

Chili-Lime Cod Filets

- 1 lb Cod or other white fish
- paprika
- dried parsley
- oregano
- chili powder
- garlic powder
- cumin
- cayenne pepper
- green beans
- 2 limes

Cauliflower Chicken Chorizo Hash

- head of cauliflower or pre-riced cauliflower
- 12 oz chicken chorizo
- spinach (recipe calls for a cup but use more if you'd like)
- 2 TBSP pine nuts

Caramelized Balsamic Chicken Bake

- 4 coconut oil
- 4 Chicken thighs
- onion
- button mushrooms
- olive oil
- garlic
- balsamic vinegar
- tomato puree
- coconut aminos
- green onions or other fresh herbs

Thai Coconut Curry Meatballs (ingredients listed are for 4 servings)

- 1/2 lb ground turkey
- 1/2 lb chicken or turkey ground sausage
- curry powder
- basil, dried
- ginger, ground
- garlic powder
- almond flour
- 1 egg
- coconut oil
- yellow onion
- red bell pepper
- garlic cloves
- fresh ginger
- thai red curry paste
- 2 cans coconut milk (use lite instead of full fat)
- fresh basil
- brown rice noodles or spaghetti squash
- broccoli

Crock Pot White Chicken Chili

- 1 boneless skinless chicken breasts
- 4 c low sodium chicken broth
- 2 chopped greens chilis (4.5 oz can)
- garlic
- 1 yellow onion
- cumin
- oregano
- cayenne pepper
- cilantro
- 2 limes
- 1 fresh jalapeño (optional topping)
- 1 avocado (optional topping)
- stuff for a green side salad