

Veggie Ranch Turkey Meatball

1 1/2 lbs ground turkey - very
avocado oil or olive oil
1 - onion
garlic
fresh spinach
2 - eggs
almond flour
onion powder
garlic powder
paprika
dried dill
spicy brown mustard
homemade mayo or paleo mayo
coconut cream
dried chives
1 - lemon
2 acorn squash
broccoli

Catalan Style Fish Soup

1/2 lb firm white fish
1/2 lb shrimp
olive oil
garlic
2 - plum tomatoes
1 lb sweet potatoes
2 c of fish or chicken stock
saffron threads
stevia
12 balanced almonds
flat leaf parsley
stuff for a green salad

Chicken Pesto Stuffed Sweet Potato

1 cup roasted almonds
garlic
fresh basil
2 cups of fresh spinach or kale
olive oil
2-lemons
nutritional yeast
3 cups of cooked shredded chicken breast (approx 1 lb)
6 medium sweet potato or yams
green beans

Spicy Shrimp Burrito Bowls

chili powder
cumin

garlic powder
cayenne pepper
1 1/2 lbs raw shrimp
2 -yellow bell pepper
red onion
1 - 15oz can of black beans
1 cup of diced tomatoes
3 - lime
brown rice
cilantro
stevia
1 - avocado (optional topping)

Italian Paleo Chicken Fingers

2 lbs - chicken tenders
1 cup almond flour
tapioca starch or arrowroot powder
garlic salt
italian seasoning
2 - eggs
coconut or avocado oil
paprika
zucchini