

Thai Meatball and Egg Drop Soup

1 lb. ground turkey or chicken
cilantro (also used in 15 Minute Garlic Lime Cashew Zoodles & Skillet Chicken, Salmon)
1 to 3 - red chilis
green onions
ginger
coconut aminos
sesame oil
4 cups- chicken stock
fish sauce
3 limes
3 eggs
Stuff for a green salad

15 Minute Garlic Lime Cashew Zoodles

2 - zucchini
sweet potato
3/4 cups cashews
cilantro (also used in Thai Meatball and Egg Drop Soup& Skillet Chicken with Fiesta Cream, salmon)
almond butter
sriracha
coconut aminos
lime
garlic
cauliflower

Mediterranean Baked Cod Recipe with Lemon and Garlic

1.5 lbs cod filets
garlic
fresh parsley
2- lemons
almond or rice flour
coriander
spanish paprika
brown rice noodles
zucchini

One Skillet Chicken with Fiesta Cream Sauce

4 - boneless, skinless chicken breasts (approx 1 lb.)
1 c chicken broth
3 limes
garlic
cumin
red pepper flakes
olive oil
yellow onion
1 jalapeno
coconut milk (canned, light)
cilantro (also used in 15 Minute Garlic Zoodles & Thai Soup, Salmon)
olive oil
Quinoa
Asparagus

Blackened Salmon with Avocado Salsa

4 - 5 oz pieces of salmon

olive oil

cajun seasoning

2 -avocado

red onion

1- jalapeno

cilantro (used in Skillet chicken, Thai Soup and Zoodles)

1 - lemon

brown rice

Broccoli