

RECIPES

BREAKFAST

Breakfast Ideas
Breakfast Cheesecake
Breakfast Pizza (*see Advanced*)
Breakfast Tortilla Rollups
Cheesie Toast
French Toast

Fruit Smoothie
Granola
Healthy Parfait
Scrambled Eggs
Toast Topped with Peanut Butter &
Banana

LUNCH/DINNER

Lunch Ideas
Dinner Ideas
Sandwich Ideas
Asian Salad (*see Side Dish*)
Avocado Chicken (*see Snack*)
Baked Potato
Basic Dinner Salad (*see Side Dish*)
Beef Stew
Chicken Caesar Salad
Chicken in Barbeque Sauce
Chicken Salad Sandwich
Chili Pie
Cold Asian Noodle Salad (*see Advanced*)
Crock Pot Barbeque Chicken
Crock Pot Chicken and Rice
Crock Pot Chicken Tacos
Crock Pot Lemon Yummy Chicken
Crock Pot Pork Chops and Stuffing
Easy Breezy Vegetarian Lasagna (*see Advanced*)
Egg Salad Sandwich
Garden Fresh Pasta with Sauce (*see Advanced*)
Grilled Lemon Chicken
Hamburgers
Mandarin Orange Pork Chops (*see Advanced*)
Marinated Chicken or Flank Steak
Marinated Halibut
Meat Roll-Ups (*see Snack*)
Mexican Lasagna
Microwave Macaroni and Cheese (*see Side Dish*)
Microwave Quesadilla (*see Snack*)
Microwave Spaghetti
Oven Baked Chicken Parmesan
Panini Sandwiches
Peanut Butter Tortillas (*see Snack*)
Pesto Pizza
Quesadilla Pie (*see Advanced*)
Salad Ideas (*see Side Dish*)

Sloppy Joe Sandwiches
Slow Cooked Corn Chowder
Soup Ideas (*see Side Dish*)
Spaghetti Salad
Stuffed Avocado
Stuffed Baked Potatoes
Swiss Cheese Chicken Breast (*see Advanced*)
Tacos
Toast Topped with Peanut Butter &
Banana (*see Breakfast*)
Toasted Cheese Sandwich
Tortilla Soup
Tuna Casserole
White Bean Chili
Wraps (*see Snack*)

SNACK

Snack Ideas	Lemon Squares (<i>Dessert</i>)
7 Layer Dip	Meat Roll-Ups
Apple Dip	Microwave Macaroni & Cheese (<i>see Side Dish</i>)
Apples Dipped in Peanut Butter	Microwave Quesadillas
Avocado Chicken	Panini Sandwiches (<i>see Lunch/Dinner</i>)
Banana Popsicle	Peanut Butter Tortillas
Black Bean Corn Salad (<i>see Side Dish</i>)	Pesto Pizza (<i>see Lunch/Dinner</i>)
Black Bean Dip	Quick Cheesecake (<i>Dessert</i>)
Cheesie Toast (<i>see Breakfast</i>)	Rice Krispies Treats
Cheesy Tomatoes	Spicy Corn Dip
Cherry Chocolate Dessert (<i>Dessert</i>)	Stuffed Avocado (<i>see Lunch/Dinner</i>)
Coconut-Peach Upside Down Cake (<i>Dessert</i>)	Toast Topped with Peanut Butter and Banana (<i>see Breakfast</i>)
Easy Apple Dessert (<i>Dessert</i>)	Toasted Cheese Sandwich (<i>see Lunch/Dinner</i>)
Egg Salad Sandwich (<i>see Lunch/Dinner</i>)	Wraps
Firecrackers	
Fruit Smoothie (<i>see Breakfast</i>)	
Granola (<i>see Breakfast</i>)	
Healthy Parfait (<i>see Breakfast</i>)	

