

## Paleo Creamy Chicken Tomato Soup

2 - 15 oz fire roasted tomatoes  
1- cup chicken broth  
fresh basil (also used in Grilled Halibut)  
olive  
garlic  
1.5 lbs Chicken breasts  
1 15 oz can light coconut milk  
Stuff for a green salad

## Creamy French Lentils with Mushroom and Kale

3/4 c - green lentils  
olive oil  
shallot (medium)  
1 lb mixed wild mushroom  
garlic  
fresh thyme  
Tamari (gluten free)  
vegetable stock  
almond or coconut milk  
3-4 kale stalks  
broccoli

## Broiled Chicken Thigh with Artichokes and Garlic

1 lb boneless skinless chicken breasts (approx. 4 breasts)  
1 to 2 cans artichokes hearts in water  
dried oregano  
garlic  
olive oil  
brussels sprouts  
brown rice

## Grilled Halibut with Lemon-Basil Vinaigrette

2 lemons  
olive oil  
garlic  
fresh basil (also used in Tomato Soup)  
capers  
4 - 4 -5oz Halibut steaks  
spaghetti squash  
green beans

## Penne with Spinach and Chicken Sausage

1 package -Chicken Sausage look for very all natural brand such as  
olive oil  
garlic  
2 roma tomatoes  
Brown rice penne  
red pasta sauce such as Rao's  
baby spinach  
stuff to make the spinach salad