

MENU

Week of February 11th

SUNDAY

[Veggie Ranch Turkey Meatloaf](#) - *use lean ground turkey, use avocado oil or olive oil instead of ghee,*

Roasted Acorn Squash

Steamed Broccoli

MONDAY

[Catalan Style Fish Soup](#)- *sub sweet potato for the potato, omit white wine sup chicken broth, sub stevia for the sugar*

Green salad

TUESDAY

[Chicken Pesto Stuffed Sweet Potatoes](#)- *sub dry salted almonds for walnuts*

Steamed green beans

WEDNESDAY

[Spicy Shrimp Burrito Bowl](#)- *omit corn sub yellow bell pepper, use brown rice instead of white rice, sub stevia for sugar*

THURSDAY

[Italian Paleo Chicken Fingers](#) Serves 8 - with Marinara Sauce served over roasted spaghetti squash

Roasted Zucchini