

Asparagus Sweet Potato Chicken Skillet

1 lb boneless, skinless chicken breasts
olive oil
garlic
1- medium sweet potato
chicken broth
1/2 lb asparagus
crushed red pepper
stuff for a green salad

Easy Low Carb Meatloaf

1 - 15 oz can of tomato sauce
1- can of tomato paste
3- date dates
white vinegar
onion powder
garlic powder
1 lb ground turkey
1 - egg
green bell pepper
green onion
coconut or almond flour

Mashed Butternut Squash

butternut squash
olive oil
smoked paprika
cayenne pepper
almond milk
broccoli

Asparagus Frittata with Spicy Sausage and Leeks

1 bunch of asparagus
2- leeks
1- spicy turkey or chicken sausage link
olive oil
crushed red pepper
garlic
6 eggs
1- 15 oz can of lite coconut milk

Cilantro Lime Shrimp Avocado Salad

2 lbs- - jumbo uncooked shrimp
1- large head of green leaf lettuce or 2 heads of butter lettuce (avoid romaine lettuce right now)
2- medium avocados
2 cups- grape tomatoes
1- small red onion
olive oil
3- limes
garlic
cilantro
dijon mustard

Thai Chicken Sweet Potato Flatbread

1 - large sweet potato

1- egg

almond flour

coconut flour

ginger

cumin

creamy almond butter

rice vinegar

1 - lime

1- large boneless skinless chicken breast

1 - red bell pepper

cilantro