

Super Easy Baked Salmon in Foil with Chimichurri Sauce

1lb salmon
garlic
parsley
cilantro
2 limes
Olive oil
1 bunch green onions
red pepper flakes
red wine vinegar
Foil
broccoli
brown rice

Quinoa Stuffed Bell Peppers

4 red or yellow bell peppers
1(15 oz) jar of black beans
quinoa
vegetable broth
Chipotle red salsa
Avocado
Cilantro
Garlic powder
Cumin
Chili Powder
Nutritional yeast
Red onion
salad stuff

Chicken Broccoli Stir Fry

4 skinless chicken breasts (about 1 lb.)
2 c broccoli
Chicken broth
olive oil
garlic
ginger
arrowroot powder
coconut aminos
sesame oil
riced cauliflower

Lemon Herb Garlic Shrimp

- 2 lbs Shrimp
- 1 Lemon
- olive oil
- parsley (also used for Super Easy Salmon)
- Basil (also used for Hearty Chicken and Mushrooms)
- 1 pint Cherry tomato
- garlic
- 2 zucchini
- Parchment Paper or Foil

Hearty Chicken & Mushrooms

- 1 lb Chicken, boneless skinless
- 1 red bell pepper
- 1 15 oz can Chicken broth
- Tomato paste
- garlic
- Basil (also used for Lemon Herb Garlic Shrimp)
- Olive oil
- Dried rosemary
- Balsamic vinegar
- Green beans
- 2 Sweet potato or yams