

Peruvian Chicken with Green Sauce

6 - 4 oz boneless skinless chicken breasts

garlic

jalapeno

cumin

chili powder

red pepper flakes

stevia

smoked paprika

olive oil

coconut aminos

fresh ginger

quinoa

green beans

For the Green Sauce:

3 - jalapeños

cilantro

fresh basil

fresh ginger - approx 1 TSBP with

garlic

1 -lime

mayo- real mayo homemade is best but a healthy store brand is fine too or veganaise

Black Bean Breakfast Burrito

olive oil

onion

1 medium-sweet potato

14 oz no salt added black beans

salsa

chili powder

4 large eggs

brown rice tortillas

avocado

cilantro

stuff for a green salad

Ground Turkey Sweet Potato Stuffed Peppers

olive oil

1 lb ground turkey

garlic

1-onion

1 yam

1 bell peppers

crushed red pepper

2 bell peppers, any color

For homemade tomato sauce (you could always buy a jar of spaghetti or marinara (Raos) to save time

olive oil

onion

garlic

tomato paste

28 oz can of crushed tomatoes

stevia

bay leaves

fresh basil

Blackened Fish Taco Bowls

4 white fish fillets (tilapia)
paprika
ancho chili powder
dry mustard powder
cayenne pepper
cumin
black pepper
oregano
salt
onion powder
garlic powder
olive oil
brown rice
red cabbage
yellow bell pepper
1-15 oz can of black beans
green onions
avocado
2 limes
stuff for a green salad

Slow Cooker Gumbo

2 lbs chicken thighs
1 lb shrimp
1/2 chicken no andouille sausage (check labels no nitrites minimal ingredients)
1 bell pepper
1 onion
celery
garlic
bay leaves
okra (1 cup fresh or frozen)
1 6 oz -tomato paste
1- 15 oz can of diced tomatoes
cajun seasoning
cayenne
dried thyme
dried oregano
brown rice
broccoli