

**MOM-BO ITALIANO**

- PERFECT WHOLESOME ITALIAN MEATBALLS IN MARINARA SAUCE
- SKILLET CHICKEN PICCATA
- CHICKEN SALTIMBOCCA ROLL-UPS
- STROZZAPRETI PASTA WITH SPINACH, MUSHROOMS, AND TOASTED PINE NUTS
- SALMON MILANO WITH LEMON-BASIL PESTO
- WEEKNIGHT LAMB BOLOGNESE
- SHEET PAN HALIBUT WITH ITALIAN SALSA VERDE AND ASPARAGUS
- LINGUINE PUTTANESCA
- ROSEMARY-LEMON SHRIMP
- THE BEST GRAIN-FREE CHICKEN NO-PARMESAN
- LASAGNA-STUFFED ZUCCHINI BOATS
- ORECCHIETTE PASTA WITH SAUSAGE, BROCCOLINI, AND ROASTED RED PEPPERS

**TACOS Y MÁS**

- CHICKEN FAJITA LETTUCE CUPS
- CRISPY SLOW COOKER CARNITAS
- CHIPOTLE CHICKEN TOSTADAS WITH PINEAPPLE SALSA
- STEAK STREET TACOS
- BLACKENED TUNA BOWLS WITH CHILI-LIME SLAW AND CILANTRO-LIME RICE
- COLLARD GREEN AND CHICKEN BURRITOS
- ENCHILADAS CON CARNE
- SPICY RED SNAPPER PLATTER WITH ROASTED ZUCCHINI AND BLACK BEANS
- ONE-PAN MEXICAN CHICKEN AND RICE
- TURKEY TACO SKILLET BAKE
- CHORIZO CON PAPAS TAQUITOS

**BETTER THAN TAKEOUT**

- BLACK PEPPER CHICKEN
- THAI BASIL BEEF
- SPAGHETTI SQUASH PAD THAI
- KOREAN KIMCHI FRIED CAULI RICE
- GREEN CURRY CHICKEN
- KUNG PAO BRUSSELS SPROUTS
- SICHUAN CHICKEN WITH STRING BEANS
- MONGOLIAN BEEF STIR-FRY
- RED CURRY SHRIMP AND SWEET POTATO NOODLE STIR-FRY
- SALMON SATAY LETTUCE CUPS
- HIBACHI-STYLE CHICKEN WITH MAGIC MUSTARD SAUCE

**SATISFYING SALADS**

- GREEK SALAD WITH LAMB MEATBALLS
- SALMON POKE AND KALE SALAD BOWLS
- CHOPPED MUFFULETTA SALAD
- HAMBURGER SALAD WITH CREAMY JALAPEÑO DRESSING
- SIMPLE WALDORF TUNA SALAD
- STEAK HOUSE CAESAR SALAD
- BUN CHA
- BRUSSELS SPROUT SALAD WITH HONEY-MUSTARD VINAIGRETTE
- KALE AND MINT SALAD WITH "PEANUT" VINAIGRETTE
- CARROT-GINGER SALAD WITH BAKED SALMON

**SOUPS FOR THE SOUL**

- CREAMY TORTILLA-LESS SOUP
- GREEK LEMON AND OREGANO POTATO SOUP
- HEALING CHICKEN SOUP
- WHOLESOME HOT-AND-SOUR SOUP
- CHICKEN AND SAUSAGE GUMBO
- GINGER-SCALLION MEATBALL AND BOK CHOY SOUP
- CREAMY TOMATO BASIL SOUP
- TOM KHA GAI SOUP
- MIMI'S MINISTRA DEL SEDANO
- MEXICAN CABBAGE SOUP
- TEXAS BRISKET CHILI

**A TASTE OF THE MEDITERRANEAN**

- LEMONY GREEK POTATOES WITH CRISPY GREEK CHICKEN THIGHS
- CHORIZO AND CHICKEN PAELLA
- SHEET PAN SAUSAGE WITH SQUASH AND ROASTED GRAPES
- MUSSELS WITH SAFFRON AND FENNEL BROTH
- GREEK-STYLE MEATLOAF
- SUMAC-ROASTED SALMON WITH MINT-CORIANDER YOGURT SAUCE
- ONE-POT UNSTUFFED GRAPE LEAVES
- MEDITERRANEAN FISH EN PAPILLÔTE
- SOLOMILLO AL WHISKY
- OVEN-BAKED CHICKEN KOFTA WRAPS
- SHEET-PAN CHICKEN SHAWARMA WITH LEMON-TAHINI DRIZZLE

**CURRIED AND SPICED**

- CURRIED BEEF-STUFFED ACORN SQUASH
- SLOW COOKER CHICKEN TIKKA MASALA
- TANDOORI CHICKEN BURGERS WITH CUMIN AIOLI AND CRISPY OKRA FRIES
- GARAM MASALA-RUBBED LAMB CHOPS WITH A SIMPLE FENNEL AND ARUGULA SALAD
- CURRIED TUNA CAKES WITH LEMONY ASPARAGUS
- EASY GROUND TURKEY CURRY LETTUCE CUPS
- INDIAN-STYLE VEGETABLE CURRY
- ONE-POT COCONUT CURRY BUTTERNUT SQUASH PASTA
- CURRIED POT ROAST
- INDIAN SKILLET-ROASTED CHICKEN

**DATE-NIGHT DINNERS**

- CRISPY-SKINNED BRANZINO WITH PARSNIP PUREE
- SHEET PAN RACK OF LAMB WITH POTATOES AND MINT CHIMICHURRI
- LINGUINE WITH CLAMS, CHILES, AND SALAMI
- SKILLET CHICKEN WITH WHITE WINE, HERBS, AND ROASTED BROCCOLINI
- BLUEBERRY FILET MIGNON WITH CAULIFLOWER MASH
- PAN-ROASTED BLACKENED CAJUN CHICKEN WITH OVEN FRITES
- WALNUT-CRUSTED SCALLOPS WITH BUTTERNUT SQUASH PUREE

**SOUTHERN CHARMS**

- NASHVILLE UN-FRIED HOT CHICKEN WITH EASY COLLARD GREENS
- CAJUN CRAB CAKES WITH REMOULADE
- CHICKEN-FRIED STEAK WITH CREAMY CAULIFLOWER GRAVY
- MEATLOAF MEATBALLS WITH MASHED POTATOES AND GREEN BEANS
- CHICKEN SPAGHETTI SQUASH BOATS
- CAJUN SHEET-PAN SHRIMP "BOIL"
- PALEO CHILI PIE
- ONE-POT CHICKEN POT PIE PASTA
- EASY SKILLET CAULIFLOWER RICE JAMBALAYA WITH CHICKEN AND SAUSAGE
- MINI KING RANCH CASSEROLES
- SLOW-COOKER BBQ BEEF BRISKET WITH QUICK-AND-EASY COLESLAW

**CLEANED-UP KID FOOD**

- ONE-POT HAMBURGER HELPER
- GRAIN-FREE PIZZA BITES
- THE BEST GRAIN-FREE CHICKEN NUGGETS
- SOUR CREAM CHICKEN TAQUITOS
- CHEESEBURGER MEATBALLS

**BACK TO BASICS**

- SIMPLE ROASTED CHICKEN
- ONE-MINUTE IMMERSION BLENDER MAYO BASE
- PREPARED CAULIFLOWER RICE
- ROASTED SPAGHETTI SQUASH