

# 5 Months of Meal Ideas

Recipe Name	Source
Freezer to Crock-Pot Beef Stew	<a href="http://livesimply.me/2014/11/20/freezer-crockpot-beef-stew/">http://livesimply.me/2014/11/20/freezer-crockpot-beef-stew/</a>
Italian Spinach & Chicken Casserole	<a href="http://livesimply.me/2014/11/14/italian-spinach-chicken-casserole/">http://livesimply.me/2014/11/14/italian-spinach-chicken-casserole/</a>
Flank Steak Fajitas	<a href="http://www.100daysofrealfood.com/2011/12/19/recipe-slow-cooker-flank-steak-fajitas/">http://www.100daysofrealfood.com/2011/12/19/recipe-slow-cooker-flank-steak-fajitas/</a>
Autumn Harvest Chicken Stew	<a href="http://www.raisinggenerationnourished.com/2014/11/autumn-harvest-chicken-stew/">http://www.raisinggenerationnourished.com/2014/11/autumn-harvest-chicken-stew/</a>
Slow-Cooker Sweet Potato Soup	<a href="http://realfoodandicecream.com/slow-cooker-sweet-potato-soup/">http://realfoodandicecream.com/slow-cooker-sweet-potato-soup/</a>
Enchiladas with homemade sauce	<a href="http://www.raisinggenerationnourished.com/2015/11/enchilada-sauce/">http://www.raisinggenerationnourished.com/2015/11/enchilada-sauce/</a>
Broccoli Cheese Soup	<a href="http://www.gimmesomeoven.com/broccoli-cheese-soup-recipe/">http://www.gimmesomeoven.com/broccoli-cheese-soup-recipe/</a>
Whole Roasted Chicken with Apples & Oranges	<a href="http://bit.ly/1zOmzLp">http://bit.ly/1zOmzLp</a> (Organic Kitchen Blog)
Sausages, Onions, & Peppers on Pasta	<a href="http://www.myhumblekitchen.com/2014/07/sausages-peppers-onions-einkorn-pasta/">http://www.myhumblekitchen.com/2014/07/sausages-peppers-onions-einkorn-pasta/</a>
Spinach & Kale Quiche	<a href="http://www.theorganickitchen.org/blog-tutorials/the-organic-kitchen-spinach-and-kale-quiche-with-four-crust-options/">http://www.theorganickitchen.org/blog-tutorials/the-organic-kitchen-spinach-and-kale-quiche-with-four-crust-options/</a>
Potato, Kale, and Beef Casserole	<a href="http://livesimply.me/2015/11/30/scalloped-potato-kale-beef-casserole/">http://livesimply.me/2015/11/30/scalloped-potato-kale-beef-casserole/</a>
Cobb Salad	<a href="http://deliciouslyorganic.net/cobb-salad-recipe/">http://deliciouslyorganic.net/cobb-salad-recipe/</a>
Brown Butter Sage Chicken	<a href="http://fedandfit.com/2014/10/04/guest-post-browned-butter-sage-roasted-chicken/">http://fedandfit.com/2014/10/04/guest-post-browned-butter-sage-roasted-chicken/</a>
Sweet Potato Biscuits	<a href="http://livesimply.me/2014/11/09/sweet-potato-biscuits-maple-cinnamon-butter/">http://livesimply.me/2014/11/09/sweet-potato-biscuits-maple-cinnamon-butter/</a>
Pumpkin Pie Parfaits	<a href="http://minimalistbaker.com/pumpkin-pie-parfaits-vegan-gf/">http://minimalistbaker.com/pumpkin-pie-parfaits-vegan-gf/</a>
Soaked Oatmeal with fruit	<a href="http://livesimply.me/2013/05/30/soaked-oatmeal-the-original-instant-oatmeal/">http://livesimply.me/2013/05/30/soaked-oatmeal-the-original-instant-oatmeal/</a>
Breakfast Burritos	<a href="http://livesimply.me/2015/02/19/make-ahead-freezer-breakfast-burritos/">http://livesimply.me/2015/02/19/make-ahead-freezer-breakfast-burritos/</a>
Sausage and Sweet Potato Hash	<a href="http://livesimply.me/2015/10/03/sausage-and-sweet-potato-hash/">http://livesimply.me/2015/10/03/sausage-and-sweet-potato-hash/</a>
