

Easy Paleo Salmon Salad Bowls

8 cups - Romaine lettuce
4 - Salmon filets
smoked paprika
garlic powder
veggies- any kind you want for your salad
1- avocado
garlic
1- lemon
dijon mustard
apple cider vinegar
olive oil

Zucchini Noodles with Portobello Bolognese

olive oil
6- Portobello Mushrooms
1- small sweet potato
celery
1-yellow onion
garlic
tomato paste
1- 28 oz can - crushed tomatoes
dried oregano
crushed red pepper
fresh basil
4 - zucchini

Chorizo, Rice and Bean Soup

olive oil
1- yellow onion
garlic
1 lb- chicken chorizo
1- 15 oz can - diced tomatoes
1- 15 oz can - beans (any type you want, pinto, black, kidney...)
dried parsley
chicken broth
brown rice
fresh parsley or cilantro
lime (optional)
stuff for a green salad

One-Pot American Goulash

1 lb - ground turkey
1- onion
seasoned salt
italian seasoning
garlic powder
1 - 28 oz can- diced tomatoes
1- package - 16 oz - brown rice noodles
broccoli

Chicken Fajita Bowl with Cauliflower Rice (serves 2 adjust accordingly)

2 - boneless, skinless chicken breasts

olive oil

red onion

1- red bell pepper

1- yellow bell pepper

1 orange bell pepper

cherry tomatoes

1 - avocado

cauliflower rice (approx 1 cup)

cilantro

3- limes

garlic

cumin

chili powder

smoked paprika