

One Skillet Tilapia Vera Cruz

olive oil
2 - plum tomatoes
1 - red bell pepper
1 - medium onion
1 - 15 oz can of tomato sauce
garlic
1/2 c kalamata olives - also used in the Lemon Herb Med Chicken Salad
capers
1 jalapeno
oregano
4 - tilapia filets
brown rice
zucchini

Turkey & Egg Breakfast Casserole

Olive or coconut oil
1 - lb of ground turkey
1/2 tsp chili powder
12 eggs
spinach
broccoli
cauliflower

Chorizo and Potato Soup

10 oz of chicken chorizo sausage
1 lb of sweet (yellow) potatoes
1 medium onion
cumin
dried thyme
bay leaf
chicken stock (3 cups)
1 c light coconut milk (or almond milk if you prefer)
stuff for a green side salad

Lemon Herb Mediterranean Chicken Salad

olive oil
1- lemon
red wine vinegar
fresh parsley
dried basil
garlic
dried oregano
4 boneless, skinless, chicken thighs
Romaine or Green Leaf -since there is currently a bit of a Romaine lettuce e coli scare
cucumber
2 roma tomatoes
1 - red onion
1 avocado
1/3 c kalamata olives -also used in the One Skillet Tilapia Vera Cruz
1 lemon
quinoa

One-Pan Eggplant Dinner

olive oil

garlic

1 - onion

1 medium eggplant

1 lb boneless, skinless, chicken breasts

spinach

1 15 oz can of diced tomatoes

Italian seasoning

fresh basil

garlic powder

red pepper flakes (optional)

Brussel Sprouts