

MENU

Week of June 3rd

SUNDAY

[Rosemary Dijon Turkey Kabobs](#)-(serves 4)

[Garlic Spaghetti Squash with Mushrooms](#) (serves 4) - Omit

Parmesan

MONDAY

[One-Pot Mediterranean Quinoa with Spinach and](#)

[Chickpeas](#)(serves 6)

Roasted Brussel Sprouts

TUESDAY

[Cauliflower Dirty Rice with Chicken Andouille Sausage](#)-(serves 4)-

Steamed Broccoli

WEDNESDAY

[Cilantro Lime Salmon Burgers](#) (serves 4) use Ezekiel muffins instead of regular hamburgs buns, omit regular flour and use rice flour, coconut flour or almond flour

Green Salad

THURSDAY

[30-Minute Chicken Piccata Stir Fry](#) (serves 4-5)you can sub olive oil for the avocado oil

Brown Rice