

## Meals:

Porcupine Meatballs  
Baked Potatoes  
Potstickers and Rice  
Chicken Curry  
Garlic Chicken (frozen)  
Grilled Chicken  
Pasta w/ Marinara Sauce  
White Chicken Chili  
Tacos  
Chicken Salad Sandwiches  
Tuna Melts  
Shepherd's Pie  
Chicken Ciabatta Sandwiches  
Tuna Melts  
Chicken Pot Pie Singles  
Taco Salad  
Cafe Rio Pork Barbacoa  
Grilled Cheese  
Cheesy Chicken Broccoli Bake  
Crockpot Lasagna Soup  
Flexible Chicken Jambalaya  
Macadamia Nut Chicken  
Chicken Cordon Bleu  
Loaded Baked Potato Quiche  
Macaroni and Ham Pasta Salad  
BBQ Chicken Braid  
Black Beans and Rice  
Ham and Pasta Skillet  
Spaghetti Pie  
Taco Soup  
Beef Stroganoff  
Chicken Teriyaki and Veggies  
Chicken Piccata (Lemon Chicken)  
Pasta al Forno  
Chicken and Veggie Dumpling Soup  
Crockpot Tortilla Chicken Stacks  
Creamy Chicken and Wild Rice Soup  
Homemade Famous Bowls  
Chicken Pot Pie Crumble  
Buffalo Chicken over Salad  
Caribbean Jerk Chicken (*4 cx breasts in crock pot w/ rough-chopped onion, pour jerk marinade on; low for 8 hrs; serve over lettuce, rice, or in burrito*)

## Snacks:

Muffins  
Beef Jerky  
Cottage Cheese and Applesauce  
Hardboiled Eggs  
Cheese and Crackers  
Hummus and Pita Chips  
Carrots and Dip  
Raisins  
Dried Fruit  
No-fried Beans, Salsa, and Chips  
String Cheese  
Peanut Butter and Apples  
Ants on Log (PB, celery, raisins)  
Trail Mix  
Deli-Tortilla Wrap-ups  
Smoothies  
No-Fried Beans  
Bean and Cheese Quesadilla  
Greek Yogurt and Granola  
Fruit and Yogurt Parfait  
Chocolate Milk  
Popcorn  
Cauliflower  
Rice Cakes with Peanut Butter  
Cheese and Grape Skewers\*  
Toasted Quinoa\* (*1/3 cup quinoa mixed with 1/2 T. ground flax, 1 T. shredded coconut, and 1 T. maple syrup; toast at 425 for 10 min; 9.4 g protein*)  
Protein Bites\* (*1 1/2 T. nut butter, 3 T. oats, 1/2 T. honey, 1/2 T. choc chips; roll into balls; 8 g protein*)  
Healthier Muddy Buddies\* (*3/4 c. Chex coated with a melted mixture of 1/2 T. honey, 1 1/2 T. peanut butter, 1 1/2 T. choc chips and dusted with 1/2 T. vanilla protein powder; 10 g protein*)

*\*<http://greatist.com/health/high-protein-snacks-portable>*