

Week of May 20th

SUNDAY

[Chicken Ranch Stuffed Peppers](#) - reduce olive oil in sauce to 1/4 cup and increase lime juice to 2 limes, use lite coconut milk instead of full fat

Green Salad

MONDAY

[Chickpea and Vegetable Coconut Curry](#)- omit peas in recipe and substitute green beans cut into small pieces

Brown Rice

TUESDAY

[20 Minute Tomato Basil Shrimp](#)- omit parmesan cheese and substitute nutritional yeast if you want a cheesy flavor or leave out completely

[Brown Rice and Almond Pilaf](#)

Steamed Broccoli

WEDNESDAY

[Balsamic Glazed Salmon with Strawberry Salsa](#)

Roasted Spaghetti Squash

Steamed Green Beans

THURSDAY

[Sweet Potato Chicken Pad Thai](#)- sub the cashews and cashew butter for almond butter to be Strict 30

Green Salad

