

Healthy Sesame Chicken Chopped Salad

coconut aminos
red wine vinegar
avocado oil or olive oil
sesame oil
fresh ginger (approx 2 TBSP)
onion powder
1 1/2 lb boneless, skinless chicken thighs
green onions
green cabbage
red cabbage
almonds (1/2 cup)
1 - can mandarin orange (package in water not syrup)
cilantro
black sesame seeds (1 TBSP)
white sesame seeds (! TBSP)

Sweet Potato & Black Bean Quinoa

2 large sweet potatoes
1 - 15 oz black beans
quinoa
1 - yellow bell pepper
vegetable broth (2 cups)
chili powder
cumin
garlic salt
dried thyme
green onions
stuff for a green salad

Chipotle Lime Shrimp Bowl

1 lb raw shrimp
chipotle pepper in adobo sauce
chili powder
cumin
garlic powder
smoked paprika
2- lime
1 - onion
olive oil
1- head of cauliflower or pre riced cauliflower
cilantro
avocado
broccoli

Taco Skillet Pie

1 lb- ground turkey
1 - bell pepper
1 - jalapeno
1 - onion
garlic
1 - 15 oz can of fire roasted tomatoes
1 - 6 oz can tomato paste
chili powder
cumin
cayenne
almond meal flour
2 eggs

olive oil
lettuce
1 pint of cherry tomatoes
1 - avocado

Creamy Salmon Sweet Potato Noodle Bowls

4 - salmon fillets
smoked paprika
turkey bacon (6 pieces)
2 - sweet potatoes
kale or spinach (3 cups)
onion
garlic
1 - 15 oz can lite coconut milk
cauliflower