

## MENU

Week of September 17th

### SUNDAY

[Seared Scallops with Apple Cider-Balsamic Glaze](#) (Sub Turkey Bacon if strict 30, however I didn't use bacon at all and it was fine. ALSO omit butter and sub olive oil and omit honey, not necessary at all.)

Roasted Brussel Sprouts and Delicata Squash - Go to Trader Joe's right now and get delicata squash while you can, it's delicious. Cut in half, clean out seeds, and cut into small pieces (skin and all). Mix brussels sprouts (cut in half) and squash and toss with olive oil and salt and pepper and roast on a cookie sheet at 400 degrees approx. 20 minutes.

### MONDAY

[Avocado and Turkey Bacon Panini](#) (sub thinly sliced chicken breast for the turkey bacon if Strict 30)

Green Salad

### TUESDAY

[Spicy Shrimp Pho](#) (use brown rice spaghetti noodles)

### WEDNESDAY

Pan Seared Chicken Breasts\* with [Mushroom Risotto Cauliflower Rice](#) (sub chicken broth in Risotto recipe for the beef broth)

\*Sprinkle chicken breasts with a little lemon juice and Italian seasoning and sear in a skillet with a little oil olive until done all the way through

### THURSDAY

[Sausage Kale, Spaghetti Squash Frittata](#) (recipe serves 8, so cut in half for 4 servings)