Applesauce Muffins	<a href="http://livesimply.me/2016/02/01/whole-grain-oatmeal-applesauce-muffins/">http://livesimply.me/2016/02/01/whole-grain-oatmeal-applesauce-muffins/</a>
Omelet Cups	<a href="http://livesimply.me/2015/09/11/make-ahead-omelet-cups/">http://livesimply.me/2015/09/11/make-ahead-omelet-cups/</a>
Grain-Free Waffles	<a href="http://againstallgrain.com/2012/06/21/grain-free-waffles/">http://againstallgrain.com/2012/06/21/grain-free-waffles/</a>
Peanut Butter Overnight Oats (whole milk would also work)	<a href="http://minimalistbaker.com/peanut-butter-overnight-oats/">http://minimalistbaker.com/peanut-butter-overnight-oats/</a>
Cozy Banana Bread	<a href="http://theelliotthomestead.com/2012/05/banana-bread-recipe/">http://theelliotthomestead.com/2012/05/banana-bread-recipe/</a>

Recipe Name	Source
Stove-Top Mac and Cheese	<a href="http://livesimply.me/2016/02/08/homemade-stove-top-macaroni-and-cheese/">http://livesimply.me/2016/02/08/homemade-stove-top-macaroni-and-cheese/</a>
Crock-Pot Meatballs in Marinara Sauce	<a href="http://www.paleonewbie.com/crock-pot-paleo-italian-meatballs-in-marinara-sauce/">http://www.paleonewbie.com/crock-pot-paleo-italian-meatballs-in-marinara-sauce/</a>
Chicken Fajita Stuffed Pepper	<a href="http://www.cookingclassy.com/2014/09/chicken-fajita-stuffed-peppers/">http://www.cookingclassy.com/2014/09/chicken-fajita-stuffed-peppers/</a>
Crock-Pot Chicken Wild Rice Soup	<a href="http://pinchofyum.com/crockpot-chicken-wild-rice-soup">http://pinchofyum.com/crockpot-chicken-wild-rice-soup</a>
Cheesy Pesto Chicken Stuffed Spaghetti Squash	<a href="http://peasandcrayons.com/2015/10/cheesy-pesto-chicken-and-veggie-stuffed-spaghetti-squash.html">http://peasandcrayons.com/2015/10/cheesy-pesto-chicken-and-veggie-stuffed-spaghetti-squash.html</a>
Sausage, Kale, and White Bean Soup	<a href="http://livesimply.me/2015/12/18/easy-sausage-kale-white-bean-soup/">http://livesimply.me/2015/12/18/easy-sausage-kale-white-bean-soup/</a>
Caribbean Chicken Tacos	<a href="http://lecremedelacrumb.com/2015/04/caribbean-chicken-tacos.html">http://lecremedelacrumb.com/2015/04/caribbean-chicken-tacos.html</a>
Chicken with Bacon Mustard Sauce	<a href="http://juliasalbum.com/2015/10/chicken-with-bacon-mustard-sauce/">http://juliasalbum.com/2015/10/chicken-with-bacon-mustard-sauce/</a>
Crock-Pot Chicken Noodle Soup	<a href="http://livesimply.me/2013/08/05/poor-mans-chicken-noodle-soup/">http://livesimply.me/2013/08/05/poor-mans-chicken-noodle-soup/</a>
Kale Pizza	<a href="http://livesimply.me/2014/04/11/homemade-lemony-kale-pizza/">http://livesimply.me/2014/04/11/homemade-lemony-kale-pizza/</a>
Sweet Potato & Chicken Stew	<a href="http://shrinkingkitchen.com/spicy-slow-cooker-sweet-potato-and-chicken-stew/">http://shrinkingkitchen.com/spicy-slow-cooker-sweet-potato-and-chicken-stew/</a>
Crock-Pot Pulled Chicken Tacos	<a href="http://livesimply.me/2016/03/08/crock-pot-pulled-chicken-taco-meat/">http://livesimply.me/2016/03/08/crock-pot-pulled-chicken-taco-meat/</a>
Savory Pasta with Onions, Bacon & Greens	<a href="http://dontwastethecrumbs.com/2015/07/savory-pasta-with-onions-bacon-and-greens/">http://dontwastethecrumbs.com/2015/07/savory-pasta-with-onions-bacon-and-greens/</a>
Banana French Toast	<a href="http://livesimply.me/2013/04/28/banana-nut-french-toast-recipe/">http://livesimply.me/2013/04/28/banana-nut-french-toast-recipe/</a>
