

## Roasted Red Pepper Chicken Chili - *serves 8-10, half ingredients if you don't want that much*

2 lbs - boneless skinless chicken breasts  
1- onion, large  
1 red bell pepper  
1 celery bunch  
garlic  
olive oil  
24 oz jar of roasted red bell peppers  
30 oz can red kidney beans  
chili powder  
cumin  
2 cups chicken broth (low sodium)  
green salad stuff

## Lazy Cabbage Rolls -*serves 8*

olive oil  
onion  
sweet potato  
24 oz can of tomato sauce  
green cabbage (approx 3 cups, get pre shredded kind if you want convenience)  
cauliflower rice  
1/2 lbs ground turkey  
eggs  
garlic powder

## Chicken Sausage and Broccoli Pasta

1 package brown rice penne pasta  
1 lb broccoli  
olive oil  
garlic  
12 oz of sweet or hot Italian Chicken Sausage  
lemon

## One Pan Blackened Cod, Sweet Potatoes and Zucchini

1 lb Cod  
2 large or 4 small sweet potatoes  
paprika  
smoked paprika  
cumin  
oregano  
garlic powder  
coriander  
cayenne pepper  
olive  
1 zucchini  
1 yellow summer squash

## Brazilian Shrimp Soup

olive oil  
onion  
red bell pepper  
garlic  
long grain brown rice (1/2 cup)

red pepper flakes  
15 oz can of crushed tomatoes  
coconut milk, light  
1 lb shrimp  
lemon  
parsley (optional)  
green salad stuff