

Sheet Pan Chili Lime Shrimp Fajitas (serves 6)

1 lb raw deveined shrimp
1 red bell pepper
1 green bell pepper
1 yellow bell pepper
1 onion
olive oil
2 limes
garlic
chili powder
cumin
red pepper flakes
1 package -brown rice tortillas or Ezekiel wraps
stuff for green salad

Balsamic Tempeh & Roasted Vegetable Quinoa Bowls(Serves 6)

balsamic vinegar
olive oil
Italian seasoning
1 package (8oz) button mushrooms
2 zucchini
2 red bell pepper
1 crown of broccoli
1 - shallot
2 packages of tempeh
quinoa

Cilantro Lime Chicken Bowls (Serves 2)

2 - chicken breasts
olive oil
cilantro
2 limes
garlic powder
1 head of cauliflower or 1 package of pre-riced cauliflower
green beans

No Mayo Avocado Tuna Melt (serves 2)

4 slices Ezekiel bread or 2 muffins
olive oil
1 - can solid white albacore tuna
1- avocado
1 -medium tomato
red leaf lettuce
almond cheese (any flavor slice or shredded)
stuff for a green salad

Baked Lemon Artichoke Chicken Piccata (serves 4)

1 1/2 lbs boneless, skinless chicken breasts or thighs
3 lemons
garlic
1 15 oz can of artichoke hearts in water
capers
coconut or olive oil
chicken broth
italian seasoning
brown rice
brussel sprouts