

Pesto Shrimp and Mushrooms

olive oil
1 lb Shrimp
red pepper flakes
8 oz mushrooms
basil pesto-vegan no cheese in it
fresh basil (also used for Slower Cooker Mediterranean Chicken)
brown rice spaghetti noodles
broccoli

Lentil Sweet Potato Kale Soup

olive oil
2 c. green lentils
5-7c. vegetable broth
2 small sweet potatoes
1 bell pepper any color
1 onion
garlic
bay leaf
dried thyme
kale
stuff for a green salad

Cilantro-Lime Halibut

2 -6 oz filets of halibut or other white fish
garlic
chicken stock
cilantro
lime
olive oil
2-3 zucchini

Slow Cooker Mediterranean Chicken

1lb boneless,skinless chicken breasts
Italian Seasoning
lemon
garlic
1 onion
1/2 c kalamata olives
7 oz jar-roasted red peppers
capers
brown rice
brussel sprouts
fresh basil (also used for Pesto Shrimp and Mushrooms)

One Pan Healthy Chicken And Veggies

1 sweet potato or yam
1lb. boneless, skinless chicken breasts
8-10 small sweet bell peppers
green beans
broccoli

olive oil
chili powder
paprika
onion powder
garlic powder
cumin
cayenne pepper