

Pulled Tandoori Chicken

2lbs boneless, skinless chicken breasts
4 cup chicken stock
onion
garlic
13.5 oz can - light coconut milk
smoked paprika
cayenne pepper
cumin
tumeric
spaghetti squash
green beans

Vegan Jambalaya

white onion (also used in Easy Cashew Chicken)
celery
red bell pepper
green bell pepper (also used in Easy Cashew Chicken)
1 14 oz can of crushed tomatoes
4 cup vegetable stock
dried oregano
dried basil
dried thyme
sweet paprika
smoked paprika
cayenne pepper
bay leaves
Tabasco sauce
coconut aminos
brown rice
garbanzo beans
white beans
kidney beans
parsley (also used in sausage soup, salmon)
green onions (also used in Easy Cashew Chicken)

Easy Cashew Chicken

4 Chicken thighs
Olive Oil
1/4 c cashews
green bell pepper (also used in the Vegan Jambalaya)
ground ginger
rice wine vinegar
coconut aminos
chili garlic sauce
garlic
sesame oil
sesame seeds
green onions (also used in Vegan Jambalaya)
white onion (also used in Vegan Jambalaya)
Brown Rice or cauliflower rice
Broccoli

Paleo Sausage Soup with Roasted Garlic and Sweet Potatoes

- olive oil
- shallot
- garlic
- olive oil or avocado oil
- 1 lb chicken Italian sausage, ground
- 2 sweet potatoes (yellow kind)
- 4 c Kale
- fresh thyme (can use it in the Vegan Jambalaya instead of dried thyme)
- parsley (also used in Vegan Jambalaya, Salmon)
- Fresh sage
- 1 lemon
- 6 c chicken broth
- stuff for a green salad

Creamy Sun-Dried Tomato and Spinach Salmon Filets

- 4 salmon filet, no skin (approx 4 oz each)
- olive oil
- garlic
- yellow onion
- sun-dried tomato, dried kind in a package not in oil
- 1 13.5 oz can - light coconut milk
- 1 jar- clam juice
- 3 cups baby spinach
- arrowroot powder
- parsley (also in Vegan Jambalaya, Sausage Soup)
- quinoa
- asparagus