

Shrimp All'Arrabbiata

- 1lb Shrimp, raw, peeled, deveined
- Olive oil
- 1 bell red pepper
- garlic
- clam juice
- 2 roma tomatoes
- 1/4 c kalamata olives
- oregano, dried
- fresh ginger (also used for Sriracha and Lime Tostadas)
- rosemary, dried
- red pepper flakes
- arrowroot powder
- Brown rice spaghetti noodles
- green salad stuff

Sriracha and Lime Roasted Cauliflower Tostadas

- 1 Cauliflower, large head
- 1 lime
- olive oil
- chili powder
- Sriracha
- fresh ginger (also used for Shrimp All'Arrabbiata)
- cumin, ground
- 8 Ezekiel wraps or brown rice tortillas
- 1 refried black beans (15 Oz can)
- 1 avocado
- 1 head green or purple cabbage (or bag of shredded)
- 1 salsa
- cilantro

Slow Cooker Butter Chicken

- 1lb boneless skinless chicken breast or thighs
- 1 onion
- coconut oil
- garlic
- ginger (also used for shrimp dish and tostadas)
- coriander
- cumin
- cardamom
- cayenne pepper
- 1 can of coconut milk
- tomato paste
- lime
- cilantro (also used for Tostadas)
- brown rice
- broccoli

Skillet Chicken Sausage with White Beans and Spinach

- olive oil
- 1 14 oz chicken smoked sausage (nitrate-free)
- garlic
- 1 1.2 c chicken broth
- 2 cannellini beans (15 oz)
- 1 petite fire roasted tomatoes
- Italian seasoning
- red pepper flakes
- 1 bag of fresh baby spinach (6 oz)

Sicilian-Style Salmon with Garlic Mushrooms (serves 1)

4 oz Salmon
1 lime
olive oil
dried red pepper
paprika
3 oz mushrooms
broccoli
garlic
parsley (optional)
1 sweet potato