

Chicken Quesadillas

- Sprouted tortillas
- Chicken – prepared ahead of time
- Goat cheese or feta cheese
- Jalapenos and onions (optional)
- Avocado slices
- Coconut oil or REAL butter for toasting

Spread a small amount of coconut oil or butter on one side of each tortilla. Place one tortilla in hot skillet (butter side down). Add chicken and cheese on open face. Lay other tortilla on top with butter side up. Cook until toasted and heated through and flip. Toast other side. Serve with fresh salsa and avocado slices.

Turkey Burgers

- Turkey patty – prepared ahead of time
- Sprouted bread OR Iceberg lettuce
- Sautéed mushrooms

Heat turkey patty, toast sprouted bread, sauté mushrooms in coconut oil or olive oil... Assemble and enjoy! Serve with veggie cup (cauliflower, celery, and red cabbage mixed w olive oil sea salt and a squeeze of lemon)

Bean Salad

Ingredients: several types of beans (2 or 3), chopped grape tomatoes, chopped zucchini, chopped green olives, and If you like green, yellow and red peppers, shaved Parmesan. You can add anything you want. Eat it cold or room temp. 1 cup serving. This one is easy to make up at the beginning of the week and eat on it several times. Or add it to your green salad.

Chicken Spaghetti

Ingredients: spaghetti squash, Organic Chunky tomato and herb sauce, chicken and portabella mushrooms.

Bake spaghetti squash ahead of time. 350 degrees for 45 min. Cut in half, let cool a little and scrape the seeds out. The squash is ready when the strings pull away from the sides easily. If not ready then put in a baking dish open side up (brush the inside with olive oil or butter (tiny bit)). When done scrape out the noodles. Can store up to a week in fridge

Cook Chicken in water, sauté' mushrooms in olive or coconut oil, When almost tender, add chicken for flavor. Also if you want any seasonings, now is the time to add them. Stir in the Tomato sauce, heat till hot.

Pour Tomato Sauce and Chicken mixture on Spaghetti squash for the most delightful spaghetti you have ever had! Enjoy!

Ashly's Skillet Dinner Mix! This is my favorite!

Sauté' mushrooms, frozen butternut squash, okra, Chicken, in coconut or olive oil and fresh rosemary. I put the veggies in according to how tender I want them. Chicken or other meat is cooked separately, and then added at the end. Top with Parmesan. YUMMY! ADD GREENS at the last minute to make it even yummiier!

Lettuce Rolls – I use Collard Greens... they are hearty and make a great wrap

Leaf Lettuce (dark green as you can get), Meat (fresh - no nitrates or preservatives), slice of cheese, sliced tomatoes

OR make a lettuce taco with fish and cabbage.

OR refried beans (make you own - pinto beans - rinsed - 1/4 - 1/2 tsp of coconut oil, water to consistency and salt. Cook to boiling and beans become soft and mash till creamy) Add a little sour cream (1/4-1/2 tsp) grated cheese, picante' sauce - roll up and you have a healthy taco.

OR chicken salad made with fresh chicken, (shredded), sliced celery, onions, collard green stalk, cranberries (crushed), hummus or honey mustard. YUMMY!

Black Bean/Avocado Salad

Can of Black Beans

Can of Kidney Beans

2 avocados

15 green olives (queen) sliced

15 Kalamata Olives sliced

½ of a Jicama – chopped

Combine in a bowl, toss with Himalayan sea salt and enjoy! This makes 4 servings.

Squash Salad

4 zucchini squash – spiral slicer

½ Jicama – julienne sliced

1 butternut squash – spiral sliced or julienne sliced

2 Roma tomatoes

Parmesan cheese

Himalayan sea salt to taste

After slicing, combine in a bowl and toss veggies with parmesan cheese and Himalayan salt.

Traditional Dinner Night

Bake Chicken, Fish or Turkey. Serve with Quinoa (seasoned with sautéed onions, portabella mushrooms, and sea salt), and grilled asparagus or other favorite veggie.

Taco Night

Put Sprouted corn tortilla with shaved Parmesan in oven to warm. Top with Black Bean Salsa: chop up tomatoes, avocado, black olives, onions, peppers and add black beans or pinto beans. Top warmed tortilla with black bean salsa mix.

Salad with Everything

Chop up all your favorite veggies; I love to add shaved butternut squash (uncooked) it adds a nice flavor to my salad. Add spring mix greens and arugula. Top with Parmesan and olive oil with Himalayan sea salt. For protein add chicken tenders or beans.

Omelets

One of my family's favorites is breakfast for dinner. Omelets filled with anything you like. On the cheese, choose goat, sheep or feta. Get creative. Serve w Applegate Turkey sausage or Turkey Bacon.

Spaghetti Squash Delight

Spaghetti Squash, Garbanzo Beans, Italian Parsley, olive oil, sea salt
Caramelize garbanzo beans in sea salt and olive oil, next add cooked spaghetti squash. Once it is heated through stir in chopped Italian Parsley and 2 handfuls of Kale. Enjoy immediately!

The fun thing about Spaghetti Squash, butternut squash and sweet potatoes is you can make any skillet dinner in a flash; just add 1 or 2 other veggies, meat/beans, seasonings and GREENS (Spinach, Kale or Arugula) you will have a delightful meal.

NOTE: Dinners are easy when you plan ahead of time. Buy meat on the weekends and cook it on Sunday so it is ready to go during the week. That will cut prep time in half.