

## Sheet Pan Blueberry Glazed Salmon

1 lb salmon filets  
olive oil  
1 - lemon  
brussel sprouts  
1 pint of fresh blueberries  
1 cup of balsamic vinegar  
1 butternut squash

## Roasted Sweet Potato Quinoa Salad

2 - medium sweet potatoes  
olive oil  
1 cup - quinoa  
5 oz - fresh spinach  
1 - avocado  
1/3c. cup dried cranberries  
fresh basil  
red wine vinegar  
dijon mustard  
dried oregano  
dried basil  
garlic  
1 - lemon

## Chicken and Bok Choy Turmeric Stir Fry

olive oil  
garlic  
1 lb boneless, skinless chicken thighs  
2 c shiitake mushrooms  
8 to 12 baby bok chop or 1 large head of bok chop  
green onions  
coconut aminos  
ground turmeric  
brown rice

## Dinner Lasagna

1 large white sweet potato  
1 cup fresh spinach  
1- onion  
1 lb. turkey sausage (recipe tells you how to make turkey sausage but for simplicity just buy the turkey sausage)  
4 large eggs  
fresh sage  
fresh rosemary  
stuff for a green salad

## Spicy Garlic Sundried Tomato Shrimp

1 small jar- sun-dried tomatoes in oil  
1 lb large uncooked shrimp  
garlic  
1 container- cherry or grape tomatoes

red pepper flakes  
fresh basil  
spaghetti squash  
broccoli