

MENU

Week of October 29th

SUNDAY

[Paleo Creamy Chicken Tomato Soup](#) - *sub chicken breasts for the thighs- only need 1.5 lbs, instead of garlic infused olive oil just use olive oil and add 3 cloves minced garlic, use light coconut milk*

Green Salad

MONDAY

[Creamy French Lentils with Mushrooms and Kale](#)-*I don't know where to find french lentils, so just use green lentils- OMIT white wine*

Steamed Broccoli

TUESDAY

[Broiled Chicken Thighs with Artichokes and Garlic](#)-do not use artichoke hearts in olive oil, use the kind in water and then add 2 TBSP of olive oil to the mixture on the pan.

Roasted Brussel Sprouts

Brown Rice

WEDNESDAY

[Grilled Halibut with Lemon-Basil Vinaigrette](#)

Roasted Spaghetti Squash

Steamed Green beans

THURSDAY

[Penne with Spinach & Chicken Sausage](#)-use brown rice penne instead of whole wheat

Spinach Salad