

MENU

Week of May 6th

SUNDAY

[Asparagus Sweet Potato Chicken Skillet](#)

Green Salad

MONDAY

[Easy Low Carb Meatloaf](#) - *sub ground turkey for the ground beef*

[Mashed Butternut Squash](#)- *sub almond milk for the milk and omit butter*

Steamed Broccoli

TUESDAY

[Asparagus Frittata with Spicy Sausage and Leeks](#)- *sub lite coconut milk for the full fat kind*

WEDNESDAY

[Cilantro Lime Shrimp Avocado Salad](#)

THURSDAY

[Thai Chicken Sweet Potato Flatbread](#)- *omit the carrots*