

## Tomato Basil Turkey Loaf

- 1lb ground turkey
- almond flour
- tomato paste
- fresh basil
- 1dz eggs (also used for Mexican Casserole)
- garlic powder
- 2 roma tomatoes
- apple cider vinegar
- 1 tablespoon chopped basil
- Spaghetti squash

## Portobello Mushrooms Sandwiches

- 4 Portobello Mushrooms
- 1(7oz) jar of roasted red bell peppers
- Vegan Provolone cheese (if desired)
- Ezekiel Bread
- Italian dressing
- 2 zucchini

## Baked Balsamic Chicken

- 4 skinless chicken breasts (about 4 pieces)
- 1 small onion
- balsamic vinegar
- olive oil
- garlic
- dried oregano
- dried rosemary
- coarse whole grain mustard (optional but delicious!)
- 1 head Cauliflower
- 1 large sweet potato

## Sesame Lemon Stir Fry

- 2 Coconut Aminos
- 2 Lemons
- sesame oil
- arrowroot powder
- Stevia
- 1 lb raw Shrimp, shelled and deveined
- 1 bunch green onions, cut into one inch pieces

ground ginger  
1/2 lb green beans  
1/2 lb cremini mushrooms

## Mexican Casserole

1 large sweet potato  
1 yellow onion  
1 red bell peppe  
1/2 lb chicken sausage, (sweet or hot)  
1 dz eggs (also used for Basil Turkey Loaf)  
chili powder  
cumin  
nutritional yeast  
1 jar salsa  
fresh cilantro  
avocado