

MENU

Week of March 25th

SUNDAY

[Lemon Rosemary Chicken](#)- reduce olive oil in recipe to 2 TBSP
Steamed Green beans

MONDAY

[Spinach and Artichoke Pasta](#)- sub almond butter for the cashew-butter for “strict 30”, use brown rice pasta
Green Salad

TUESDAY

[Cilantro Lime Shrimp with Green Chili Avocado Sauce and Spaghetti Squash](#)- reduce avocado in recipe to 1 instead of 2 and reduce the serrano and jalapeño to only 1/2 of each pepper (so it's not too spicy).
Steamed Broccoli

WEDNESDAY

[Buffalo Chicken Cauliflower Fried Rice](#)- use olive oil instead of butter
Steamed Green Beans

THURSDAY

[Sausage Sweet Potato and Veggie Skillet](#)- use olive oil as the cooking fat