Spicy Flank Steak Kabobs with Sweet Potato, Blueberries and Almonds

Ingredients:
5 oz lean flank steak (or your serving size)
Small sweet potato (roughly 200 g)
1/2 medium zucchini
1 bell pepper (any color)
2-3 small wooden skewers
Seasonings: cayenne, pepper, paprika, garlic, onion
1/8 cup blueberries (optional)
1 tbsp shaved almonds (optional)
1 tbsp raw organic honey (optional)
Fruit (optional): fresh cherries

Directions:
1. Set oven to 405 F.
2. Wrap the sweet potato in foil and place in the oven. If you cannot find a whole sweet potato close to your serving size, then simply cut the sweet potato into small pieces, measure them to ensure your serving size portion and bake them on a baking sheet lined with aluminum foil. Bake for about 45 minutes depending on the size. If they are cut in chunks, then bake for only 25-30 minutes.
3. Cut flank steak into very small pieces. Season with your choice of seasonings.
4. Chop 1 zucchini and 1 bell pepper into small pieces for the kabob.
5. Assemble the kabobs, alternating between beef, bell pepper, and zucchini.
6. Place the assembled kabob on a baking sheet/pan and bake for 8-12 minutes depending how well you like your meat cooked.

Note: when preparing this meal for the week, if you choose to add blueberries and almonds, keep those items separate and do not freeze.