

### **30-Minute Mozzarella Stuffed Meatballs with Homemade Marinara Sauce**

1 pound ground beef  
5 garlic cloves, minced, divided  
2 teaspoons Italian seasoning  
2 teaspoons fresh parsley, chopped  
Salt and ground black pepper, to taste  
1 teaspoon salt  
1/2 teaspoon black pepper  
2 teaspoons Italian seasoning  
1/2 teaspoon crushed red pepper flakes

### **Baked Garlic Butter Chicken**

4 (16-ounces) boneless skinless chicken breasts  
salt and fresh ground pepper , to taste  
6 cloves garlic , minced  
1 tablespoon fresh rosemary leaves  
1/2 cup Shredded Reduced Fat 4-Cheese Italian

### **Easy Fajita Chicken Bake**

3-4 Boneless skinless chicken breasts  
1-2 tsp Taco seasoning  
2 Bell peppers in assorted colors, deseeded and thinly sliced  
1 Red onion, peeled and thinly sliced

### **Green Chili Chicken Bake**

3-4 Boneless skinless chicken breasts, trimmed  
1/2 tsp garlic powder  
1/4 tsp ground cumin  
1/4 tsp salt  
1/4 tsp pepper

### **Low Carb Alfredo Chicken Casserole**

1/2 Teaspoon Basil  
1/2 Teaspoon Salt  
2.5 Cups Cooked Chicken cubed or shredded  
2 Tablespoons Minced Garlic  
1/2 Cup Chopped Onion

### **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

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

4 skinless boneless chicken breasts  
1/4 teaspoon salt  
1/4 teaspoon freshly ground black pepper  
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>  
optional: lime wedges and more cilantro for garnish, steamed asparagus for serving

**The Original Keto Chicken Tenders**

1 lb Chicken Breast Tenders  
6 oz Buffalo Sauce(pre-made)  
salt/pepper

**Undone Stuffed Pepper Casserole**

1 lb. lean ground beef  
2 green peppers, coarsely chopped  
3 cloves garlic, minced  
2 cups cooked long-grain white rice

**Extra items**

lunch meat  
envelopes