

Menu Plan: Low-Carb Winter #2		
Day	Recipe	Notes/Prep
Sunday	Roasted Chicken and Caesar Salad (dressing with yolks , dressing without)	<ol style="list-style-type: none"> 1. Set aside 2 cups shredded chicken for Wed. 2. If anchovies scare you, use a dash or two of Worcestershire sauce in the dressing. 3. Substitute sweet potatoes for reds if you like.
Monday	Chipotle-Roasted Vegetable Layered Salad	<ol style="list-style-type: none"> 1. Rice optional. Can also be served with quinoa.
Tuesday	Parm-Garlic Fish Sticks , Parm-Roasted Broccoli , & Quinoa with Garlic, Nuts, & Raisins	<ol style="list-style-type: none"> 1. Nuts & raisins in the quinoa are optional, but tasty :) Double the quinoa and save some for Saturday.
Wednesday	Southwest Chicken and Barley Soup	<ol style="list-style-type: none"> 1. Barley optional.
Thursday	Curried Potato, Chickpea & Corn Burgers over SW Slaw	<ol style="list-style-type: none"> 1. If you have leftover potatoes from Sunday, use them in this.
Friday	Pizza (with Cauliflower Pizza Crust) with side salad or vegetable tray	<ol style="list-style-type: none"> 1. Choice of toppings is yours!
Saturday	Mini Skillet Meatloaves , Crispy Roasted Brussels Sprouts and leftover quinoa or salad/veg tray	<ol style="list-style-type: none"> 1. Use leftover meat for quesadillas (details in the recipe).

Shopping List: Low-Carb Winter #2		
Produce	Other	Pantry
5 pounds red or sweet potatoes	1 whole 4-5 pound chicken	oils: olive, heat-safe (like coconut or grapeseed)
lemon	bacon	chicken stock
2-3 bulbs of garlic	1 1/2 pounds ground beef	diced tomatoes
fresh cilantro, rosemary & thyme (can use dried thyme)	1-2 pounds white fish	spices: cumin, chili powder, curry, coriander
2 heads Romaine lettuce + salad greens/veg tray	cheeses: Parmesan, cheddar, mozzarella	pearl barley
limes	sour cream or yogurt	panko bread crumbs
3-4 onions	anchovies (can use Worcestershire)	ketchup
1 head cauliflower	frozen corn	brown sugar
2 bell peppers (red or any color)	diced green chiles	vinegars: apple cider & rice
poblano pepper	eggs (at least 6)	quinoa/rice
1 med zucchini	salsa or pico de gallo	beans: 2 cans black, 1 can garbanzo (chickpeas)
broccoli	1 can chipotles in adobo sauce	
1 pound Brussels sprouts	buttermilk dressing	
1 tomato	buttermilk	
chile pepper (optional)	marinara or pizza sauce	
coleslaw mix	pizza toppings	
green onions	nuts & raisins for quinoa (opt.)	