

Casablanca Chicken

1 lb of boneless, skinless chicken thighs
italian seasoning and red pepper or per recipe [Primal Palate's Amore Seasoning](#)
garlic
turmeric
smoked paprika
fresh parsley
olive oil
onion
red jalapeno (or green if you can't find red)
chicken broth
24 oz of riced cauliflower
green onions
broccoli

Crispy Chickpea, Sweet Potato and Kale Bowls

sweet potato
red onion
1 - zucchini
1 15 oz can of chickpeas aka garbage beans
curry powder
turmeric
2 - lime
5 cups of kale
sunflower sprouts (optional garnish)
sliced almonds (optional garnish)
tahini
garlic

Skillet Chicken in Balsamic Caramelized onion Cream sauce

4- 4 oz bonesless, skinless chicken breasts
garlic powder
olive oil
onion
fresh thyme
red pepper flakes
stevia
balsamic vinegar
chicken broth
1 15 oz can- lite coconut milk
spaghetti squash
brussel sprouts

Garlicky Shrimp

olive oil
1 lb shrimp
garlic (10 cloves)
smoked paprika
cayenne pepper
quinoa
green beans

Easy Zucchini Casserole (serves 8- cut ingredients accordingly)

2 lbs - turkey or chicken sausage

3- bell peppers (your choice in color)

onion

garlic

4 - small zucchini

1 25 oz jar of pasta sauce- Strict 30 approved is Rao's brand

fresh basil