

MEAL IDEAS

CHEAPSKATECOOK.COM

ALLERGY-FREE

CLICK THE LINKS FOR
RECIPES AND MORE
IDEAS!

BREAKFASTS

[Green smoothie](#)

[Baked oatmeal,
turkey sausage, and
berries](#)

[Baked home fries and
turkey sausage with
sautéed onions and
peppers](#)

LUNCHES

[Snack plate with
veggies, hummus,
fruit, and nuts](#)

[Leftovers](#)

[Tuna salad on lettuce
and tomato, with
fruit and nuts](#)

[Lentil soup](#)

DINNERS

[Burrito bowls](#)

[Chili with chips and
rice](#)

[Quinoa salad with
diced chicken](#)

[Chicken with salad
and rice or sweet
potatoes](#)

SNACKS

[Hummus and veggies](#)

[Celery and apples
with nut butter](#)

[No-bake energy bars](#)

DESSERTS

[Clean-eating freezer
chocolate](#)

[Berries, dark
chocolate, and
cashews](#)

[Chocolate dessert
hummus](#)