

MENU

Week of July 31st

SUNDAY-

Grilled Halibut (or other white fish) with [Blueberry and Red Pepper Salsa](#) over Quinoa
Grilled Asparagus

MONDAY-

[Slow Cooker Chicken Tacos](#) (omit cheese and sour cream as toppings)
[Mexican Slaw](#)

TUESDAY-

[BBQ Jerk Chicken Breast & Sweet Potatoes in Foil](#)- **Featured Recipe**
Salad

Wednesday

[Sweet Potato Noodles with Chicken Chorizo, Roast Red Peppers and Spinach](#) (use Chicken Chorizo I get mine at Sprouts)

THURSDAY

[Spicy Tuna Avocado Wrap](#) (omit carrots)
[Cucumber Salad](#) - substitute Stevia to taste instead of sugar

All recipes serve 4.