



## *Welcome to the Homemaker's Nourished Notes*

I believe that healthy eating doesn't have to be boring or bland. Here, I'll be sharing a variety of nutritious and delicious recipes from my favorite blogs. Whether you're looking to follow a specific diet or just want to eat healthier, you'll find plenty of inspiration to get you started. So, get your apron ready and let's start cooking up some healthy meals that not only nourish your body but also tantalize your taste buds. Happy eating!

**The recipes are divided up by type of meals & ingredients.**

### 1. Breakfast

#### Oats:

- Egg White Oatmeal- <https://www.eatingbirdfood.com/egg-white-oatmeal/>
- Protein Overnight Oats: <https://www.eatingbirdfood.com/protein-overnight-oats/>

#### Eggs:

- Egg Cups- <https://www.eatingbirdfood.com/healthy-baked-egg-cups/>
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#### Muffins:

- Pumpkin Chocolate chip- <https://www.eatingbirdfood.com/flourless-pumpkin-spice-chocolate-chip-mini-muffins/#wprm-recipe-container-33541>
- Protein Pancakes: <https://www.eatingbirdfood.com/protein-pancakes/>
- Chocolate Chip: <https://www.eatingbirdfood.com/chocolate-chip-yogurt-muffins/#wprm-recipe-container-103439>

- Banana: <https://laneandgreyfare.com/gluten-free-banana-muffins/#recipe>

### Other:

- Yogurt Breakfast Bowls: <https://www.eatingbirdfood.com/yogurt-breakfast-bowls/>
- Avocado Toasts: <https://www.eatingbirdfood.com/avocado-toast-4-ways/>

## 2. Lunch

### Fish:

- Chickpea Tuna Salad- <https://dishingoutthehealth.com/chickpea-tuna-salad/#recipe>
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### Tofu:

- Tofu Edamame- <https://alexandracoops.com/2009/03/12/tofu-edamame-soju/>

## 3. Dinner

### Chicken:

- Shredded Chicken- <https://www.eatingbirdfood.com/instant-pot-shredded-chicken/>
- Chicken Burrito Bowl- <https://www.eatingbirdfood.com/chicken-burrito-bowl/>
- Chicken Stir-fry: <https://houseofnasheats.com/easy-chicken-vegetable-stir-fry/>
- Chicken Gyros: <https://www.recipetineats.com/greek-chicken-gyros-with-tzatziki/>

### Beef:

- Beef w/ Broccoli: <https://houseofnasheats.com/beef-with-broccoli/>

### Fish:

- Mahi Mahi Tacos: <https://laughingspatula.com/sheet-pan-mahi-fajitas/#recipe>
- Tilapia Tacos: <https://www.skinnytaste.com/cilantro-lime-tilapia-tacos/>

### Other:

- Pizza Dough: <https://houseofnasheats.com/pizza-dough-recipe/>
- Carnitas: <https://www.gimmesomeoven.com/crispy-slow-cooker-carnitas/#respond>

## Salad:

- Spinach, Bacon, Egg: <https://houseofnasheats.com/spinach-bacon-egg-salad-with-creamy-honey-mustard-dressing/>

## 4. Sauces

### Dressings:

- Tomatillo Avocado - <https://www.eatingbirdfood.com/tomatillo-avocado-dressing/#wprm-recipe-container-35591>
- Cilantro Lime: <https://houseofnasheats.com/cilantro-lime-dressing-recipe/>

### Sauces:

- Pizza Sauce: <https://houseofnasheats.com/homemade-pizza-sauce-recipe/>
- Salsa: <https://www.thepioneerwoman.com/food-cooking/recipes/a11059/restaurant-style-salsa/>
- Cashew Queso: <https://minimalistbaker.com/5-minute-vegan-cashew-queso/#wprm-recipe-container-41154>

### Dips:

- Hummus: <https://www.eatingbirdfood.com/the-key-to-smooth-hummus/#wprm-recipe-container-33309>
- Date Caramel: <https://www.eatingbirdfood.com/4-ingredient-date-caramel/#wprm-recipe-container-34362>

## 5. Desserts/Sweets

### Cookies:

- Protein Cookies: <https://www.eatingbirdfood.com/protein-cookies/>
- Protein Cookie Dough: <https://www.eatingbirdfood.com/protein-cookie-dough/#wprm-recipe-container-34342>

### Brownies/ Cakes:

- Protein Brownies: <https://www.eatingbirdfood.com/protein-brownies/>

### Other:

- Date Snickers: <https://www.eatingbirdfood.com/snickers-stuffed-dates/>
- Frozen Yogurt: <https://www.eatingbirdfood.com/blueberry-frozen-yogurt/>

## 6. Healthy Snacks

### Savory:

- Healthy Deviled Eggs: <https://www.eatingbirdfood.com/healthy-deviled-eggs/#wprm-recipe-container-98822>
- Air Fryer Chickpeas: <https://www.eatingbirdfood.com/air-fryer-chickpeas/>
- Breastfeeding Snacks: <https://www.eatingbirdfood.com/breastfeeding-snacks/>
- Trail Mix: <https://www.eatingbirdfood.com/healthy-trail-mix-recipes/>

### Sweet:

- Yogurt Bark: <https://www.eatingbirdfood.com/frozen-yogurt-bark-with-berries/#wprm-recipe-container-51230>

## 7. Bread

- Homemade Bread: <https://smithfarm1914.com/homemade-bread/>

## Cook Up Some Fun!

I hope you enjoy using the recipes! Eating healthy can be a fun and easy experience. No matter what your schedule may look like, there are many different options to suit your needs. Be sure to share your creations with me on social media or message me and let me know what you think of the recipes.

With love,

*Ashley Herrera*

IG: [@thededicatedhomemaker](#)