

**Locking lid containers:** Amazon - fullstar 28 PCS Plastic Food Storage Containers with Lids (14 Containers & 14 Lids), Leakproof BPA-Free Containers for Kitchen Organization, Meal Prep, Reusable Lunch Containers

**Stacking pots** <https://galleyware.com/collections/cookware/products/nesting-9-piece-teflon-induction-cookware>

**Tortellini Salad.** (Servings: 6)

10 ounces tortellini, refrigerated - cheese filled  
1 pkg fresh broccoli  
1 can sliced black olives  
1 basket cherry tomatoes, halved  
6 pieces bacon, fried crisp and crumbled  
1 cup sour cream  
1 pkg ranch dressing (Hidden Valley mix)

Cook tortellini and drain. Coat with very small amount of olive oil if not going to mix with other ingredients right away.

Chop broccoli into small flowerettes.

Mix sour cream and ranch dressing packet.

Mix everything together and sprinkle with bacon on top.

Refrigerate - better the next day

**Mediterranean Quinoa Salad** (Servings: 8)

2 cups water  
2 cubes chicken bouillon  
1 clove garlic, smashed  
1 cup uncooked quinoa  
2 large cooked chicken breasts - cut into bite size pieces  
1 large red onion, diced  
1 large roasted red pepper, diced, or bell pepper if your tummy can do it  
1/2 cup chopped kalamata olives  
3/4 cup crumbled feta cheese  
1/4 cup chopped fresh parsley  
1/4 cup chopped fresh chives  
1/2 teaspoon salt  
2/3 cup fresh lemon juice  
1 tablespoon balsamic vinegar  
1/4 cup olive oil  
Splenda or sugar to taste start with 1 1/2 tsp

1. Bring the water, bouillon cubes, and garlic to a boil in a saucepan. Stir in the quinoa, reduce heat to medium-low, cover, and simmer until the quinoa is tender and the water has been absorbed, 15 to 20 minutes. Discard the garlic clove and scrape the quinoa into a large bowl.  
2. Gently stir the chicken, onion, bell pepper, olives, parsley, chives, and salt into the quinoa. Drizzle with the lemon juice, balsamic vinegar, and olive oil. Stir until evenly mixed. Add feta last. Serve warm or refrigerate and serve cold