

Skillet Chicken in Balsamic Caramelized Onion Cream Sauce

4- boneless, skinless chicken breast (approx 1 lb)
garlic powder
olive oil
onion
fresh thyme
red pepper flakes
stevia
balsamic vinegar
chicken broth
lite coconut milk
spaghetti squash
broccoli

Sweet Potato Mole Turkey Chili

1 lb ground turkey
onion
olive oil
1 large sweet potato (approx 2 cups)
chili powder
creamy almond butter
cumin
cinnamon
ground cloves
garlic
baking chocolate (unsweetened)
chicken or vegetable broth
cocoa powder
1 to 2- bell peppers (approx 2 cups)
1 15 oz can fire roasted tomatoes
cayenne pepper
stuff for a green salad

Indian Shrimp Curry

1 lb shrimp
olive oil
yellow onion
ground ginger
cumin
coriander
turmeric
curry powder
paprika
chili powder
garlic
1 15 oz can -tomato sauce
lite coconut milk
cilantro
brown rice
green beans

One Pot Sausage and slaw Skillet

4 sausage links- look for sugar free minimally processed brands such as Aidells and Trader Joes
olive oil
onion
red bell pepper
Bag of slaw which includes kale, cabbage, brussels sprouts and broccoli such as Trader Joes
Cruciferous Crunch
garlic
paprika
dried oregano
red pepper flakes

Bruschetta Grilled Chicken Zoodle Bowls

olive oil
balsamic vinegar
garlic
fresh basil
2 - boneless, skinless chicken breasts
2 - zucchini
3 roma tomatoes
red onion
garlic