

## MENU

Week of December 31st

### SUNDAY

[Pan Seared Scallops with Lemon Caper Pasta](#) - for "Strict 30" omit butter, white wine & parmesan cheese, use brown rice angel hair pasta  
Grilled or Roasted Asparagus

### MONDAY

New Year's Day - You probably have plans, have fun. 😊

### TUESDAY

[Turkey Sausage Soup with Rice and Veggies](#)-for "Strict 30" omit carrots and corn, add 1 red or orange bell pepper instead  
Green Salad

### WEDNESDAY

[Crab Stuffed Whitefish](#)- for "strict 30" omit cream cheese  
Brown rice  
Broccoli

### THURSDAY

[Asian Chicken Chopped Salad](#) - for "Strict 30" omit cole slaw mix because of the carrots and sub with 1 head of green cabbage and omit dates