

## Rosemary Dijon Turkey Kabobs

1 lb- turkey Tenderloin  
olive oil  
coconut aminos  
dijon mustard  
fresh rosemary  
garlic

## Garlic Spaghetti Squash with Mushrooms

spaghetti squash - 2 lbs  
olive oil  
button mushrooms - 2 cups  
garlic  
fresh thyme  
flat leaf parsley

## One- Pot Mediterranean Quinoa with Spinach and Chickpeas

olive oil  
garlic  
1- shallot  
red pepper flakes  
dried thyme  
dried dill  
quinoa  
green olives - 1 cup  
sun-dried tomatoes  
vegetable broth - 1 cup  
spinach - 1 cup  
1 - 15oz can of garbanzo beans (chickpeas)  
brussel sprouts

## Cauliflower Dirty Rice with Andouille Sausage

1- head of cauliflower or equivalent amount of pre-riced cauliflower  
yellow onion  
olive oil  
garlic  
celery  
1 - bell pepper (any color)  
1 lb- smoked chicken andouille sausage  
ground cayenne pepper  
smoked paprika  
dried thyme (or use the fresh thyme you bought for Sunday's side dish)  
dried oregano  
chicken or vegetable broth - 2 cups  
fresh parsley  
bay leaf  
broccoli

## Cilantro-Lime Salmon Burgers

mayonaise  
cilantro  
1 - lime  
1 - avocado  
1 lb- salmon fillet  
rice flour or almond flour (1 TBSP)  
olive oil

Ezekiel English Muffins  
Green leaf lettuce  
plus stuff for a green side salad

## 30-Minute Chicken Piccata Stir Fry

1 1/2 lbs - chicken breasts  
arrowroot powder  
olive oil or avocado oil  
garlic  
chicken broth (3/4 cup)  
1- lemon  
coconut aminos  
capers  
green beans - 1 lb  
green onion  
fresh parsley  
brown rice