

# MENU

## Menu for the week of November 5th

### SUNDAY

[Roasted Red Pepper Chicken Chili](#) -Serves 8 -10 so half if you only want 4 servings, or freeze the other half for a quick and easy meal later.

Green Salad

### MONDAY

[Lazy Cabbage Rolls](#)- omit carrots and sub 1/2 shredded sweet potato

### TUESDAY

[Chicken Sausage and Broccolini Pasta](#) omit parmesan, if you want a cheesy flavor sprinkle with nutritional yeast, for the chicken sausage use an organic brand with minimal ingredients like Applegate Farms and of course sub brown rice pasta for the whole wheat pasta.

### WEDNESDAY

[One Pan Blackened Cod, Sweet Potato & Zucchini](#)

### THURSDAY

[Brazilian Shrimp Soup](#) use long brown rice

Green Salad