

Lemon-Ginger Salmon (serves 5 to 6)

1 1/2 lb salmon filets
green onions
olive oil
ginger
garlic
coconut aminos
2 limes
stevia
asparagus
brown rice

Spicy Cauliflower Burgers

quinoa
1 head of cauliflower
olive oil
cumin
chili powder
cayenne
garlic
almond meal
cilantro
red cabbage
eggs
almond cheese (optional)
Ezekiel muffins
stuff for green salad

Easy Thai Baked Chicken (serves 6 - 8)

olive oil
6 - boneless, skinless, chicken breasts
1 - 15 oz can of lite coconut milk
fresh basil leaves (about 12)
garlic
1- jalapeno
fresh ginger
coriander
coconut palm sugar or stevia
2- limes
Spaghetti squash
broccoli

One Skillet Sweet Potato, Kale, Apple Chicken Sausage

2 - medium sweet potato
olive oil
2 green apples
1 lb - chicken or turkey sausage (aidells Chicken Apple Sausage is awesome)
Kale

Cilantro Lime Shrimp Scampi and Zucchini Noodles

1 lb - jumbo uncooked shrimp
olive oil
garlic
red pepper flakes
vegetable broth
2-limes
3 - medium zucchini

cilantro