Whole Grain Strawberry Breakfast Cake	<a href="http://www.theclevercarrot.com/2015/05/wholegrain-strawberry-breakfast-cake/">http://www.theclevercarrot.com/2015/05/wholegrain-strawberry-breakfast-cake/</a>
Baked Pumpkin Donuts	<a href="http://realfoodrealdeals.com/baked-pumpkin-donuts-recipe/">http://realfoodrealdeals.com/baked-pumpkin-donuts-recipe/</a>
Easy Egg and Sausage Breakfast Casserole	<a href="http://livesimply.me/2016/02/16/easy-egg-and-sausage-casserole/">http://livesimply.me/2016/02/16/easy-egg-and-sausage-casserole/</a>
Breakfast Tostadas	<a href="http://thenourishinghome.com/2013/05/breakfast-tostada/">http://thenourishinghome.com/2013/05/breakfast-tostada/</a>
Whole Wheat Pancakes	<a href="http://livesimply.me/2013/06/12/soaked-whole-wheat-pancakes/">http://livesimply.me/2013/06/12/soaked-whole-wheat-pancakes/</a>
Gingerbread Muffins	<a href="http://pinchofyum.com/healthy-gingerbread-muffins">http://pinchofyum.com/healthy-gingerbread-muffins</a>
Creamy Swiss Chard & Eggs	<a href="http://livesimply.me/2013/09/02/creamy-swiss-chard-and-eggs/">http://livesimply.me/2013/09/02/creamy-swiss-chard-and-eggs/</a>

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Savory Chicken and Veggie Bites	<a href="http://thenourishinghome.com/2014/10/savory-chicken-veggie-bites/">http://thenourishinghome.com/2014/10/savory-chicken-veggie-bites/</a>
Crock-Pot Black Bean Soup	<a href="http://livesimply.me/2015/04/02/crock-pot-black-bean-soup/">http://livesimply.me/2015/04/02/crock-pot-black-bean-soup/</a>
Salad in a Jar (For lunch or busy nights with homemade dressing)	<a href="http://newleafwellness.biz/2015/03/26/salad-in-a-jar/">http://newleafwellness.biz/2015/03/26/salad-in-a-jar/</a>
Broiled Cod with Parsley Almond Pesto	<a href="http://thenourishinghome.com/2015/03/broiled-cod-with-parsley-almond-pesto/">http://thenourishinghome.com/2015/03/broiled-cod-with-parsley-almond-pesto/</a>
Easy Vegan Black Bean Burgers (I'll use leftover black beans from soup)	<a href="http://www.shelikesfood.com/1/post/2014/12/easy-vegan-black-bean-burgers-giveaway.html">http://www.shelikesfood.com/1/post/2014/12/easy-vegan-black-bean-burgers-giveaway.html</a>
Beef and Veggie Lettuce Cups	<a href="http://livesimply.me/2014/09/25/20-minute-meal-beef-veggie-taco-lettuce-cups/">http://livesimply.me/2014/09/25/20-minute-meal-beef-veggie-taco-lettuce-cups/</a>
Parmesan Baked Veggie Quinoa	<a href="http://www.raisinggenerationnourished.com/2015/04/parmesan-baked-veggie-quinoa/">http://www.raisinggenerationnourished.com/2015/04/parmesan-baked-veggie-quinoa/</a>
Slow-Cooker Italian Roast	<a href="http://thenourishinghome.com/2014/01/slow-cooker-italian-roast/">http://thenourishinghome.com/2014/01/slow-cooker-italian-roast/</a>
Parmesan Baked Zucchini Spears	<a href="http://www.raisinggenerationnourished.com/2015/03/parmesan-baked-zucchini-spears/">http://www.raisinggenerationnourished.com/2015/03/parmesan-baked-zucchini-spears/</a>
Tuscan Kale and White Bean Soup in the Crock-Pot	<a href="http://www.myhumblekitchen.com/2013/01/tuscan-kale-and-white-bean-soup-in-the-crockpot/">http://www.myhumblekitchen.com/2013/01/tuscan-kale-and-white-bean-soup-in-the-crockpot/</a>
Creamy Tomato Tortellini Soup (Find "cleanest" tortellini possible)	<a href="http://www.momables.com/creamy-tomato-tortellini-soup/">http://www.momables.com/creamy-tomato-tortellini-soup/</a>
