

## Shepard's Pie with Sweet Potato Topping

1 lb. ground turkey  
green bell pepper  
onion  
celery  
mushrooms -approx 1 cup  
garlic  
chili powder  
dried rosemary  
tomato paste  
2 large sweet potatoes  
coconut oil  
green beans

## Garlic Lime Shrimp with Cauliflower Puree

1 lb shrimp  
lime  
olive oil  
thyme, dried  
paprika  
onion powder  
1 lb cauliflower  
chicken broth  
garlic powder  
broccoli

## Slow Cooker Chicken Chili

1 1/2 lbs chicken- boneless, skinless breast  
avocado or olive oil  
onion  
bell pepper, any color  
jalapeno  
garlic  
cumin  
dried oregano  
chili powder  
4 cups chicken broth  
can of coconut milk, use light  
lime  
cilantro  
green salad stuff

## Paleo Asian Chicken Cabbage Salad

1 3/4 lb chicken thighs  
garlic powder  
onion powder  
paprika  
8 cups savoy or napa cabbage  
1 cups red cabbage  
handful of snow peas  
garlic  
fresh ginger  
green onions  
red pepper flakes  
five spice powder

rice vinegar  
sesame oil  
coconut amigos

## Paleo Tuna Green Chili Zoodle Casserole

2 lb Salmon Filet (this recipe serves 6 -8 so only get 1 lb if you want to serve 4)  
harissa (they have to at Trader Joe's)  
lemon  
green onions  
5 - 6 zucchini  
2 - 5oz canned tuna  
4 oz can of green chilis  
mayo  
chives  
mustard - organic  
garlic powder  
celery  
coconut flour or arrowroot powder  
canned coconut milk, light  
red pepper flakes