

Chicken Broccoli Cauliflower Rice Casserole

cauliflower rice (3 cups)
broccoli - 3 cups
2 cups - cooked chicken
1 - 4 oz can green chilies
1 15 oz - light coconut milk
1 cup- chicken broth
nutritional yeast
italian seasoning
poultry seasoning
1 - egg
tapioca flour

Smoky Chipotle Black Bean Quinoa Chili

1 - onion
garlic
2- 15 oz cans black beans
28 oz can of crushed tomatoes
2 1/2 cups- vegetable broth
quinoa
1 can- chipotle chilies in adobe sauce
chili powder
cumin
cilantro
avocado

Italian Style Baked Eggs (serves 2 adjust accordingly)

1/2 lb Chicken Italian sausage
onion
1-bell pepper
mushrooms - 1 cup
garlic
1 15oz can diced tomatoes
Italian seasoning
red chili flakes
fresh basil
4 - eggs

Scallop and Pepper Antipasti Salad

1 lb - scallops
olive oil
sunflower sprouts or arugula - approx. 3 cups
6 piquillo peppers
roasted garlic

Lettuce Wraps

olive oil
yellow onion
baby bella mushrooms - approx 1 cup

garlic
1 lb ground chicken
coconut aminos
sesame oil
rice wine vinegar
almond butter
fresh ginger
hot sauce (sriracha is a good choice or sambal oelek)
1 8 oz can - water chestnuts
green onions
1 head of bibb lettuce