

Chicken Souvlaki

3 boneless, skinless chicken breasts
olive oil
garlic
fresh oregano
2-lemon
white wine vinegar
fresh parsley
brussel sprouts
brown rice

Mediterranean Eggplant Bake, a Vegan “Lasagna”

1 - eggplant
quinoa
olive oil
onion
bell pepper
garlic
1- 15 oz - can chick peas
cumin
paprika
28 oz jar - Rao’s Marinara sauce
red pepper flakes
parsley
stuff for a green salad

Thai Coconut Curry Shrimp Noodle Bowls

coconut oil
1/2 lb to 1 lb of shrimp
sweet onion
red bell pepper
garlic
fresh ginger
red curry paste
sugar snap peas
brown rice noodles
cilantro
green onions
2-15 oz can lite coconut milk

One Pan Italian Sausage Veggies

2 medium sweet potatoes
2 - red bell peppers
1- zucchini
1 head of broccoli
16 oz smoked Italian turkey or chicken sausage
dried basil
dried oregano
dried parsley
garlic powder
onion powder
dried thyme
red pepper flakes
parmesan (omit if strict 30)
parsley

Greek Grilled Chicken & Hummus Wrap

1 to 1 1/2 lbs- boneless, skinless chicken breast

olive oil

greek vinaigrette dressing (Primal Kitchen is a great choice)

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hummus

stuff for a green salad