

Lemon Rosemary Chicken

4 - boneless, skinless chicken breasts
1 1/2 - sweet potatoes
2- large lemons
fresh rosemary
garlic
olive oil
green beans

One Pot Spinach & Artichoke Pasta

garlic
1 15 oz can - quartered artichoke hearts in water
nutritional yeast
red pepper flakes
brown rice spaghetti
vegetable broth
lemon
baby spinach
almond butter
stuff for a green salad

Cilantro Lime Shrimp

1 large spaghetti squash
olive oil
1 - avocado
3- limes
garlic
red onion
1 - serrano chili
1- jalapeno
cilantro
1 - small can of chopped green chilies
cumin
1 lb - shrimp
coconut aminos
chili powder
broccoli

Buffalo Chicken Cauliflower Friend Rice

olive oil
onion
1 head of cauliflower or package of riced cauliflower
eggs
buffalo sauce - Franks or other healthy brand
cilantro
steamed green beans

Sausage Sweet Potato and Veggie Skillet

1 lb - turkey or chicken sausage
onion
garlic
1 - red bell pepper
1lb - brussel sprouts
1 large - sweet potato or yam
olive oil