

Breakfast Ideas

Meat Option:

- ♦ **Egg & Veggie Breakfast Muffins** – Scrambled eggs mixed with finely grated zucchini, carrots, and cheese, baked in muffin tins.
- ♦ **Chicken Sausage & Sweet Potato Hash** – Shredded sweet potatoes sautéed with ground chicken sausage and finely chopped spinach.

Vegetarian Option:

- ♦ **Banana & Flaxseed Pancakes** – Mashed bananas, eggs, ground flaxseeds, and almond flour blended and cooked into pancakes.
 - ♦ **Oatmeal with Hidden Veggies** – Cook oats with blended cauliflower and cinnamon, topped with crushed nuts.
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Lunch Ideas

Meat Option:

- ♦ **Meatballs with Hidden Veggies** – Ground beef or turkey mixed with puréed carrots, zucchini, and spinach, baked and served with tomato sauce.
- ♦ **Chicken & Sweet Potato Patties** – Mashed sweet potatoes mixed with shredded chicken, spinach, and a bit of almond flour, then pan-fried.

Vegetarian Option:

- ♦ **Zucchini & Chickpea Fritters** – Shredded zucchini mixed with mashed chickpeas and eggs, cooked into patties.
 - ♦ **Lentil & Veggie Nuggets** – Mashed lentils combined with finely grated carrots, sweet potatoes, and spices, baked into bite-sized nuggets.
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Dinner Ideas

Meat Option:

- ♦ **Shepherd's Pie with Hidden Cauliflower Mash** – Ground beef or turkey cooked with puréed carrots and peas, topped with mashed cauliflower.
- ♦ **Chicken & Veggie Meatloaf** – Ground chicken mixed with shredded zucchini, carrots, and oats, baked into a loaf.

Vegetarian Option:

- ♦ **Quinoa & Veggie-Stuffed Peppers** – Bell peppers stuffed with quinoa, mushrooms, spinach, and tomato sauce, then baked.

- ♦ **Creamy Pumpkin & Chickpea Soup** – Blended pumpkin and chickpeas with coconut milk and mild spices for a smooth, creamy texture.
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Snack Ideas

- ♦ **Veggie-Loaded Hummus** – Blended chickpeas with roasted red peppers or carrots, served with whole grain crackers.
- ♦ **Zucchini & Almond Flour Muffins** – No sugar, naturally sweetened with mashed banana or apple puree.
- ♦ **Homemade Meat Sticks** – Ground turkey or beef mixed with grated sweet potatoes and spices, shaped into sticks and baked.
- ♦ **Cauliflower Cheese Bites** – Mashed cauliflower with cheese, eggs, and almond flour, baked into small bite-sized pieces.