

## Crockpot Chicken Cacciatore

2lbs chicken  
dried basil  
1 - onion  
celery powder  
2- 6 oz cans of tomato paste  
6 oz sliced mushrooms  
1 - green bell pepper  
olive oil  
garlic  
dried oregano  
red pepper flakes  
stuff for a green salad

## Vegetarian Pulled Pork

2 -20oz cans of young green jack fruit packed in water  
1 - onion  
olive oil  
garlic  
chili powder  
stevia  
paprika  
cumin  
Ezekiel English Muffins

## Cole Slaw

apple cider vinegar  
stevia  
mayo  
onion powder  
celery powder  
spicy brown mustard (optional)  
1 head green cabbage  
1 head red cabbage  
green onions

## Creamy Butternut Squash

1 lb salmon or other fish  
1 - large butternut squash  
1 - can light coconut milk (also used in Zuppa Toscana)  
coconut oil  
broccoli

## Tuscan Chicken Spaghetti Squash

1- medium spaghetti squash  
2 1/2 c worth of shredded chicken  
sun-dried tomatoes in a bag (not in oil)  
fresh basil  
3- eggs

1 can light coconut milk (only need 1 TBSP also used in Zuppa Toscana)

## Zuppa Toscana with Cauliflower

olive oil

1 lb ground chicken Italian sausage

6 c of chicken broth

cauliflower

Italian seasonings

garlic pepper

red pepper flakes

6 oz -kale or spinach

1 can light coconut milk (can be used in Tuscan Chicken Spaghetti Squash)

stuff for a green salad