

MENU

Week of June 3rd

SUNDAY

[Delicious Cod Fish Tacos](#)- use brown rice tortillas in stead of flour or corn, sub 1/4 tsp of Stevia for the honey

Green Salad

MONDAY

[Bangkok Coconut Curry Bowls](#)- sub 1/2 tsp of Stevia for the sugar, use coconut aminos instead of soy sauce, sub orange bell pepper for the carrots

TUESDAY

[Spanish Chicken and Cauliflower Rice](#)

Roasted Zucchini

WEDNESDAY

[White Beans with Spinach and Sausage](#)

Green Salad

THURSDAY

[Asian Cabbage Rolls](#)- omit shredded carrots

Brown rice

Steamed Broccoli