

Seared Scallops with Apple Cider-Balsamic Glaze (serves 4)

12 to 16 each Jumbo Sea Scallops
3 slices turkey bacon (omit if Strict 30)
10 oz baby spinach
4 oz mushrooms (mixed- cremini, shitake, and oysters) or just cremini
Apple cider-unfiltered (3/4 c)
balsamic vinegar
stevia
delicata squash
brussel sprouts

Avocado and Turkey Bacon Panini

Turkey Bacon (sub thinly sliced chicken for the Bacon if Strict 30)
1 avocado
ezeziel bread
1 beefsteak tomato or 2 smaller tomatoes
mayonnaise
fresh basil leaves
green salad stuff

Spicy Shrimp Pho

brown rice noodles
olive oil
garlic cloves
1 - jalapeno
green onions
6 cups- chicken broth
fish sauce
sesame oil
package of button mushrooms
12 oz large uncooked, deveined and detailed shrimp
2 limes

Sausage Kale Spaghetti Squash Frittata

olive oil
onion
garlic
6 oz package of chicken sausage
1 bunch of kale
spaghetti squash
nutritional yeast
5 eggs
Italian seasoning
oregano, dried
package of sun dried tomato (no oil, actually sun-dried)

Pan Seared Chicken with Mushroom Risotto Cauliflower Rice

1 lb Boneless Skinless Chicken breasts (approx. 4 breasts)
large head of cauliflower or package of pre-riced cauliflower (for your convenience)
coconut oil
1- large yellow onion
garlic cloves
3/4 lb mushrooms
1/2 cup chicken broth
Italian seasoning