Fresh Salmon Burgers	<a href="http://livesimply.me/2015/02/10/20-minute-fresh-salmon-burgers/">http://livesimply.me/2015/02/10/20-minute-fresh-salmon-burgers/</a>
"Kale" Sadilla	<a href="http://www.simplyrecipes.com/recipes/kalesadilla/">http://www.simplyrecipes.com/recipes/kalesadilla/</a>
Beef Kebabs	<a href="http://www.simplyrecipes.com/recipes/beef_kebabs/">http://www.simplyrecipes.com/recipes/beef_kebabs/</a>
Leek and Ham Frittata (leftovers are perfect for lunch)	<a href="http://www.simplebites.net/make-ahead-hot-breakfasts-for-cold-mornings-leek-and-ham-frittata/">http://www.simplebites.net/make-ahead-hot-breakfasts-for-cold-mornings-leek-and-ham-frittata/</a>
Chai Zucchini Muffins	<a href="http://livesimply.me/2014/08/07/chai-zucchini-muffins/">http://livesimply.me/2014/08/07/chai-zucchini-muffins/</a>
Whole Wheat Biscuits	<a href="http://livesimply.me/2013/08/14/soaked-whole-wheat-biscuits/">http://livesimply.me/2013/08/14/soaked-whole-wheat-biscuits/</a>
Spinach and Sausage Egg Muffins	<a href="http://www.raisinggenerationnourished.com/2014/05/spinach-sausage-egg-muffins-gluten-free-dairy-free-nut-free/">http://www.raisinggenerationnourished.com/2014/05/spinach-sausage-egg-muffins-gluten-free-dairy-free-nut-free/</a>
Carrot Cake Breakfast Cookies	<a href="http://livesimply.me/2015/02/14/one-bowl-carrot-cake-breakfast-cookies/">http://livesimply.me/2015/02/14/one-bowl-carrot-cake-breakfast-cookies/</a>
Blueberry Surprise Oatmeal Pancakes	<a href="http://livesimply.me/2015/02/24/blueberry-surprise-oatmeal-pancakes-gluten-free/">http://livesimply.me/2015/02/24/blueberry-surprise-oatmeal-pancakes-gluten-free/</a>
Peanut Butter Banana Smoothie	<a href="http://www.100daysofrealfood.com/2011/07/18/recipe-peanut-butter-banana-smoothie/">http://www.100daysofrealfood.com/2011/07/18/recipe-peanut-butter-banana-smoothie/</a>
Apple Cinnamon Baked Oatmeal	<a href="http://www.simplebites.net/eat-well-spend-less-back-to-school-breakfast-recipe-baked-oatmeal/">http://www.simplebites.net/eat-well-spend-less-back-to-school-breakfast-recipe-baked-oatmeal/</a>
Breakfast Egg Muffins	<a href="http://wellnessmama.com/1084/breakfast-egg-muffins/">http://wellnessmama.com/1084/breakfast-egg-muffins/</a>

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One Dish Chicken & Potato Dinner	<a href="http://www.olgasflavorfactory.com/main-course/poultry/one-dish-chicken-and-potato-dinner-video-recipe/">http://www.olgasflavorfactory.com/main-course/poultry/one-dish-chicken-and-potato-dinner-video-recipe/</a>
Chicken and Lime Soup	<a href="http://www.budgetbytes.com/2012/10/chicken-lime-soup/">http://www.budgetbytes.com/2012/10/chicken-lime-soup/</a>
Crispy Herb Roasted Chicken Thighs	<a href="http://livesimply.me/2016/01/29/crispy-herb-roasted-chicken-thighs/">http://livesimply.me/2016/01/29/crispy-herb-roasted-chicken-thighs/</a>
Meatballs with Marinara	<a href="http://www.olgasflavorfactory.com/main-course/juicy-meatballs-marinara-sauce/">http://www.olgasflavorfactory.com/main-course/juicy-meatballs-marinara-sauce/</a>
Chipotle Blue Cheese Burgers with Mushrooms & Onions	<a href="http://livesimply.me/2016/01/11/chipotle-blue-cheese-mushroom-and-onion-burgers/">http://livesimply.me/2016/01/11/chipotle-blue-cheese-mushroom-and-onion-burgers/</a>
