body and my girls and betsy

**04/07/2021**

Favorite ingredients: lemons, sliced almons, turmeric, greens, eggs, pepitas (toasted), coconut oil

Dumplings

Pasta

* Can
* Roasted vegetables

Pizza

Lasagna

Quiche

Fish

Stir-fry

Greens

Salads

* Broccoli salad
* Combo Chickpea / Caesar Salad

Soups

* Vegetarian Chili
* Miso base

Breakfast

* Krosper
* French Omlette
* Pancakes
* Crepes

Baking

* Muffins
* Cakes
* Cookies

03/30/2021

**Diet:**

Cranberries

Raw almonds

Almond slivers make everything better

Coconut oil

Turmeric

Ginger

Greens

Eggs

Dairy

Berries

Cruciferous vegetable

Broth

Thoughtful about carbs

cabbage

Thoughtful about processed sugar

Protein— tempeh, tofu, fish,