

One-Pot Cajun Shrimp and Rice

olive oil
1- yellow onion
celery
1-green bell pepper
garlic
paprika
oregano, dried
thyme, dried
cayenne pepper
crushed red pepper
brown rice
vegetable broth (2 cups)
1 lb- shrimp
1 - lemon
3- zucchini

The BEST Grilled Chicken

3- 5 oz boneless, skinless chicken breasts
garlic powder
proud cumin
ground coriander
smoked paprika
olive oil

Quinoa Tabbouleh Salad

quinoa
cherry tomatoes (1 cup)
1- english cucumber
1 - orange bell pepper
1 - red bell pepper
parsley, fresh
mint, fresh
garlic
2- lemons
olive oil

Eggplant Bean Casserole

1- large eggplant
1 - 15 oz can of cannellini beans
1 - onion
garlic
celery
1- large tomato
tomato paste
bay leaf
olive oil
1 jar of sun-dried tomatoes
brussel sprouts

Taco Frittata with Sweet Potato Crust

olive oil
1 - sweet potato
1- green bell pepper
1- white onion
1/2 lb ground turkey
taco seasoning - look for a healthy clean brand without added sugar
8 - eggs
stuff for a green salad

Healthy Chicken Chow Mein Zoodles

arrowroot powder

coconut aminos

oyster sauce- gluten free

stevia

sesame oil

garlic

fresh ginger - 1 inch piece

1 lb boneless, skinless chicken breast

5- zucchini

olive oil

1 - red bell pepper

1- bok choy