



WEEKLY MENU # 564

guest menu by kalyn denny
of kalyn's kitchen

this week
for dinner™

- MONDAY** [low-carb chicken stir-fry sheet pan meal](#)
- TUESDAY** [instant pot low-carb loaded cauliflower soup](#)
- WEDNESDAY** [one-pan low-carb greek skillet chicken](#)
- THURSDAY** [asian lettuce cups with spicy ground turkey filling](#)
- FRIDAY** [easy baked pesto chicken \(w/rice or cauliflower rice\)](#)
- SATURDAY** dinner out
- SUNDAY** [low-carb ground beef stroganoff casserole with cauliflower rice](#)

INGREDIENT LIST

grocery store:

- b/s chicken breasts (11)
- red bell peppers
- sugar snap peas
- onions
- cauliflower (1-3 heads)
- cream cheese
- cheddar cheese
- half & half or cream
- green onions
- bacon
- sour cream
- feta cheese
- green olives
- red onion or shallots
- ginger root
- ground turkey
- chile garlic sauce
- fish sauce
- fresh cilantro
- peanuts
- boston or butter lettuce
- basil pesto
- mozzarella cheese
- ground beef
- mushrooms
- cauliflower rice (if not making from scratch)

at home:

- salt & pepper
- peanut oil
- sesame seeds
- soy sauce
- rice vinegar
- stevia
- agave nectar or maple syrup
- sesame oil
- garlic powder
- butter
- chicken stock
- olive oil
- greek seasoning
- can petite diced tomatoes
- fresh garlic
- rice (if using)
- steak seasoning
- beef base/bouillon
- mayonnaise
- fresh parmesan cheese