

MENU

Week of December 10th

SUNDAY

[Thai Meatball and Egg Drop Soup](#) - omit carrots

*Green Salad*

MONDAY

[15 Minute Garlic Lime Cashew Zoodles](#)-omit carrots and sub sweet potato, omit peanut butter and sub for almond butter, sub coconut aminos for the soy sauce.

Roasted Cauliflower

TUESDAY

[Mediterranean Baked Cod with Lemon and Garlic](#)-omit butter, sub almond or rice flour for the regular flour

Brown rice noodles

Roasted Zucchini

WEDNESDAY

[One Skillet Chicken with Fiesta Cream Sauce](#)-sub olive oil for the butter and sub coconut milk for the heavy cream

Quinoa

Roasted Asparagus

THURSDAY

[Blackened Salmon with Avocado Salsa](#)

brown rice

steamed broccoli