

MENU

Week of February 18th

SUNDAY

[Chicken Broccoli Cauliflower Casserole](#)-*use light coconut milk instead of full fat coconut milk*

MONDAY

[Smoky Chipotle Black Bean Quinoa Chili](#) garnish with avocado and cilantro
Green Salad

TUESDAY

[Italian-Style Baked Eggs](#)- *Serves 2 (increase recipe according to needs)use chicken Italian Sausage instead of bacon*

WEDNESDAY

[Scallop & Pepper Antipasti Salad](#)-serve over quinoa- omit ghee and use olive oil instead- make sure to drain the roasted garlic and piquillo peppers of as much olive oil as possible.

THURSDAY

[Lettuce Wraps](#)- *omit shredded carrots for "Strict 30"*