

Week of May 27th

SUNDAY

[One-Pot Cajun Shrimp and Rice](#) -omit butter, use brown rice instead of white

Grilled Zucchini

MONDAY-MEMORIAL DAY!

[The BEST Grilled Chicken with Spice Rub](#) - Serves 3

[Quinoa Tabbouleh Salad](#) - Yields 6 cups

TUESDAY

[Eggplant Bean Casserole](#)-omit white wine

Roasted Brussel Sprouts

WEDNESDAY

[Taco Frittata with Sweet Potato Crust](#)- sub olive oil for the ghee

Green Salad

THURSDAY

[Healthy Chicken Chow Main Zoodles](#)- *recipe calls for 1 chicken breasts but that's not enough for 4 servings so use 1 lb of chicken, use stevia instead of honey.*