

## Menu for the week of October 22nd

### SUNDAY-

[Autumn Vegetable Paella](#) Sub Olive oil for the butter and OMIT peas. This recipe serves 8 to 10 people, so half it if you don't want to make that much

Pan Seared Shrimp with Lemon Pepper Coat shrimp with lemon, lemon pepper and olive oil. Add 1 TBSP of olive oil to pan and pan sear on medium high heat until shrimp are pink, approx. 4 to 5 minutes.

### MONDAY-

[Buffalo Chicken Smothered Sweet Potato Fries](#)- Omit the Ghee in the buffalo chicken part of the recipe.  
Green Salad

### TUESDAY-

[Spicy Ground Turkey and Green Bean Stir-Fry](#)-make sure to use coconut amigos instead of soy sauce  
Brown Rice

### WEDNESDAY-

[Sausage Egg Roll Bowls](#) use Chicken sausage (sweet Italian would be best) instead of pork and OMIT shredded carrots

### THURSDAY

[Harissa and Citrus Baked Salmon](#) Omit the orange if Strict 30 Quinoa with 1TBSP each of fresh Basil, Chive and Cilantro mixed in after Quinoa is cooked  
Broccoli

