







Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
<a href="#"><u>Salmon Patties</u></a>	<a href="#"><u>Beef Tacos</u></a>	<a href="#"><u>Homemade Pizza</u></a>	<a href="#"><u>Chili</u></a>	<a href="#"><u>Whole Chicken</u></a>	<a href="#"><u>Pad Thai</u></a>
					
<p>2 cans of boneless, skinless salmon 1 egg ¾ cup milk 1 TB dill weed 1 package of GF saltine crackers Olive Oil</p>	<p>1 lb ground beef ½ cup tomato sauce 2 TB chili powder ¼ tsp salt ½ TB onion powder 3 tsp cumin Hard shell corn tortillas</p> <p>Optional Toppings: Shredded cheese Cilantro Sour cream Salsa</p> <p>-This ingredient list is for beef tacos only.</p>	<p>3 cups gluten free flour blend 1 tsp salt ½ tsp baking powder 3 TB sugar 1 TB yeast 1 ¼ cup warm water 1 TB olive oil</p> <p>pizza sauce Mozzarella Cheese Toppings</p>	<p>1 lb hamburger 1 14 oz can tomato sauce 1 28 can diced tomatoes 1 small diced onion (or frozen chopped onion) ½ tsp salt 1 tsp Oregano 1 TB Cumin 2 TB Chili Powder</p> <p>*optional toppings: cheddar cheese, salsa, sour cream, fritos</p>	<p>1 (3-1/2 lb) whole chicken 4 garlic cloves 1 lemon 1-1/2 TB chopped fresh rosemary 2 tsp olive oil ¾ tsp salt ¼ tsp red pepper flakes</p>	<p>8 oz pad thai rice noodles 2 TB EVOO 2 garlic cloves 3 TB coconut aminos (or soy sauce) 4 TB lime juice 4 TB brown sugar 2 tsp fish sauce ¼ tsp red pepper flakes 4 green onions, sliced ¼ fresh cilantro ½ c smashed peanuts 14 oz can bean sprouts 2 large eggs 8 oz shrimp (*optional)</p>