

MENU

Week of January 14th

SUNDAY

[One Skillet Tilapia Vera Cruz](#)- substitute veggie broth for the white wine

Brown Rice

Roasted Zucchini

MONDAY

[Turkey & Egg Breakfast \(or Dinner\) Casserole](#)- Serves 6

Steamed Broccoli and Cauliflower

TUESDAY

[Chicken Chorizo Potato Soup](#)- *use Chicken Chorizo and sub sweet potatoes for the regular potatoes, sub. light canned coconut milk or almond milk for the milk.*

*Green Salad*

WEDNESDAY

[Grilled Lemon Herb Mediterranean Chicken Salad](#)

Serve with a side of Quinoa

THURSDAY

[Easy One-Pan Chicken and Eggplant Dinner](#)

Roasted Brussel Sprouts