

MENU

Week of October 15th

SUNDAY

[Turkey Pumpkin Meatballs with Creamy Harvest Tomato Sauce](#)

Brown Rice Penne Pasta

Steamed Broccoli

MONDAY

[Sausage Pizza Twice Baked Sweet Potatoes](#) use Chicken sausage

Green Salad

TUESDAY

[Smokey Chicken with Avocado Sauce](#) over Zucchini Noodles

WEDNESDAY

[Easy Poached Fish in Tomato Basil Sauce](#)(omit white wine for
“Strict 30”)

Brown Rice

Roasted Brussel Sprouts

THURSDAY

[Chicken & Cauliflower Rice Bowls](#) (sub turkey bacon, no nitrates,
for regular bacon)