







Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
<a href="#"><u>Crockpot BBQ Chicken</u></a>	<a href="#"><u>Cheeseburger Soup</u></a>	<a href="#"><u>Spaghetti</u></a>	<a href="#"><u>Baked Salmon</u></a>	<a href="#"><u>Crock Pot Garlic Parmesan Drumsticks</u></a>	<a href="#"><u>Paleo Egg Roll in a Bowl</u></a>
					
1-2 lb Boneless skinless chicken breast 1 bottle of GF BBQ sauce (I like Stubbs) GF Buns *optional	1 lb ground beef 1 cup diced carrots ½ cup diced celery ½ onion, diced 1 TB butter 2-3 large potatoes 4 cups chicken broth 1 tsp dried parsley 1 cup velveeta cheese 1 cup milk salt and pepper	½ lb ground beef 1 diced onion 4 garlic cloves or 1 tsp garlic powder 1 tsp salt 1 tsp basil ½ tsp oregano ¼ tsp pepper 14 oz can petite diced tomatoes 1 6 oz can tomato paste ---OR--- 1 jar of spaghetti sauce	1 Salmon Fillet (2 lb) 2 TB butter ¼ cup chicken broth 2 TB lemon juice ½ tsp pepper ½ tsp dried tarragon	5 lbs chicken drumsticks 2 TB olive oil 2 tsp garlic powder 2 tsp onion powder 1 tsp salt ½ tsp pepper 1 cup chicken broth ½ cup butter, melted 1 TB lemon juice 1 TB minced garlic ¼ cup grated parmesan 1 TB fresh chopped parsley	1 small-medium head of cabbage 1 large carrot 1 TB coconut oil 1/3 cup coconut aminos (or soy sauce) 1 TB sesame oil 4 green onions *optional- add 1 lb protein (chicken, ground pork, beef)