

MENU

Week of July 15th

SUNDAY

[Mediterranean Baked Cod Recipe with Lemon and Garlic](#)-sub

coconut flour, omit butter

Roasted Spaghetti Squash

Steamed Broccoli

MONDAY

[Mexican Tempeh Quinoa Salad](#)- omit corn

TUESDAY

[Cajun Shrimp and Sausage Vegetables](#)

Brown Rice

WEDNESDAY

[Sheet Pan Balsamic Basil Chicken Cauliflower Rice Bowl](#)

THURSDAY

[Zucchini Wrapped Chicken Enchiladas](#)-Omit cheese

Green Salad