

## Italian-Style Chicken with Green Beans

- arrowroot powder
- 1 chicken breast, boneless, skinless (about 1 lb total)
- olive oil
- large onion
- garlic
- chicken broth (1 cup)
- tomato paste
- sage, dried
- oregano, dried
- 1 can white beans
- green beans 1/2 pound (also used in Shrimp Fried Rice)
- green salad stuff

## Southwestern Sweet Potato Salad with Avocado pesto

- olive oil
- sweet potato or yam (large)
- 1 can black beans
- red onion
- 6 oz baby kale or other greens
- 1 avocado (also used for Chicken Soup)
- 1 lime
- cilantro (also used for Chicken Soup)
- 2TBSP macadamia nut or other nut (optional)
- garlic

## Chicken Tortilla-less Soup (1/2 the recipe)

- 4 chicken breast, boneless, skinless (about 1 lb.)
- olive oil or Ghee
- 1 medium onion
- 1 red bell pepper
- 8 cloves garlic
- 1 jalapeno
- chicken both, low-sodium about (2 cups)
- 1 fire roasted tomatoes (15 oz can)
- lime
- cilantro (also used the Southwestern sweet potato noodle)
- avocado (also used in the Southwestern sweet potato noodle)

### For Taco Seasoning

- chili powder
- ground cumin
- garlic powder
- onion powder
- dried oregano
- paprika
- cayenne pepper (optional)

## Sausage Kale and Spaghetti Squash Boats

- 1 spaghetti squash
- 1 1/2 lbs Italian chicken sausage
- 1 yellow onion
- 4 garlic cloves
- 1 bunch of kale
- olive oil
- 2 TBSP pine nuts
- 2 TBSP Parsley (optional)

## Shrimp Friend Rice

- 3 brown rice
- 3 eggs
- coconut amigos
- rice vinegar
- olive oil
- 3 leeks
- celery
- 1 red bell pepper
- fresh ginger
- 2 cloves of garlic
- 1/2 lb Shrimp, large, deveined, peeled
- 1/2 lb green beans (also used in Italian Style Chicken with Green Beans)
- chicken broth (1/4 c)