

MENU

Week of August 19th

SUNDAY

[Chicken Souvlaki](#)- Serve 3

Brown Rice

Roasted Brussel Sprouts

MONDAY

[Mediterranean Eggplant Bake](#)

Green Salad

TUESDAY

[Thai Coconut Curry Shrimp Noodle Bowls](#)- use lite coconut milk for both cans

WEDNESDAY

[One Pan Italian Sausage and Veggies](#)- sub sweet potatoes for the potatoes and omit carrots for "Strict 30"

THURSDAY

[Greek Chicken & Hummas Wrap](#)-sub Ezekiel wrap for the tortilla, omit feta cheese for "Strict 30"

Green Salad