

MENU

Week of June 3rd

SUNDAY

[Healthy Sesame Chicken Chopped Salad](#) -(Serves 4-5)- omit carrots, reduce almonds to 1/2 cup

MONDAY

[Sweet Potato & Black Bean Quinoa Bake](#)( Serves 6)- omit corn  
sub 1 yellow bell pepper  
Green Salad

TUESDAY

[Chipotle Lime Shrimp Bowls](#)(Serves 4)- omit butter  
Steamed Broccoli

WEDNESDAY

[Taco Skillet Pie](#) (Serves 6 adjust accordingly)- sub olive oil for ghee  
Serve with typical taco toppings, lettuce, tomato, avocado

THURSDAY

[Creamy Salmon Sweet Potato Noodle Bowls](#) (Serves 4)- Sub turkey bacon for the bacon and use lite coconut milk instead of full fat  
Roasted Cauliflower