Crock-Pot Rosemary Garlic Beef Stew	<a href="http://www.budgetbytes.com/2014/10/slow-cooker-rosemary-garlic-beef-stew-slow-cooker/">http://www.budgetbytes.com/2014/10/slow-cooker-rosemary-garlic-beef-stew-slow-cooker/</a>
Veggie Quesadillas	<a href="http://livesimply.me/2016/01/26/veggie-quesadillas/">http://livesimply.me/2016/01/26/veggie-quesadillas/</a>
Roasted Garlic Chicken Salad	<a href="http://littlebitsof.com/2015/12/roasted-garlic-chicken-salad/">http://littlebitsof.com/2015/12/roasted-garlic-chicken-salad/</a>
Sweet Potato & Black Bean Quinoa Bowls	<a href="http://www.spoonfulofflavor.com/2015/01/14/sweet-potato-black-bean-quinoa-bowls/">http://www.spoonfulofflavor.com/2015/01/14/sweet-potato-black-bean-quinoa-bowls/</a>
Chicken & Vegetable Noodle Soup	<a href="http://livesimply.me/2016/01/06/chicken-and-vegetable-noodle-soup/">http://livesimply.me/2016/01/06/chicken-and-vegetable-noodle-soup/</a>
Shepherd's Pie	<a href="http://numstheword.com/shepherds-pie/">http://numstheword.com/shepherds-pie/</a>
Chicken and Pasta Bake	<a href="http://www.theclevercarrot.com/2014/05/mediterranean-chicken-pasta-bake/">http://www.theclevercarrot.com/2014/05/mediterranean-chicken-pasta-bake/</a>
Maple Mustard Glazed Salmon	<a href="http://www.jocooks.com/healthy-eating/maple-mustard-glazed-salmon/">http://www.jocooks.com/healthy-eating/maple-mustard-glazed-salmon/</a>
Breakfast Egg Muffins	<a href="http://healthyrecipesblogs.com/2014/06/04/breakfast-egg-muffins/">http://healthyrecipesblogs.com/2014/06/04/breakfast-egg-muffins/</a>
Mango & Turmeric Smoothie	<a href="http://livesimply.me/2016/01/23/mango-turmeric-vitamin-c-smoothie/">http://livesimply.me/2016/01/23/mango-turmeric-vitamin-c-smoothie/</a>
Blender Banana Oatmeal Muffins	<a href="http://www.wellplated.com/banana-oatmeal-muffins/">http://www.wellplated.com/banana-oatmeal-muffins/</a>
Breakfast Stuffed Peppers	<a href="http://www.thereciperebel.com/breakfast-stuffed-peppers-oven-or-slow-cooker/">http://www.thereciperebel.com/breakfast-stuffed-peppers-oven-or-slow-cooker/</a>
Pumpkin Spice Granola	<a href="http://www.theclevercarrot.com/2013/09/pumpkin-spice-granola/">http://www.theclevercarrot.com/2013/09/pumpkin-spice-granola/</a>
Baked Banana Peanut Butter Oatmeal	<a href="http://happyhealthymama.com/2011/11/baked-banana-peanut-butter-oatmeal.html">http://happyhealthymama.com/2011/11/baked-banana-peanut-butter-oatmeal.html</a>
Blueberry Pie Oatmeal	<a href="http://apple-of-my-eye.com/2014/04/08/blueberry-pie-oatmeal/">http://apple-of-my-eye.com/2014/04/08/blueberry-pie-oatmeal/</a>
Egg Muffins with Sausage, Spinach & Cheese	<a href="http://www.twopeasandtheirpod.com/egg-muffins-with-sausage-spinach-and-cheese/">http://www.twopeasandtheirpod.com/egg-muffins-with-sausage-spinach-and-cheese/</a>

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Crock-Pot Chili	<a href="http://livesimply.me/2015/10/17/easy-crock-pot-chili/">http://livesimply.me/2015/10/17/easy-crock-pot-chili/</a>
Chicken Broccoli Casserole	<a href="https://www.grassfedgirl.com/chicken-broccoli-casserole/">https://www.grassfedgirl.com/chicken-broccoli-casserole/</a>
Tuscan White Bean Soup	<a href="http://www.thelevercarrot.com/2014/10/tuscan-white-bean-soup-2-ways/">http://www.thelevercarrot.com/2014/10/tuscan-white-bean-soup-2-ways/</a>
Crock-Pot Beef Roast	<a href="http://lecremedelacrumb.com/2014/11/slow-cooker-beef-roast.html">http://lecremedelacrumb.com/2014/11/slow-cooker-beef-roast.html</a>
