

MENU

Week of June 3rd

SUNDAY

[Big Easy Shrimp and Chicken Gumbo](#)- *sub arrowroot powder for cornstarch and sub rice flour (or other gluten free flour) for the regular flour*

Green Salad

MONDAY

[Easy Lentil Stew with Mashed Sweet Potatoes](#)-*omit white wine, sub coconut aminos for the soy sauce, sub sweet potatoes for the white potatoes and arrowroot powder for the cornstarch*

Steamed Broccoli

TUESDAY

Grilled Salmon or other Fish - your choice

[Avocado Cauliflower Rice](#)- use one large avocado instead of 1 1/2 medium

WEDNESDAY

[Sheet Pan Roasted Asparagus & Chicken with Chorizo](#)-(Serves 2 adjust accordingly) use chicken chorizo (I get mine at Sprouts)

THURSDAY

[Baked Turkey Zucchini Meatballs](#) (Serves 8)- omit sugar and use pinch of stevia

over Spaghetti Squash