

DINNER PLANNER

January 2021

Week 1

MON	Garlic Parmesan Fish (white fish) Roasted vegetables (onion, zucchini & mushrooms) Green salad w/ lemon juice
TUE	Honey Garlic Salmon Roasted Cauliflower Green salad w/ balsamic vinegar
WED	Leftovers
THU	Chicken Fajitas w/sprouted corn tortilla Avocado, peppers, lettuce & vegan shredded cheese
FRI	Paleo Turkey Burgers wrapped in lettuce, egg and avocado String Beans, Zucchini Fries
SAT	Dinner out
SUN	Cornish Game Hens Roasted Rutabagas Leftover String Beans

Week 2

MON	Garlic Butter Zoodles with Chicken Meatballs Green salad w/lemon juice
TUE	Stuffed Chicken Breast Grilled Asparagus Beet & Goat Cheese Salad
WED	Leftovers
THU	Foil Baked Garlic Butter Fish (white fish) Leftover Asparagus Green salad w/ balsamic vinegar
FRI	Leftovers
SAT	Keto Lobster Casserole Snow Peas Green Salad
SUN	Garlic Parmesan Fish (white fish) Broccoli/Cauliflower mix Green salad w/ balsamic vinegar

Week 3

MON	Leftovers
TUE	
WED	
THU	
FRI	
SAT	
SUN	

Week 4

MON	
TUE	
WED	
THU	
FRI	
SAT	
SUN	

Lunch Options: Protein Shakes, Lobster roll avocados, Greek yogurt egg salad sandwich