

## Grilled Chicken with Chimichurri Sauce

1 lb - boneless, skinless chicken thighs  
parsley- approx. 1 cup  
olive oil  
1 - lemon  
garlic  
red wine vinegar  
red pepper flakes  
brown rice  
green beans

## Sweet Potato Waffle Sandwich- Serves 2 adjust accordingly

3 - eggs -  
1 medium- yam  
cumin  
paprika  
garlic salt  
olive oil  
kale  
avocado  
brussel sprouts

## Stuffed Pepper Soup

garlic oil or olive oil  
2 lbs ground turkey  
Italian seasoning  
1 - 14.5 oz cans of fire roasted diced tomatoes  
1 - 14.oz can of tomato sauce  
3 - bell pepper - orange or yellow  
green onions  
riced cauliflower - approx 3 cups  
stuff for a green salad

## Garlic Jalapeno Chicken Sausage Patties

2 - jalapeños  
garlic  
red onion  
olive oil  
1 lb ground chicken  
cayenne pepper  
fennel seeds  
allspice  
cumin  
nutmeg (optional)  
1 large sweet potato  
broccoli

## Salmon and Summer Veggies in Foil

4 - 5 oz salmon fillets  
2 - zucchini  
2 yellow squash  
2 shallots

garlic  
olive oil  
1 - lemon  
2 roma tomatoes  
fresh thyme  
dried oregano  
dried marjoram