

MENU

Week of February 4th

SUNDAY- SUPER BOWL!!

[Buffalo Chicken Twice Baked Sweet Potatoes](#)

[Saucy Paleo 5-Spice BBQ Meatball](#)- *PLEASE note this recipe is technically not Strict 30, but still healthy and 4 meatballs is about 300 calories. sub ground turkey for beef, sub stevia for the honey. Yes this has orange juice which is technically not Strict 30, but it's the Super Bowl so I'm gonna let it slide.*

[Homemade Hoisin Sauce](#) (if you can't find a paleo version of Hoisin, such as Wok Mei, sold at Amazon and Whole Foods)

MONDAY

[One Pot Vegan Mushroom Stroganoff](#) - substitute almond butter for the cashew butter to be more "Strict 3" friendly

Steamed Broccoli

TUESDAY

[Mediterranean Spiced Salmon & Vegetable Quinoa](#) -

Roasted Zucchini

WEDNESDAY

[White Chicken Chili Bake](#) - omit carrots and use light coconut milk

Green Salad

THURSDAY

[Butternut Sausage and Kale Bake with Tomato Cream](#)-use chicken Italian sausage instead of pork

Steamed Green Beans