

MENU

Week of March 11th

SUNDAY

[Sheet Pan Shrimp Fajitas](#) -served on brown rice tortillas with salsa and avocado

MONDAY

[Balsamic Caramelized Onion Turkey Burger](#) (serves 8, reduce according to your needs), omit cheese entirely or sub for almond cheese

Green Salad

TUESDAY

[Chicken Stir Fry with Veggies and Garlic](#)- use regular chicken broth instead of bone broth if you want. Sub stevia to taste instead of the medjool date.

Top with green onions

Brown Rice

WEDNESDAY

[Sweet Potato Sausage Breakfast Casserole](#)-

THURSDAY

[Cod with Tomato Thyme Sauce](#)- omit butter and sub 2 TBSP of olive oil

[Roasted Acorn Squash](#)

Steamed Green Beans

