1. Butternut Squash and Kale
   1. Cube the squash and toss in oil with salt, cinnamon, and cayenne. Place the cubed squash in a single layer on a baking sheet. Bake at 425°(F) for 30 minutes. Rip the kale leaves from the stems and place in a pan with oil and salt. Gently heat until leaves soften. When the squash is done, add the Kale on top of the squash with the crushed almonds. Broil in the oven for 1 - 2 minutes until the Kale is well wilted. Remove from the oven, mix the Kale and Almonds into the cubed squash, and serve.
   2. Substitute kale with spinach or any of your favorite green leafy vegetables. Substitute the butternut squash for any other type of squash or solid chunked vegetable.
2. Sweet Potatoes
   1. Sweet Potatoes, Onions, Mushroom, Spinach, Avocado or Coconut Oil, Salt.
   2. Heat your oven to 400°(F). Place the sweet potatoes on a baking sheet and poke a few holes in them with a fork. Bake the sweet potatoes for 55 minutes. While they are baking, start cooking some sliced onions and mushrooms with the oil. When the onions start to brown, place some spinach in with them until it wilts and becomes soft. When the potatoes finish, poke them with a fork to make sure they are soft all the way through. Cut them open and pull apart. Salt to taste. Scoop some of the spinach, mushroom, and onion mix into the potatoes and serve.
   3. Substitute the sweet potatoes with red potatoes. Substitute the spinach with any other green leafy vegetable.
3. Brussel Sprouts
   1. Brussel Sprouts, Avocado or Coconut Oil, Salt & Pepper, Lemon Juice, Turmeric.
   2. Heat your oven to 400°(F). Cut each sprout in half and remove the outer layer. Toss the sprouts in the oil. Spread them out in a single layer on a baking sheet and bake for 30 to 45 minutes, until they start to brown. When done, season with salt and pepper. Sprinkle lightly with lemon juice and turmeric if you’re feeling bold.