

Mediterranean Baked Cod

1 1/2 lbs cod fillets
garlic
fresh parsley
3- lemons
olive oil
coconut flour
coriander, ground
paprika
cumin
spaghetti squash
broccoli

Mexican Tempeh Quinoa Salad

quinoa
olive oil
onion
red bell pepper
1 - 8 oz package of tempeh
1 - jar salsa
1- lime
cumin
cayenne pepper
1 - 15 oz can black beans
cherry tomatoes (1/2 cup)
fresh cilantro
1 avocado

Sheet Pan Balsamic Basil Chicken

1- head of cauliflower or 2 cups of pre-riced cauliflower
2 - cups of broccoli florets
1- red onion
4 - boneless, skinless chicken breast
balsamic vinegar
garlic
fresh basil

Cajun Shrimp and Sausage Vegetable Skillet

1 lb large shrimp
14 oz- chicken sausage
2- medium zucchini
2 - medium yellow squash
asparagus
2- red bell peppers
olive oil
cajun seasoning
brown rice

Zucchini Wrapped Chicken Enchiladas

garlic
olive oil
onion
2- jalapeños
2 - 15 oz cans of diced tomatoes

chicken broth (2 cups)
cumin
chili powder
shredded chicken - 3 cups
3 - large zucchini
1 - jar salsa
1- avocado
cilantro
cashews- (1/2 cup)
1- lemon
apple cider vinegar
stuff green salad