

MENU

Week of December 17th

SUNDAY

[Chicken Chorizo Sausage Sweet Potato Frittata with Caramelized Onions](#) - *omit ghee and use 2 TBSP to cook onions and sweet potatoes*
Green Salad

MONDAY

[Roasted Garlic and Kale Spaghetti Squash with Sun-Dried Tomatoes](#)- *use almonds instead of walnuts*

TUESDAY

[Chinese Shrimp Stir Fry](#) *omit Oyster sauce, Sub Coconut Aminos for the soy sauce and sub arrowroot powder for the cornstarch*
Brown rice
Steamed Green Beans

WEDNESDAY

Turkey or Chicken Burger on Ezekiel Bread topped with (1oz.) almond cheese, sautéed mushrooms and sweet onion - *no recipe, self explanatory. Sauté sliced cremini mushrooms and sweet onion in 1 TBSP of olive oil until onions are slightly browned.*

[Celery and Fennel Salad](#)- *omit parmesan cheese, also omit 1/4 pine nuts and sub in 2 TBSP of sliced almonds*

THURSDAY

[Chicken Sausage Meatballs with Red Sauce with Roasted Vegetables with Brown Rice Pasta and Pesto](#)