Black Bean Soup	<a href="http://livesimply.me/2015/04/02/crock-pot-black-bean-soup/">http://livesimply.me/2015/04/02/crock-pot-black-bean-soup/</a>
Parmesan Crusted Tilapia	<a href="http://www.tasteandtellblog.com/parmesan-crusted-tilapia/">http://www.tasteandtellblog.com/parmesan-crusted-tilapia/</a>
Crock-Pot Beef Barbacoa	<a href="http://www.kitchenstewardship.com/2015/10/14/allergy-friendly-slow-cooker-chipotle-style-beef-barbacoa-recipe/">http://www.kitchenstewardship.com/2015/10/14/allergy-friendly-slow-cooker-chipotle-style-beef-barbacoa-recipe/</a>
Greek Marinated Chicken	<a href="http://www.budgetbytes.com/2013/06/greek-marinated-chicken/">http://www.budgetbytes.com/2013/06/greek-marinated-chicken/</a>
Skillet Hamburger Pasta	<a href="http://www.olgasflavorfactory.com/main-course/skillet-cheeseburger-pasta/">http://www.olgasflavorfactory.com/main-course/skillet-cheeseburger-pasta/</a>
Stuffed Pepper Soup	<a href="http://diethood.com/stuffed-pepper-soup-kitchenaid-stand-mixer-giveaway/">http://diethood.com/stuffed-pepper-soup-kitchenaid-stand-mixer-giveaway/</a>
Slow Cooker Chicken Ropa Vieja	<a href="http://www.budgetbytes.com/2015/06/slow-cooker-chicken-ropa-vieja/">http://www.budgetbytes.com/2015/06/slow-cooker-chicken-ropa-vieja/</a>
Pasta with Roasted Broccoli and Chicken	<a href="http://www.thelevercarrot.com/2014/04/budget-meals-pasta-with-roasted-broccoli-chicken-sausage/">http://www.thelevercarrot.com/2014/04/budget-meals-pasta-with-roasted-broccoli-chicken-sausage/</a>
Oven Baked Chicken Piccata	<a href="http://juliasalbum.com/2015/07/oven-baked-chicken-piccata-recipe/">http://juliasalbum.com/2015/07/oven-baked-chicken-piccata-recipe/</a>
Parmesan Frittata	<a href="http://theelliotthomestead.com/2013/02/parmesan-frittata-rosemary-greens/">http://theelliotthomestead.com/2013/02/parmesan-frittata-rosemary-greens/</a>
Pumpkin Pie Baked Oatmeal	<a href="http://www.kitchenstewardship.com/2012/10/02/recipe-connection-pumpkin-pie-baked-oatmeal/">http://www.kitchenstewardship.com/2012/10/02/recipe-connection-pumpkin-pie-baked-oatmeal/</a>
Lemon Blueberry Buttermilk Muffins	<a href="http://richlyrooted.com/2012/03/heavenly-lemon-blueberry-butter-milk-muffins.html">http://richlyrooted.com/2012/03/heavenly-lemon-blueberry-butter-milk-muffins.html</a>
Yogurt Parfaits	<a href="http://livesimply.me/2015/05/07/make-ahead-healthy-yogurt-parfaits/">http://livesimply.me/2015/05/07/make-ahead-healthy-yogurt-parfaits/</a>
Avocado Toast with Sunny Side Egg	<a href="http://www.skinnytaste.com/2015/01/avocado-toast-with-sunny-side-egg.html">http://www.skinnytaste.com/2015/01/avocado-toast-with-sunny-side-egg.html</a>
Chocolate Peanut Butter Breakfast Shake	<a href="http://bakerbynature.com/thick-creamy-chocolate-peanut-butter-breakfast-shake/">http://bakerbynature.com/thick-creamy-chocolate-peanut-butter-breakfast-shake/</a>
Banana-Nut Granola	<a href="http://www.budgetbytes.com/2015/02/no-sugar-added-banana-nut-granola/">http://www.budgetbytes.com/2015/02/no-sugar-added-banana-nut-granola/</a>
Banana Chocolate Chip Muffins	<a href="http://dontwastethecrumbs.com/2012/02/over-ripe-bananas-and-a-recipe-banana-chocolate-chip-muffins/">http://dontwastethecrumbs.com/2012/02/over-ripe-bananas-and-a-recipe-banana-chocolate-chip-muffins/</a>