

Bacon Wrapped, Cream Cheese Stuffed Chicken Breasts

4 boneless skinless chicken breast
 8 tablespoons cream cheese
 4 tablespoon green onion, Chopped
 8 pieces bacon, Partially Cooked

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

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
 1-2 Tbsp Olive oil
 1/2 Cup Shredded Cheddar or Mexican Blend Cheese

Egg Roll in a Bowl

1 tsp minced ginger
 4 1/2 cup(s) packaged coleslaw mix (shredded cabbage and carrots)
 1/2 cup(s) shredded carrot(s)
 3 medium cooked scallion(s)
 3 Tbsp low sodium soy sauce
 1 1/2 tsp sesame oil
 1 1/2 tsp sugar
 1 pound(s) uncooked ground chicken breast (can sub ground pork, turkey, or turkey sausage)

Green Chili Chicken Bake

3-4 Boneless skinless chicken breasts, trimmed
 1 8 oz package cream cheese, softened – You can use light cream cheese here if you prefer, but fat free will not work well since it doesn't melt like normal cream cheese. Also, make sure the cheese is nice and soft before you begin to mix it so it combines well. If you don't have time to leave it out, then put it in a glass bowl, cover, and microwave for about 30 seconds, then stir and add 30 more seconds if necessary. Softening the cream cheese will ensure that it isn't lumpy and the flavor infuses every bit of the cheese for a delicious dinner.
 1 4 oz can chopped green chilis- As I might have mentioned above I really love green chilis. I have tried a lot of brands, but I really prefer Old El Paso. I feel like their chilis are diced but instead of just being pieces in water, the liquid is thicker like pureed chilis which I find to be so much more flavorful than just chili pieces.
 1 cup monterey jack cheese, shredded
 1/2 tsp garlic powder
 1/4 tsp ground cumin
 1/4 tsp salt
 1/4 tsp 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

Olive Garden Zuppa Toscana Recipe

1 lb. ground hot Italian sausage
 1 small onion, diced
 3 strips of thick sliced bacon
 4 cloves of garlic
 3 medium to large potatoes UNPEELED, sliced thin and quartered
 3 cups of kale (veins removed and sliced thin like ribbons)
 32 oz of chicken broth
 2.5 cups of water
 1 1/4 cups of half and half

Pressure Cooker Mom's Classic Pot Roast with Savory Onion Gravy

3-4lb chuck roast *See notes for 3 pound roast
1 large yellow onion, chopped small, about 1 1/2 - 2 cups
4 whole carrots, cut into 3" sections
1 Tbl minced garlic, fresh
3 cups beef stock
2 Tbl Worcestershire sauce
2 tsp kosher salt
1 tsp black pepper
1 Tbl parsley, dried
1 tsp thyme, dried
1 Tbl olive oil
2 Tbl corn starch
2 Tbl water

The Best Instant Pot Stuffed Peppers for Clean Eating!

4 bell peppers, seeded (my favorite is with yellow peppers, but green peppers are good too)
1 small onion, chopped
1 roma tomato, diced
2 cloves of garlic, minced
1 lb lean (95/5 or leaner) ground beef or ground turkey
1 boil in bag pack of brown rice
1 egg
1 can tomato sauce (15 oz)
1C grated Parmesan cheese
2 tsp salt
1 tsp pepper
1 pinch cayenne pepper
1 tsp adobo
garlic powder
dried parsley