

Grilled Halibut (or other white fish) with Blueberry and Red Pepper Salsa (half the recipe) Meal

Quinoa

1 bunch -Asparagus

Halibut filets or other white fish filets

1 ½ c -Blueberries (or tomatoes if you feel berries aren't allowed on Strict 30)

Cilantro **also use for spicy tuna avocado wrap**

1 - Jalapeno

Red onion **also use for spicy tuna avocado wrap**

1- red bell pepper

Lemon

Spicy Tuna Avocado Wrap Meal

2 (5oz) cans of solid white albacore tuna

1 avocado

Sriracha

Dijon mustard

Celery

Green onions **-also use for spicy Mexican cole slaw**

Red onion **-also use for Grilled Halibut and salsa**

Cilantro **also use for Grilled Halibut and salsa**

Green leaf lettuce

Ezekiel wraps or brown rice tortillas**-also use for slow cooker tacos**

1 English cucumbers

Sesame seeds

Rice vinegar

BBQ Jerk Chicken Breast & Sweet Potatoes in Foil

For the Jerk Spice Rub

1 small onion

½ c - green onion

½ tsp dried thyme

½ tsp salt

½ tsp pepper

1/8 tsp Stevia

1 tsp allspice

½ tsp cinnamon

½ tsp nutmeg

1 jalapeno

Coconut aminos

Apple Cider Vinegar

2 -small or 1 large Sweet Potatoes

4 -chicken- boneless, skinless breasts

Paprika

Garlic powder

Salad fixings

or just buy Jamaican Jerk Seasoning and use about 1 to 2 TBSP to coat the chicken

Sweet Potato Noodles with Chicken Chorizo, Roasted Pepper, and Spinach meal

2- yams

Smoked paprika (you can omit if you don't have and don't want to buy)

1 lb - chicken chorizo

1 - yellow onion

Thyme (fresh or dried)

Garlic

1 - jar of roasted red peppers

1 - baby spinach (approx. 6 oz)

Slow Cooker Salsa Tacos

1 ½ lbs boneless skinless chicken breasts

Ancho chili powder (regular chili powder will work fine too)

Cumin

Coriander

Garlic- also use for sweet potato noodles

1 - jar of fire roasted salsa

Cilantro (also use for spicy tuna wrap and halibut with salsa)

Ezekiel wrap or brown rice tortillas (also use for Spicy tuna wraps)

Avocado

Lettuce

Tomatoes

Spicy Mexican Slaw with Lime and Cilantro

1 large package cole slaw mix (approx. 6 cups)

Green onions also used for Spicy Tuna Wrap

1 - Cilantro

Mayo

3 - limes

Hot sauce (Green tabasco sauce recommended but any kind is fine)