

Chorizo Sausage Sweet Potato Frittata

1 yam or sweet potato
1 yellow onion
1/2 lb chicken chorizo (I get it at Sprouts)
6 eggs
paprika
garlic powder
stuff for green salad

Roasted Garlic and Kale Spaghetti Squash with Sun-Dried Tomatoes

spaghetti squash
1 head of kale
sun-dried tomatoes in oil
sliced almonds (also used in Celery and Fennel Salad)

Chinese Shrimp Stir Fry

1 lb of shrimp
cilantro
green onion
olive oil
fresh ginger
garlic
brown rice
green beans

Turkey Burgers and Celery and Fennel Salad

4 Turkey or Chicken burgers
Ezekiel Bread
1 package of cremini mushrooms
1 sweet onion
celery
1 fennel bulb
sliced almonds (also used for Roasted Garlic and Kale Spaghetti Squash)
2 lemons
olive oil
flat leaf parsley
Almond cheese

Chicken Sausage Meatballs with Red Sauce Roasted Vegetables with Brown Rice Pasta and Pesto

olive oil
1 lb sweet italian chicken sausage
Rao's Marinara Sauce
brown rice penne pasta
2 cups- broccoli
2 cups - cauliflower
Vegan Pesto - check label make sure it doesn't have any non-compliant ingredients or make your own [Recipe here](#)