

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Rice Bowl</u>	<u>Alfredo w/ GF Noodles</u>	<u>Chicken Kabobs</u>	<u>Pesto Mozzarella Burgers</u>	Ham Steak	<u>Chicken Enchiladas</u>
					
<p>3 cups white or brown rice 1 lb chicken or beef taco seasoning (Gluten free) Tortilla Chips</p> <p>Toppings: Sour Cream Cheese Lettuce Tomato Salsa Cilantro Avocado Beans</p>	<p>1 lb gluten free noodles 1 stick Butter 1 cup Heavy Cream 2 cups Freshly Grated Parmesan Cheese salt and pepper to taste</p>	<p>1 ½ lb chicken breast ¾ cup oil ½ cup coconut aminos (or soy sauce if not gluten free) 3 TB honey 2 TB apple Cider Vinegar 1 ½ tsp ginger 1 ½ tsp garlic powder 2 finely chopped green onions</p>	<p>1 lb hamburger (or ¼ lb per person) GF hamburger buns 1 jar pesto Mozzarella (sliced or shredded) salt and pepper</p>	<p>1 large Ham Steak (feeds 4 adults)</p> <p>*no recipe needed! Follow package directions to bake.</p>	<p>1 cup sour cream 1 28 oz can green enchilada sauce 2 4oz small cans green chilies, diced 3 cups cooked chicken, shredded or diced 2 cups Monterey Jack cheese, shredded 12 corn tortillas 1 cup chicken broth Cilantro (optional)</p>