

## MENU

Week of October 29th

### SUNDAY

[Shepard's Pie with Sweet Potato Topping](#) -use ground turkey  
*omit carrots and add 2 celery ribs instead*

Greens beans

### MONDAY

[Garlic Lime Shrimp with Cauliflower Puree](#) -omit Ghee in the  
*puree and the ghee you pour over at the end just, add more  
chicken both if you need the puree to have a smoother texture*

Steamed Broccoli

### TUESDAY

Halloween Tradition at my house Halloween=Chili!

[Slow Cooker White Chicken Chili](#)

Green Salad

### WEDNESDAY

[Paleo Asian Chicken Cabbage Salad](#) -Serves 6 -adjust recipe to  
serve less. Also *omit carrots, sub red bell pepper, use snow peas  
over sugar snap peas*

### THURSDAY

[Paleo Tuna Green Chili Zoodle Casserole](#) Serves 5 - 6