

MENU

Week of January

SUNDAY

[Peruvian Chicken with Green Sauce](#)- Serves 6 -Sub coconut aminos for the soy sauce, and sub 2 tsp stevia for the 1/4 brown sugar- For the [Green Sauce](#)-omit cheese and sub stevia for the honey

Quinoa

Steamed Green Beans

MONDAY

[Black Bean Breakfast Burrito Recipe](#)- For "Strict 30" sub brown rice tortillas for whole wheat, sub a sweet potato for the regular potato and of course no cheese or sour cream

TUESDAY

[Ground Turkey Sweet Potato Stuffed Peppers](#) for "Strict 30" omit feta cheese and sub stevia for the brown sugar in the homemade tomato sauce (or just buy a jar of Rao's instead of making your own

WEDNESDAY

[Blackened Fish Taco Bowls](#) For "Strict 30" omit corn and sub a yellow bell pepper, sub brown rice for the white rice & of course no cheese or sour cream

Green Salad

THURSDAY

[Slow Cooker Gumbo](#) serves 8 - reduce accordingly or freeze for later

Steamed Broccoli

