

## MENU

Week of April 1st

### SUNDAY

[Chicken with Creamy Artichoke Sauce](#) - use light coconut milk

Green Beans

Roasted Spaghetti Squash

### MONDAY

[Easy Chickpea & Potato Curry](#) -use sweet potatoes or yams

Steamed Broccoli

### TUESDAY

[Garlic Baked Tilapia in Foil with Asparagus and Tomatoes](#) - omit 1/2 c of butter and drizzle a total of 1 tsp of olive oil into each packet or just spray foil with cooking spray.

Brown Rice

### WEDNESDAY

[Italian Sausage and Peppers](#) - use olive oil instead of vegetable oil, use chicken/turkey Italian sausage (sweet or hot) served over

[Mashed sweet potatoes](#)

### THURSDAY

[Chili Dusted Chicken & Sweet Potato Noodles](#) with [Avocado Sauce](#)

Green Salad