

Paleo Pad Thai

1 lb sweet potato
1/2 lb boneless skinless chicken breasts
2 eggs
olive oil
green onions
1 bulb -garlic (used in several recipes this week)
1/4 tsp cashews (optional)
cilantro (also used in several other recipes this week)
1 - lime
stevia (also used in Brazilian Fish Stew)
coconut aminos
fish sauce
red pepper flakes (also used in Cilantro-Lime Shrimp)
green beans

Cilantro-Lime Black Bean and Shrimp

1 lb raw shrimp peeled, deveined
olive oil
garlic
cilantro (also used in several recipes)
red pepper flakes (also used in Paleo Pad Thai)
2 cups chicken broth - low sodium
1 cup quick cooking brown rice (needs to have a 15 minute cooking time)
2 limes
1-15 oz can of black beans
red bell pepper
1 - zucchini
1- yellow squash

One Pot Creamy Mushroom and Sage Chicken

1 lb boneless skinless chicken breasts (approx. 4 breasts)
coconut oil or olive oil
leek
3/4 cup coconut milk- light
3/4 cup chicken broth
1/2 lb of button mushrooms or regular mushrooms cut in half
fresh sage
arrowroot powder
1 or 2 zucchini

Turkey Taco Stuffed Sweet Potatoes

2 medium sweet potatoes
olive oil
cumin
3/4 lb of ground turkey
garlic
chili powder
dried oregano
paprika
1 - 15 oz can of crush tomatoes
flat leaf parsley or used cilantro
broccoli

Brazilian Fish Stew

1 lb firm white fish, such as cod
2- limes
olive oil
garlic
onion
red bell pepper
stevia (also used in Paleo Pad Thai)
cumin
paprika
cayenne pepper
1 15 oz can - coconut milk light
1 15 oz can- crushed tomatoes
1 cup of fish broth
cilantro (used in several recipes this week)
brown rice(also used in Cilantro-Lime Shrimp)
stuff for a green salad