

MENU

Vegetarian Menu # 2

SUNDAY

[Vegan That Coconut Vegetable Curry](#)- for “Strict 30” omit carrots and sub 1 cup of yams. Omit peas and sub green beans, (chopped in small pieces). Use light coconut milk.
Brown Rice

MONDAY

[Chipotle Black Bean Quinoa Chili](#)
Green Salad

TUESDAY

[Cream of Mushroom Paleo Casserole](#) -*sub vegetable broth for the chicken broth, use light coconut milk.*
Steamed Green Beans

WEDNESDAY

[Vegan Moroccan Spiced Shepard’s Pie](#)
Green Salad

THURSDAY

[Caramelized Onion Butternut Squash Crustless Quiche](#)- Not Vegan this recipe has eggs, use light coconut milk
Steamed Broccoli