

## Sheet Pan Shrimp Fajitas

1 1/2 lbs of raw shrimp  
1- yellow bell pepper  
1- red bell pepper  
1 orange bell pepper  
red onion  
olive oil  
chili powder  
garlic powder  
onion powder  
cumin  
smoked paprika  
1 to 2 limes  
cilantro (optional)  
avocado (optional)  
salsa of your choice  
brown rice tortillas

## Balsamic Caramelized Onion Turkey Burger (recipe serves 8, cut amount in 1/2 below if you only want to serve 4)

2 lbs ground turkey  
3 large sweet onions  
balsamic vinegar  
Worcestershire sauce  
garlic  
fresh thyme  
almond cheese (optional)  
Ezekiel bread or english muffins  
Stuff for a green salad

## Chicken Stir Fry with Veggies and Garlic Sauce

Rice vinegar  
garlic  
fresh ginger (approx. 1 inch piece)  
coconut aminos  
chicken broth  
sesame oil  
arrowroot powder  
broccoli - appor. 2 cups  
bell pepper (any color)  
snow peas - 1 cup  
green onions  
olive oil  
1 lb of boneless skinless chicken thighs or breasts

## Sweet Potato Sausage Casserole (serves 8)

olive oil  
1 lb sweet potatoes  
onion  
garlic

red bell pepper  
1 lb of chicken breakfast sausage  
kale - approx. 2 cups  
12 eggs  
unsweetened almond milk

## Cod with Tomato Thyme Sauce

4 - skinless cod fillets  
fresh thyme  
garlic  
1 - shallots  
2 large plum tomatoes  
1 - lemon  
red pepper flakes  
acorn squash  
green beans