

Turkey Pumpkin Meatballs with Creamy Harvest Tomato Sauce

1.25 lbs Ground Turkey

1 can Pumpkin Puree

1/4 c Almond Flour

Eggs

Fresh Thyme (or dried if you prefer, just 1/2 the amount)

Fresh Sage (or dried, just 1/2 amount)

Rosemary (or dried, just 1/2 amount)

coconut oil

15 oz can tomato sauce

coconut milk (use light instead)

1 15 oz can - chicken broth (you don't need bone broth, just look for low sodium) (also in Poached Fish)

onion, small

garlic (also used in sausage Pizza Twice Baked Potato)

Italian seasoning (also used in Sausage Pizza Twice baked Potato)

pumpkin pie spice (optional)

parsley (optional)

brown rice penne pasta

broccoli

Sausage Pizza Twice Baked Sweet Potato

3/4 lb sweet Italian chicken sausage

4 small to medium sweet potatoes

olive oil

sun-dried tomatoes (dry packed, not the kind in oil)

onion (also in Smokey Chicken with Avocado Sauce)

garlic (also in Turkey Pumpkin Meatballs)

Italian Seasoning (also in Turkey Pumpkin Meatballs)

red pepper flakes

green salad stuff

Smokey Chicken with Avocado Sauce

14 oz to 1 lb. Chicken, boneless skinless chicken breast (approx. 4 breasts)

avocado oil (or olive oil is fine)

smoked paprika

onion powder

1 avocado

mayo (homemade is the best) See recipe here- No yogurt for "Strict 30"

onion (also in Sausage Pizza)

cilantro

jalapeno

1 lime

Easy Poached Fish in Tomato Basil Sauce

1 lb white filet fish, your choice

cherry tomatoes (approx. 2 cups)

garlic

chicken broth (also in Turkey Meatballs)

fresh basil (approx. 1/4 c)

brown rice

brussel sprouts

Chicken and Cauliflower Rice Bowls

1.25 lb Boneless Skinless Chicken breasts or thighs (approx. 4 breasts)

coconut oil

rice cauliflower (approx. 6 cups)
turkey bacon (no nitrates)
asparagus
any spice blend (it doesn't have to be *Mega* spice blend)
1 avocado
fresh chives