SIDE DISH

Salad Ideas	Cheesy Tomatoes (<i>see Snack</i>)
Soup Ideas	Chicken Caesar Salad (<i>see Lunch/Dinner</i>)
Asian Salad	Cold Asian Noodle Salad (<i>see Advanced</i>)
Baked New Potatoes	Corn Casserole
Baked Potato (<i>see Lunch/Dinner</i>)	Garlic-Roasted Asparagus
Basic Dinner Salad	Microwave Macaroni and Cheese
Black Bean and Corn Salad	Spaghetti Salad (<i>see Lunch/Dinner</i>)
Broccoli Coleslaw	Tortilla Soup (<i>see Lunch/Dinner</i>)
Cheesie Toast (<i>see Breakfast</i>)	

ADVANCED

Breakfast Pizza
Cold Asian Noodle Salad
Easy Breezy Vegetarian Lasagna
Garden Fresh Pasta with Tomato-Basil Sauce
Mandarin Orange Pork Chops
Pork Chops with Rosemary, Garlic and Sage
Quesadilla Pie
Swiss Cheese Chicken Breast

CROCK POT

Beef Stew (*see Lunch/Dinner*)
Cherry Chocolate Dessert (*see Snack*)
Crock Pot Barbeque Chicken (*see Lunch/Dinner*)
Crock Pot Chicken and Rice (*see Lunch/Dinner*)
Crock Pot Chicken Tacos (*see Lunch/Dinner*)
Crock Pot Lemon Yummy Chicken (*see Lunch/Dinner*)
Crock Pot Pork Chops and Stuffing (*see Lunch/Dinner*)
Easy Apple Dessert (*see Snack*)
Slow Cooked Corn Chowder (*see Lunch/Dinner*)
Tortilla Soup (*see Lunch/Dinner*)
White Bean Chili (*see Lunch/Dinner*)

GEORGE FOREMAN GRILL

French Toast (*see Breakfast*)
Grilled Lemon Chicken (*see Lunch/Dinner*)
Hamburgers (*see Lunch/Dinner*)
Marinated Chicken or Flank Steak (*see Lunch/Dinner*)
Marinated Halibut (*see Lunch/Dinner*)
Panini Sandwiches (*see Lunch/Dinner*)

MICROWAVE

Baked Potato (*see Lunch/Dinner*)
Cheesie Toast (*see Breakfast*)
Chili Pie (*see Lunch/Dinner*)
Cold Asian Noodle Salad (*see Advanced*)
Easy Apple Dessert (*see Snack*)
Firecrackers (*see Snack*)
Mexican Lasagna (*see Lunch/Dinner*)
Microwave Macaroni and Cheese (*see Side Dish*)
Microwave Quesadillas (*see Snack*)
Microwave Spaghetti (*see Lunch/Dinner*)
Rice Krispies Treats (*see Snack*)
Scrambled Eggs (*see Breakfast*)
Sloppy Joe Sandwiches (*see Lunch/Dinner*)
Soup Ideas (*see Side Dish*)
Spaghetti Salad (*see Lunch/Dinner*)
Stuffed Avocado (*see Lunch/Dinner*)
Stuffed Baked Potatoes (*see Lunch/Dinner*)
Tacos (*see Lunch/Dinner*)
Toasted Cheese Sandwich (*see Lunch/Dinner*)
Tuna Casserole (*see Lunch/Dinner*)

OVEN

Baked New Potatoes (*see Side Dish*)
Breakfast Cheesecake (*see Breakfast*)
Cheesy Tomatoes (*see Snack*)
Coconut-Peach Upside Down Cake (*see Snack*)
Corn Casserole (*see Side Dish*)
Easy Breezy Vegetarian Lasagna (*see Advanced*)
Garlic-Roasted Asparagus (*see Side Dish*)
Granola (*see Breakfast*)
Lemon Squares (*see Snack*)
Oven Baked Chicken Parmesan (*see Lunch/Dinner*)
Pesto Pizza (*see Lunch/Dinner*)
Quesadilla Pie (*see Advanced*)
Swiss Cheese Chicken Breast (*see Advanced*)
Tacos (*see Lunch/Dinner*)