

## Chicken Ranch Stuffed Bell Peppers

4 bell peppers (any color)  
1 package- cauliflower rice  
1lb or 2 to 3 cups worth of shredded chicken breast  
parsley  
cilantro  
olive oil  
2 limes  
garlic  
1- jalapeno pepper  
paleo mayonnaise or homemade  
lite coconut milk  
fresh dill  
1 lemon  
stuff for a green salad

## Chickpea and Vegetable Coconut Curry

olive oil  
red onion  
1- red bell pepper  
fresh ginger  
garlic  
1- small head of cauliflower  
chili powder  
red curry paste  
lite coconut milk  
1 - 28 oz can of garbanzo beans  
1- lime  
green beans- 1 1/2 cups worth  
brown rice  
cilantro  
green onions

## 20 Minute Tomato Basil Shrimp

olive oil  
1- yellow onion  
1lb- shrimp peeled and deveined  
garlic  
2 cups- fresh spinach  
1- 12 oz can plain tomato sauce (you need 2 cups so one can is close enough)  
fresh basil  
broccoli

## Brown Rice Pilaf

red onion  
olive oil  
garlic  
brown rice  
chicken broth - 2 1/2 cups  
1/4 cup - slivered almonds

## Balsamic Glazed Salmon with Strawberry Salsa

1 1/2 lbs of wild salmon fillet  
1/4 c balsamic vinegar  
1 1/2 cups strawberries  
1- jalapeno  
green onion  
1 - lime  
spaghetti squash  
green beans

## Sweet Potato Chicken Pad Thai

1 1/2 lbs boneless, skinless chicken breasts

1- shallot

garlic

green onions

cilantro

1/2 almonds

2 large sweet potatoes or package of pre-spiralized sweet potato noodles

sesame oil

2 - eggs

almond butter

coconut amigos

fish sauce

white vinegar

1 - lime

stuff for a green salad