

MENU

Week of March 4th

SUNDAY

[Skillet Chicken in Balsamic Caramelized Onion Cream Sauce](#)-
*omit butter, sub stevia(much sweeter then sugar so maybe a
1/4 tsp. is all you need) for the sugar and sub lite coconut milk
for the heavy cream.*

Roasted Spaghetti Sauce

Steamed Broccoli

MONDAY

[Quick Sweet Potato Mole Turkey Chili](#)

Salad

TUESDAY

[Indian Shrimp Curry](#)

Brown Rice

Steamed Green Beans

WEDNESDAY

[One Pot Sausage and Slaw Skillet](#)

THURSDAY

[Bruschetta Grilled Chicken Zoodle Bowls](#) (*serves 2*)- *omit cheese*