

## Mediterranean Spiced Salmon and Vegetable Quinoa

Quinoa

16 to 20 oz - Salmon fillets (4 fillets 4 - 5 oz each)

1 English Cucumber

1 cup- cherry tomatoes

red onion (also used in crock pot sweet potato chili)

basil (also used in spaghetti squash with fire roasted tomato sauce)

cumin

paprika

2 - lemons

parsley

## Crock Pot Sweet Potato Chili

2 - 3 sweet potatoes (3 1/2 to 4 cups)

chicken broth ( 2 to 3 cups)

1 lb ground turkey

14 oz diced canned tomatoes

1 white onion

garlic

can of chipotle chili in adobe sauce

cumin

paprika

red onion (also used in Med Spiced Salmon)

## Sheet Pan Chicken Fajitas

1 1/2 lb boneless, skinless chicken breasts

red bell pepper

green bell pepper

hello bell pepper

garlic

olive oil

2 limes

cilantro

brown rice tortillas

avocado (optional as topping)

salsa

## Spaghetti Squash with Vegan Fire Roasted Tomato Sauce

1 - spaghetti squash

olive oil

garlic

1/2 cup raw cashews

1 0 15 oz can diced fire roasted tomatoes

basil, fresh ( also used for Med Spiced Salmon)

red pepper flakes

## Quick and East Chicken Cabbage Stir Fry

coconut oil

1 lb boneless, skinless chicken breast or chicken thighs

ginger

head of napa cabbage

10-12 - broccolini stems or broccoli florets

garlic

fish sauce  
coconut amigos  
1 lime  
sesame oil