

MENU

Week of September 17th

SUNDAY

[Mediterranean Spiced Salmon and Vegetable Quinoa](#)

MONDAY

[Crockpot Sweet Potato Chili](#)

TUESDAY

[Sheet Pan Chicken Fajitas](#) - sub flour tortillas for brown rice tortillas

WEDNESDAY

[Spaghetti Squash with Vegan Fire Roasted Tomato Sauce](#)
Green Salad

THURSDAY

[Quick and Easy Chicken Cabbage Stir Fry](#) - omit carrots for Strict
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