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

at home:
- peanuts
- boston or butter lettuce
- basil pesto
- mozzarella cheese
- ground beef
- mushrooms
- cauliflower rice (if not making from scratch)
- 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

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