

SPRING Recipe and Meal Idea Index

1. Breakfast

- | | |
|---|--|
| <ul style="list-style-type: none"> 1.1. Banana Blueberry Breakfast Blend w. Flax Almond Fiber Mix.....pg 5 1.2. English Muffin Breakfast Sandwich w. Fresh Apricots and Strawberries.....pg 6 1.3. Greek Yogurt w. Spring Maple Fruit Salad.....pg 7 | <ul style="list-style-type: none"> 1.4. Steel-Cut Oats w. Chicken Sausage and Banana w. Honeydew.....pg 8 1.5. Chicken Breakfast Bake w. Avocado, Honeydew and Strawberries.....pg 9 1.6. Strawberry Peach Breakfast Blend w. Flax Almond Fiber Mix.....pg 10 |
|---|--|

2. Lunch

- | | |
|--|--|
| <ul style="list-style-type: none"> 2.1. Mango, Apricot, and Apple Tuna Salad.....pg 11 2.2. Spring Turkey Chili w. Fresh Orange.....pg 12 2.3. Chicken White Bean Soup w. Avocado and Pineapple.....pg 12 2.4. Artichoke Dill Bruschetta w. Strawberries.....pg 13 2.5. Avocado White Bean Chef’s Salad w. Fresh Strawberries.....pg 14 | <ul style="list-style-type: none"> 2.6. Baked Acorn Squash w. Chicken Apricot Filling and Fresh Pineapple.....pg 15 2.7. Southwest Chicken Soup w. Wasa Crisp and Avocado.....pg 15 2.8. Beef and Adzuki Casserole w. Fresh Papaya.....pg 16 2.9. Spring Turkey Chili w. Kiwi.....pg 16 2.10. Salmon Dill Spread on Toast w. Banana.....pg 17 |
|--|--|

3. Dinner

- | | |
|--|---|
| <ul style="list-style-type: none"> 3.1. Spring Turkey Chili and Everyday Greens.....pg 18 3.2. Chicken White Bean Soup w. Everyday Greens and Honeydew Melon.....pg 19 3.3. Cilantro Turkey Patties w. Mashed New Potatoes and Greek Garlic Topping.....pg 20 3.4. Egg Burritos w. Cilantro Pesto and Fresh Pineapple.....pg 21 3.5. Baked Acorn Squash w. Chicken Apricot Filling and Fresh Papaya.....pg 22 3.6. Southwest Chicken Soup w. Everyday Greens.....pg 22 | <ul style="list-style-type: none"> 3.7. Cheesy Turkey Stew w. Everyday Greens and Papaya.....pg 23 3.8. Sesame Shrimp Salad w. Dates.....pg 24 3.9. Beef and Adzuki Casserole w. Everyday Greens and Honeydew.....pg 25 3.10. Cilantro Turkey Patties and Quinoa topped w. Tomato, Mango, and Avocado.....pg 26 3.11. Broiled Salmon w. Garlic Green Beans and Asparagus.....pg 27 3.12. Fish Tacos w. Mango.....pg 28 3.13. Simple Vegetable Soup w. Kiwi.....pg 29 |
|--|---|

4. Snacks

- | | |
|---|--|
| <ul style="list-style-type: none"> 4.1. Apricot Almond Trail Mix.....pg 30 4.2. Fresh Cream w. Sliced Strawberries and Wild Blueberries.....pg 31 4.3. Wasa Crisp w. Avocado.....pg 31 | <ul style="list-style-type: none"> 4.4. Spicy Roasted Chickpeas.....pg 32 4.5. Toast w. Almond Butter.....pg 33 4.6. Apple w. Farmer’s Cheese.....pg 33 |
|---|--|

5. Make-Ahead Recipes

5.1. Main Dish

- 5.1.1. Chicken Breakfast Bake.....pg 34
- 5.1.2. Spring Turkey Chili.....pg 35
- 5.1.3. Chicken White Bean Soup w. Swiss Chard.....pg 36

- 5.1.4. Baked Acorn Squash with Chicken Apricot Filling.....pg 38
- 5.1.5. Southwest Chicken Soup.....pg 40
- 5.1.6. Cheesy Turkey Sausage Stew.....pg 41
- 5.1.7. Beef Adzuki Bean Casserole.....pg 42
- 5.1.8. Simple Vegetable Soup.....pg 43

5.2. Patties

- 5.2.1. Cilantro Turkey Patties.....pg 37

5.3. Sides

- 5.3.1. Flax Almond Fiber Mix.....pg 44
- 5.3.3. Everyday Greens Mix.....pg 46

- 5.3.2. Spring Maple Fruit Salad.....pg 45

5.4. Dressings and Toppings

- 5.4.1. Simple Maple Dressing.....pg 45
- 5.4.2. Greek Garlic Cilantro Topping.....pg 47

- 5.4.3. Cilantro Pesto.....pg 47

5.5. Whole Grains

- 5.5.1. Steel-cut Oats.....pg 48
- 5.5.2. Quinoa.....pg 49
- 5.5.3. Long-Grain & Wild Rice.....pg 50