

MENU

Week of February 25th

SUNDAY

[Grilled Chicken with Chimichurri Sauce](#) - *use boneless, skinless chicken thighs*

Brown rice

Steamed Green Beans

MONDAY

[Paleo Sweet Potato Waffle Sandwich](#) - Serves 2 - adjust accordingly

Roasted Brussel Sprouts

TUESDAY

[Stuffed Pepper Soup](#) (serves 6 approx. 350 calories per serving) - *use ground turkey instead of beef*

Green Salad

WEDNESDAY

[Garlic Jalapeno Chicken Sausage Patties](#) - *sub olive oil for the Ghee*

Roasted Sweet Potatoes - rub 1 TBSP of olive oil and salt and pepper on sweet potatoes and roast at 400 degrees until browned on the edges and cooked through

Steamed Broccoli

THURSDAY

[Salmon and Summer Veggies in Foil](#)