

MENU

Week of April 1st

SUNDAY

[Easy Paleo Salmon Salad Bowls-](#)

MONDAY

[Zucchini Noodles with Portobello Bolognese](#)- use olive oil instead of butter, omit the carrots and sub sweet potato

TUESDAY

[Chorizo, Rice and Bean Soup](#)-use chicken chorizo, sub chicken stock for the beef stock
Green Salad

WEDNESDAY

[One-Pot American Goulash](#)-use ground turkey instead of ground beef
Steamed Broccoli

THURSDAY

[Chicken Fajita Bowl with Cauliflower Rice](#) - (serves 2 adjust accordingly)