

Delicious Cod Fish Tacos

1 lb Cod
coconut or olive oil
3 - limes
cilantro
red onion
cabbage
red bell pepper (optional addition to taco)
small brown rice tortillas
mayo
stevia
white vinegar
cayenne pepper
paprika
cumin
garlic salt
dry oregano
Stuff for a green salad

Bangkok Coconut Curry Noodle Bowls

olive oil
2-shallots
fresh ginger
red curry paste
1- 15 oz can - regular coconut milk
1- 15 oz can veggie broth
stevia
hot chili paste (sambal oelek)
fish sauce
coconut aminos
brown rice noodles
onion
broccoli (1 cup)
asparagus (1 cup)
1- orange bell pepper
purple cabbage
fresh basil

White Beans with Spinach & Sausage

Turkey or chicken smoked sausage (look for healthy brands like Applegate Farms, Aiddells or Pedersons)
chicken broth
garlic
oregano, dried
olive oil
1 - 15 oz can of Cannellini beans
2 - medium tomatoes
6 cups - baby spinach

Spanish Chicken and Cauliflower

garlic powder

paprika

cumin, ground

Italian seasoning

red pepper flakes

1 lb - boneless, skinless chicken thighs

olive oil

chicken broth

1 - lemon

cilantro

marinated tomatoes (for garnish) I actually have no idea what these are, lol)

Asian Cabbage Rolls

1 - head of savoy cabbage

sesame oil

garlic

1 lb of ground turkey

fresh ginger

riced cauliflower (about 3 cups)

coconut aminos

fish sauce

green onions

2 - eggs

1 - lime

cilantro

red pepper flakes