

Recipes from Dr. Jarrell's Kitchen

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Instagram



Website



Tuna Salad

[https://www.instagram.com/p/DO1-jauDS_1/?
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Cajun Shrimp

[https://www.instagram.com/reel/DOW9li4DOsK/?
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Aldi Kebabs

[https://www.instagram.com/reel/DN6ZsXWAht_/?
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Turkey Biscuits and Gravy

[https://www.instagram.com/p/DMOEjJ2M75p/?
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Rick's Pork and Potatoes

[https://www.instagram.com/reel/DLn4Npaop4K/?
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Atomic Wedge

[https://www.instagram.com/reel/DLYgGRlp6Yp/?
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Pizza Steak

[https://www.instagram.com/reel/DK3KxeiN7jC/?
utm_source=ig_web_copy_link&igsh=MzRIODBiNWFIZA==](https://www.instagram.com/reel/DK3KxeiN7jC/?utm_source=ig_web_copy_link&igsh=MzRIODBiNWFIZA==)

Shepherd's Pie

[https://www.instagram.com/reel/DKS0VIWu-yU/?
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Korean Beef Bowl

[https://www.instagram.com/reel/DKAXgoWOYET/?
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Mexican Ceasar Salad

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Romaine with Crispy Chicken and Potatoes

https://www.instagram.com/reel/DJaV7vTtIE8/?utm_source=ig_web_copy_link&igsh=MzRIODBiNWFIZA==

Taquitos Y Mas

https://www.instagram.com/p/DJR_mMYsVbW/?utm_source=ig_web_copy_link&igsh=MzRIODBiNWFIZA==

Salmon, Rice, and Green Beans

https://www.instagram.com/reel/DJIOWlItYk8/?utm_source=ig_web_copy_link&igsh=MzRIODBiNWFIZA==

Smoked Pork and Sweet Potatoes

https://www.instagram.com/reel/DJAWNbNt3Cr/?utm_source=ig_web_copy_link&igsh=MzRIODBiNWFIZA==

Fancy Nachos

https://www.instagram.com/reel/DI4_xfYsvAn/?utm_source=ig_web_copy_link&igsh=MzRIODBiNWFIZA==

Spicy Jerk Shrimp

https://www.instagram.com/reel/DlzG_eXsFiw/?utm_source=ig_web_copy_link&igsh=MzRIODBiNWFIZA==

3 C's

https://www.instagram.com/reel/DHeDzSQJHTa/?utm_source=ig_web_copy_link&igsh=MzRIODBiNWFIZA==

Teriyaki Vegetables with Beef

https://www.instagram.com/p/DGVzB7RpWCR/?utm_source=ig_web_copy_link&igsh=MzRIODBiNWFIZA==

Tuna Salad with a Crunch

https://www.instagram.com/p/DF3conPyyvp/?utm_source=ig_web_copy_link&igsh=MzRIODBiNWFIZA==

English Muffin and Eggs

https://www.instagram.com/p/DFTZhhhsWxm/?utm_source=ig_web_copy_link&igsh=MzRIODBiNWFIZA==



All of these are one reel:

Whole 30 Chili

Chicken and Veggie Kabobs

Ramen Noodle Bowl

Shrimp Pasta

[https://www.instagram.com/reel/DIcM8TSJlQr/?
utm_source=ig_web_copy_link&igsh=MzRIODBiNWFIZA==](https://www.instagram.com/reel/DIcM8TSJlQr/?utm_source=ig_web_copy_link&igsh=MzRIODBiNWFIZA==)

Other Cookbooks

Mealime - Free App made by dietitians with the ability to load groceries from recipes in Walmart or Publix app for curbside pickup.

Mediterranean Diet Cookbook: 550 Quick, Easy and Healthy Mediterranean Diet Recipes for Everyday Cooking