

MENU

Week of November 12th

SUNDAY

[Pesto Shrimp with Mushrooms](#) -use vegan pesto (no cheese), reduce pesto amount to 1/4 cup.

Brown Rice spaghetti noodles

Steamed Broccoli

MONDAY

[Lentil Sweet Potato Kale Soup](#) Omit carrot and sub with bell pepper, any color

Green Salad

TUESDAY

[Slow Cooker Mediterranean Chicken](#) (reduce olives to 1/2 cup)

Brown Rice

WEDNESDAY

[Cilantro-Lime Halibut](#) over Zucchini Noodles

THURSDAY

[One Pan Healthy Chicken and Veggies](#) (omit sugar)