Pineapple BBQ

**Ingredients**

* 4 boneless chicken breasts
* Aluminum foil
* 2 cups pineapple chunks
* 1 red bell pepper, diced
* 1 green bell pepper, diced
* salt and fresh cracked black pepper

**For the sauce**

* 1/2 cup of your favorite prepared bbq sauce
* 3 clove garlic, minced (or 2 teaspoons dried garlic)
* 1 1/2 teaspoon smoked paprika
* 2 tablespoons olive oil
* 1 jalapeño, sliced
* 2 tablespoons fresh lemon juice
* 1 teaspoon dried oregano
* Chopped cilantro, to taste

**Directions**

1. Pre-heat your oven to 350°F (180°C).
2. Lay four 12×12 inch (30×30 cm) squares of foil out on your work surface
3. Place pineapple chunks, and bell peppers in the middle of each piece of foil.
4. Season with salt and pepper, then top with each chicken breasts.
5. Season chicken with salt and pepper generously.
6. In a bowl, combine bbq sauce, olive oil, paprika, minced garlic, lemon juice, oregano, cilantro, and jalapeño.
7. Divide the sauce over each chicken pack and sprinkle with additional chopped cilantro.
8. Fold the foil over the chicken and vegetables to close off the pack, pinch the ends together so the pack stays closed.
9. Transfer the packs to a baking sheet and bake for 20-25 minutes or until chicken is cooked through and veggies are tender.
10. When chicken is done, carefully open the foil packs, drizzle with more sauce and broil for 1 or 2 minutes to crisp up the chicken.
11. Serve immediately, garnished with more cilantro. Enjoy!

# Cilantro Lime Shrimp with Zoodles

**Ingredients**

* 1 lb shrimp, scallops or 10oz of chicken breast (cubed) Use fresh or frozen
* 3 tablespoons olive oil
* 4 cloves garlic, minced
* 1 pinch red pepper flakes (optional)
* 1/4 cup vegetable broth
* 1 teaspoon honey
* Juice of 1 1/2 lime
* 3 medium zucchini spiralized or cut into noodles
* Salt and fresh cracked pepper to taste
* 1 teaspoon lime zest
* 2 tablespoons cilantro, chopped

**Directions**

1. In a bowl, combine 2 tablespoons olive oil, garlic, red pepper flakes, 1 tablespoon cilantro, honey, lime juice and lime zest.
2. Add uncooked shrimp, scallops, or chicken breast and toss to mix well. Marinate for 15 to 20 minutes.
3. Heat 1 tablespoon olive oil in a pan over medium-high heat, add the drained protein, cook for 2 minutes, flip, and add the marinade.
4. Cook for 1 more minute and set the protein aside.
5. In the same skillet add vegetable broth to deglaze and simmer for 2 minutes.
6. Add the zucchini noodles and cook until just tender, about 2 minutes.
7. Add the protein and adjust seasoning.
8. Toss everything together.
9. Divide into to portions top with additional cilantro.

# Zoodles with Meat Sauce

**Ingredients**

* 3 med zucchini spiralized
* 1 lb lean ground beef or turkey
* 1 jar of Classico Spicy Tomato & Basil sauce (has low amount of carbs and sugar per serving)
* 2 diced cloves of garlic or 2 tbsp of minced garlic
* 1 tsp of black pepper 1 tsp of salt
* 1 tsp of red pepper flakes

**Directions**

1. Brown meat in large skillet
2. Season with salt, pepper, and red pepper
3. Add garlic \*and optional bell pepper and tomatoes\* (if you have any left over from previous week’s recipes.)
4. Cook together until garlic is browned or vegetables are soft
5. Add sauce and zucchini noodles and let simmer 5-10mins or until zucchini is soft
6. Divide into two meals
7. Top with 2 tbsp of shredded parmesan cheese per meal (OPTIONAL)