Crack Slaw

- 1lb of ground/sliced turkey or chicken breast
- 1 pack of coleslaw/beet slaw
- 1 tsp oil (olive or sesame)
- Soya sauce (to your taste)
- Sriracha sauce (to your taste)

Brown turkey/chicken in oil. Add coleslaw and cook for two minutes. Add soya sauce and sriracha sauce. BOOM! DONE!
Chicken Fried Rice

1 tsp canola oil
1-2 tbsp soya sauce
1/2-1 tbsp Veggie seasoning (LeGrille)
1/4-1/2 cup each of thinly sliced onions, red/green peppers, mushrooms, frozen peas
1 cup cooked chicken diced
1 1/2-2 cup cauliflower rice
1 egg

Stir fry onions, red/green pepper, mushrooms, peas in canola oil until tender crisp - try not to overcook.
Add chicken
Add veggie seasoning
Add cauliflower rice stir frying just long enough to heat the cauliflower.
Stir in soya sauce.
Move mixture over to one side of the pan. On the other side of the fry pan add the egg - stir fry the egg until cooked
Stir the mixture together and enjoy.
Two Ingredient Bagels

- 1 part 0% Greek Yogurt
- 1 part self-rising flour

Bake in oven at 350 for 20 to 25 minutes.

Additions:
- Raisins and cinnamon
- Everything Bagel Mix
- Sun-dried Tomatoes

You can use this recipe for bagels, pizza crust, calzones, etc.