

MEATS

Eggs

Scrambled, fried egg
Omelette/Quiche
French toast
Egg drop soup

Groundbeef/Ground turkey

Vegetable soup (Gluten free chicken broth) – I make mine when I boil my chicken
Meatloaf (with oatmeal, not bread and turkey substitute) gluten free
Shepherd's pie
Stuffed shells
Spaghetti (with zoodles)
Burritos
Lasagna
Hamburger/Turkey burger (I use lettuce as bun)
Hamburger wreath
Mexican lasagna

Other

Steak
Sausage (Grilled, breakfast – link or patty)
Grilled cheese
Fish sticks
Pizza
Hot dog (Chicken)
Fish (grilled, baked or fried) – Salmon, catfish

Pork

Roast (Crockpot)
Bacon/Turkey
Ham and potato soup
Porkchop (Fried, grilled or baked)
Baked Ham
Pork loin
Ribs

Chicken/Turkey

Turkey

Chicken wings

Chicken dumplings

Baked Chicken (Season salt, Tonys, Potato chip, Ritz, Shake-n-bake)

Grilled Chicken (Marinade)

Chicken noodle soup (Homemade) – Gluten free noodles

Chicken nuggets/strips – grilled, fried or baked (Or homemade with gluten free flour)

Chicken pot pie (I make a crustless one for me)

Chicken salad

Sweet-n-sour chicken with rice

Chicken and rice (Quinoa) with Cream of chicken

Chicken and noodles (Zucchini noodles) with Cream of chicken

Salad with grilled chicken

Tortilla Soup (Gluten free chicken broth) – I make mine when I boil my chicken

Chicken fettuccine

Chicken alfredo

Chili/White chili

Fried chicken

Sesame chicken

VEGETABLES

Green beans (Roasted, boiled)

Green peas

Lima beans

Butter beans

Black eyed peas

Pork-n-beans

Black beans

Zipper peas

Okra

Boiled, mash and grilled potato

Potato boat

Hash browns

Sweet potato

Potato salad

Sweet potato souffle

Fries (homemade)

Tator tots

Deviled egg

Slaw

Creamed, kernel and corn on the cob

Broccoli salad

Roasted and steamed (with cheese) broccoli

Cucumbers in vinegar

Asparagus

Brussel sprouts

Tomato

Salad

Zucchini

Squash

FRUIT

Fruit salad
Peach
Jicama (sprinkle chili lime spice on it)
Grapes
Apples
Pineapple
Kiwi
Strawberries
Banana
Plantain
Grapefruit
Blackberries
Blueberries
Raspberries
Plum
Limes
Lemons
Oranges

BREADS

Zucchini bread
Loaf bread (white, wheat, rye, 7 grain, gluten free)
Biscuits
Rolls
Crescents
Banana bread