

### **Bacon Wrapped, Cream Cheese Stuffed Chicken Breasts**

- 1 boneless skinless chicken breast
- 2 tablespoons cream cheese
- 1 tablespoon green onion, Chopped
- 2 pieces bacon, Partially Cooked

### **Cheesy Mexican Chicken Skillet {Low Carb/Keto}**

- 1 tablespoon butter
- 1/3 cup diced onion
- 1/3 cup diced green pepper
- 3 garlic cloves, minced
- 2 cups cooked chicken, shredded (I prepared mine in the slow cooker)
- 1 can Rotel tomatoes
- 1 12 oz bag steamed riced cauliflower
- 2 tablespoons homemade taco seasoning (or taco seasoning packet)
- 3/4 cup chicken broth
- 1 1/2 cups cheddar cheese
- 1/2 cup Monterrey jack cheese

### **Creamy Skillet Pesto Chicken**

- 3-4 boneless skinless chicken breasts, pounded to even thickness
- 1/4 cup flour
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1/2 teaspoon garlic powder
- 1/3 cup shredded parmesan cheese
- 1/3 cup basil pesto
- 1 cup heavy cream
- salt and pepper to taste
- optional: fresh basil or parsley, chopped

### **Crock Pot Low-Carb Taco Soup**

- 2 lbs ground pork beef or sausage
- 2, 8- ounce packages of cream cheese
- 2, 10- ounce cans of Rotel
- 2 Tablespoons of taco seasonings
- 4 cups of chicken broth
- 1-2 tablespoons of Cilantro - fresh or dried optional
- 1/2 cup shredded cheese for garnish optional

### **Instant Pot Garlic Parmesan Chicken**

- 2 Tbsp butter
- 1 small yellow onion, diced
- 4 large garlic cloves, minced
- 1/2 cup chicken broth
- 1/2 tsp garlic powder
- 1/4 tsp pepper
- 1/2 tsp salt
- 8 oz sliced mushrooms (optional)
- 1 1/2 lbs boneless skinless breasts sliced into 1/2 inch filets

1 cup half and half  
2 Tbsp flour  
1/2 cup parmesan cheese  
3 oz coarsely chopped spinach  
Salt and freshly ground pepper

### **Keto Buffalo Chicken Meatballs- Low Carb, Higher Fat, Moderate Protein!**

1 lb ground chicken  
1 egg beaten  
2 sprigs of green onion finely chopped  
1 celery stalk trimmed and finely diced  
1 tablespoon almond or coconut flour  
1 tablespoon mayonnaise  
1 tsp onion powder  
1 tsp garlic powder  
1 tsp pink sea salt  
1 tsp ground black pepper  
1 cup of buffalo wing sauce

### **Pioneer Woman's Recipe for Perfect Salmon**

1lb of Salmon (cut into individual portions)  
Seafood seasoning such as Old Bay or Meijer Gold Seafood seasoning  
Lime juice

### **Pizza Chicken Casserole**

1.5-2 lb chicken breast sliced or cubed  
8 oz cream cheese  
1 tsp dried minced garlic  
1 cup marinara sauce no sugar added  
8 oz shredded mozzarella

### **Skillet Chicken with Creamy Cilantro Lime Sauce**

4 skinless boneless chicken breasts  
1/4 teaspoon salt  
1/4 teaspoon freshly ground black pepper  
1 Tablespoon olive oil  
1 cup chicken broth (I recommend reduced sodium)  
1 Tablespoon fresh lime juice (I use closer to 1.5 Tbsp)  
1/4 cup finely chopped onion  
1 Tablespoon chopped cilantro  
1/2 teaspoon red pepper flakes<sup>1</sup>  
3 Tablespoons heavy cream<sup>2</sup>  
2 Tablespoons unsalted butter, cubed  
optional: lime wedges and more cilantro for garnish, steamed asparagus for serving