

## Big Easy Shrimp and Chicken Gumbo

olive oil  
rice flour (or other gluten free flour)  
arrowroot powder  
1- red bell pepper  
1- green bell pepper  
celery  
red onion  
garlic  
frozen okra  
2 - 14 oz cans of petite diced fire-roasted tomatoes  
basil, dried  
oregano, dried  
thyme, dried  
cayenne pepper  
cajun seasoning  
chili powder  
6 cups - low sodium chicken broth  
1 lb boneless, skinless chicken breasts  
1/2 lb shrimp  
quinoa

## Easy lentil stew with Mashed Potatoes

olive oil  
1 cup- dried lentils - green or brown  
1 -large onion  
garlic  
3 cups- vegetable broth  
1 - 8 oz package mushrooms  
coconut aminos  
balsamic vinegar  
parsley, dried  
thyme, dried  
oregano, dried  
1 - 15 oz can of coconut milk  
arrowroot powder  
4-medium sized -sweet potatoes  
nutmeg

## Avocado Cauliflower Rice

1 lb Salmon or Fish your choice  
1-large head of cauliflower or large package of pre-rice cauliflower  
avocado oil or olive oil  
1-yellow onion  
garlic  
1-large avocado  
1-jalapeno  
cilantro  
2- limes

## Sheet Pan Roasted Asparagus & Chicken with Chorizo

1-brown onion  
1-red bell pepper  
1- chicken chorizo link or approx 4 oz chicken chorizo  
paprika  
onion powder  
cumin  
coriander  
olive oil  
2-lemons  
4 chicken tenderloins  
asparagus  
garlic

## Baked Turkey Zucchini Meatballs

2 lbs ground turkey  
olive oil  
garlic  
2 - eggs  
Italian seasoning  
3 - zucchini  
1- red onion  
1 - 28oz can crushed tomatoes  
stevia  
red pepper flakes  
spaghetti squash