

Real Food Meal Plan May

<u>Black Bean Spinach Enchiladas from The Garden Grazer</u>	<u>Broccoli Spinach Frittata with Caramelized Onions from Savory Lotus</u>	<u>Chicken and Broccoli Noodle Casserole from Skinny Taste</u>	<u>Chicken with Leeks, Sun-Dried Tomatoes in White Wine Sauce from Skinny Taste</u>	<u>Chicken and Spring Vegetable Soup from Gnowfglins</u>	<u>Deep-Dish Spinach, Leek and Bacon Quiche from Foodie Crush</u>	<u>Easy Asparagus Quiche from Real Food by Dad</u>
<u>Fancy Sandwich Loaf from Saveur</u>	<u>Ham and Gruyere Quiche with Leeks from Good Cheap Eats</u>	<u>Roasted Broccoli Stuffed Shells from The Vintage Mixer</u>	<u>Sausage, Leek, and Spinach Quiche from My Kitchen Addiction</u>	<u>Spinach Artichoke Feta Quesadillas from The Garden Grazer</u>	<u>Spring Vegetable Stew from Eating Well</u>	<u>Spring Vegetable Stew from Nourished Kitchen</u>
<u>Sunburst Spring Vegetable Quiche with Puff Pastry from Well Plated Kitchen</u>	<u>Vegan Spinach and Artichoke Stuffed Shells from the Fig Tree</u>	<u>Asparagus, Potato, and Spinach Galette from Woman's Day</u>	<u>Asparagus-Tuna Casserole from Better Homes and Gardens</u>	<u>Asparagus and White Bean Soup with Lemon and Parmesan from Dishing Up the Dirt</u>	<u>Spring Asparagus Flatbread from Naturally Ella</u>	<u>Chicken Florentine Artichoke Bake from Better Homes and Gardens</u>
<u>Chicken and Spinach Enchiladas with Creamy Salsa Verde Sauce from Don't Waste the Crumbs</u>	<u>Spring-Thyme Chicken Stew from Taste of Home</u>					

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