

MENU

Week of September 17th

SUNDAY

[Paleo Pad Thai](#)

MONDAY

[Brazilian Fish Stew](#)

Salad

TUESDAY

[One Pot Creamy Mushroom and Sage Chicken](#)

over Zucchini Noodles

WEDNESDAY

[Turkey Taco Stuffed Sweet Potatoes](#) (omit pepper jack cheese or sub with vegan cheese)

Steamed broccoli

THURSDAY

[Cilantro-Lime Black Bean and Shrimp Rice](#) (I use quick cook Basmati Brown Rice from Trader Joes)

Roasted Zucchini, yellow squash and red pepper