

MENU

Week of April 30th

SUNDAY

[Lemon-Ginger Salmon](#) (serves 5 to 6) - *reduce olive oil to 2 TBSP and add water or vegetable broth to step #2 on recipe if too thick to blend. Sub 1/2 tsp. stevia for the honey*

Brown Rice

Asparagus

MONDAY

[Spicy Cauliflower Burgers](#)- *omit cheese or use almond cheese*

Green Salad

TUESDAY

[Easy Thai Baked Chicken](#) (serves 6- 8) - *use lite coconut milk, use stevia or coconut palm sugar instead of brown sugar*

Roasted Spaghetti Squash

Steamed Broccoli

WEDNESDAY

[One Skillet Sweet Potato, Kale, Apple Chicken Sausage](#)

THURSDAY

[Cilantro Lime Shrimp Scampi with Zucchini Noodles](#)-*sub olive oil for the butter*