

MENU

Week of March 11th

SUNDAY

[Casablanca Chicken](#) served with cauliflower rice- Sub olive oil for ghee the in the recipe. Also *Amore seasoning in recipe is just Italian seasoning with a little red pepper.*

Steamed Broccoli

MONDAY

[Crispy Chickpea, Sweet Potato, and Kale Bowls with Garlic Tahini sauce](#)- sub almonds for the pepitas.

TUESDAY

[Skillet Chicken in Balsamic Caramelized Onion Cream Sauce](#) - omit heavy cream and sub with canned lite coconut milk, omit butter and use olive instead, omit sugar sub stevia (sweeter then sugar so use 1/2 tsp or less)

Spaghetti Squash

Roasted Brussel Sprouts

WEDNESDAY

[Garlicky Shrimp](#) - reduce olive oil to only 4 TBSP

Quinoa

Steamed green beans

THURSDAY

[Easy Zucchini Casserole](#) - Serves 8- reduce ingredients according to your needs, omit parmesan cheese