

MENU

Week of September 3rd

SUNDAY

[Chili-Lime Cod Filets](#) (recipe is for 2 servings, adjust amounts if you need to make for more) omit butter in recipe-use 1 TBSP olive oil
Brown rice
Steamed Green Beans

MONDAY

[Cauliflower Chicken Chorizo Hash](#) (sub chicken chorizo for regular chorizo)

TUESDAY

[Caramelized Balsamic Chicken Bake](#)
Roasted Brussel sprouts

WEDNESDAY

[Thai Coconut Curry Turkey Meatballs](#) substitute lite coconut milk for full fat(recipe is for 6 to 8 servings cut in half for 4)over rice noodles
Steamed broccoli

THURSDAY

[Crockpot White Chicken Chili](#) (omit sour cream, yogurt and tortilla chip as a topping)
Green Salad