

MENU

Week of August 20th

SUNDAY

[Shrimp All'Arrabbiata over Brown Rice Spaghetti Noodle](#)

Green Salad

MONDAY

[Sriracha and Lime Roasted Cauliflower Tostadas](#) (substitute the mango salsa recipe for another salsa (mangos not Strict 30)

TUESDAY

[Slow Cooker Butter Chicken](#)

Brown Rice

Steamed Broccoli

WEDNESDAY

[Skillet Chicken Sausage with White Beans and Spinach](#) (omit Parmesan for Strict 30)

Roasted Butternut Squash-Cut squash in half lengthwise, brush with olive oil and sprinkle with salt and pepper. Cook at 375 degrees for approx. 20 to 25 minutes or until tender when pierced with fork.

THURSDAY

[Sicilian-style Salmon with garlic mushrooms](#) (this recipe serves 1, increase ingredients according to your needs)

Roasted Sweet Potatoes-

Peel sweet potato and cut in 1-inch cubes, brush with olive oil and sprinkle with salt and pepper. Cook at 375 degrees for approx. 20 to 25 minutes or until tender when pierced with fork.