

Saucy Paleo 5 Spice BBQ Meatball

garlic

1 lb - ground turkey

1 small piece of fresh ginger

1-onion

1-egg

stevia

1 15 oz can- unsweetened tomato sauce

5 spice powder

arrowroot powder

red pepper flake

sesame seeds

apple cider vinegar

coconut aminos

1-orange

hoisin sauce (Wok Mei Brand or homemade)

if making homemade you'll need

1- orange

almond butter

garlic

ginger

stevia

coconut aminos

sesame oil

Five spice powder

red pepper flakes

tomato paste (1 TBSP)

Buffalo Chicken Baked Sweet Potatoes

4 -sweet potatoes

2 cups- shredded chicken

1 - yellow onion

celery

coconut oil

chipotle mayo -buy or make you own by adding chipotle chili powder to your homemade mayo

buffalo sauce - (Franks brand is great)

garlic powder

dried dill

smoked paprika

red pepper flakes

cayenne pepper

avocado - for garnish

One Pot Vegan Mushroom Stroganoff

Rotini Brown Rice Pasta

1 yellow onion

10 oz cremini or baby bella mushrooms

vegetable broth (or if your not vegan you can use beef broth)

nutritional yeast

almond butter

1- lemon

parsley for garnish

broccoli

Mediterranean Spiced Salmon and Vegetable Quinoa

4 - 5oz Salmon Fillets

fresh basil
1cup - cherry tomatoes
1 - english cucumber
2-lemon
parsley
red onion
paprika
cumin
quinoa
zucchini

White Chicken Chili Bake

red onion
garlic
green bell pepper
cumin
coriander
chili powder
oregano
2 cups- chicken broth
1- 15 oz can - coconut milk - light (can be shared for Butternut Sausage Kale Bake)
2-limes
arrowroot powder
1 lb boneless, skinless chicken breasts
12 oz - riced cauliflower
3 - eggs
cilantro
avocado oil or olive oil
stuff for a green salad

Butternut Sausage and Kale Bake with Tomato Cream

3 1/2 cups Butternut squash
olive oil
1 lb ground chicken Italian sausage
red pepper flakes
1-onion
1 jar of Marinara sauce (Rao's brand is approved)
1 15 oz - light coconut milk (can be shared for White Chicken Chili Bake)
2 cups - kale
1 - egg