

MENU

Week of January 21st

SUNDAY

[Crockpot Chicken Cacciatore](#) - reduce chicken to 2 lbs., *omit white wine (sub with chicken broth)*

Brown rice noodles

Green Salad

MONDAY

[Vegetarian Pulled "Pork"](#) - *I've been dying to try Jackfruit. I found it at Sprouts but I'm sure it is available in other stores.*

Serve on Ezekiel bread English Muffins

[Cole Slaw](#) - *Use only 1/2 mayo, use Stevia as sweetener, might want to use less than a TBSP, start smaller and add to taste, OMIT Sour cream*

TUESDAY

[Tuscan Chicken Spaghetti Squash](#) - *use sun-dried tomatoes that are dried, instead of the kind in oil. Soak them in warm water for about 20 minutes. Omit Vital Protein Collagen Peptides*

Roasted Brussel Sprouts

WEDNESDAY

Grilled Salmon (or other fish) - *you choose how to make it.*

Lemon-pepper, Italian seasoning or 5 Spice are a few suggested spices

[Creamy Butternut Squash](#) -

Steamed Broccoli

THURSDAY

[Zuppa Toscana with Cauliflower](#) - *use olive oil instead of ghee*

Green Salad