



MENU



Healthy Meal Plans



Breakfast On-the-go!

[Breakfast Burrito](#)

[Vegetarian Lentils with Egg Toast](#)

[Parmesan & Vegetable Muffin-Tin Omelets](#)

[High Protein Oatmeal Recipe](#)

[Chilled Overnight Chia Recipe](#)

[Keto Egg Breakfast Sandwich](#)

Daily Breakfast

[Lentil Pancakes](#)

[Oats Khichdi](#)

[Morning Grain Bowls with Millet](#)

[Pear-Quinoa Breakfast Bake](#)

[Quinoa-Fig Parfait](#)

[Spiced Blueberry Quinoa](#)

[Quinoa Breakfast Bowl](#)

[Egg Cups](#)



Entree

- Millet Burger
- Bright and Bold Millet Tabbouleh
- Vegan Sweet Potato and Millet Falafel
- Pea Soup with Quinoa
- Curried Chicken Skillet
- Roasted Cauliflower "Rice"

Desserts

Gluten-Free Chocolate Avocado Muffins

Chocolate Fudge Brownies

Low Sugar Chocolate Caramel Oatmeal Protein Balls

Grain Free Walnut Chocolate Chip Cookies

Salads

Garlic Lemon Millet and Beet Salad

Orange-Pistachio Quinoa Salad

Lemon Cranberry Quinoa Salad

Cauliflower Potato Salad

Greek Salmon Salad with Tahini Yogurt Dressing

Chopped Chicken Salad

Smoothies

Lower Carb Strawberry Smoothie

Berry Smoothie

Green Smoothie



Healthy Snacks

- Veggies with Hummus
- Low-fat Yogurt with Berries
- Black bean salad
- Almonds
- Avocado
- Freshly popped popcorn (NOT PACKAGED)
- Apples with Peanut butter

