

MENU

Week of April 15th

SUNDAY

[Sheet Pan Blueberry Glazed Salmon](#) - use light coconut milk
[Roasted Butternut Squash](#)

Brussel Sprouts

MONDAY

[Roasted Sweet Potato Quinoa Salad](#)

TUESDAY

[Chicken and Bok Choy Turmeric Stir Fry](#)

Brown Rice

WEDNESDAY

[Dinner Lasagna](#) -

Green Salad

THURSDAY

[Spicy Garlic Sun Dried Tomato Shrimp](#)

Spaghetti Squash

Steamed Broccoli