

Menu Plan: Low-Carb Fall/Winter #3		
Day	Recipe	Notes/Prep
Sunday	<a href="#">Chicken &amp; Sausage Peperoncini Stew</a> & cooked quinoa, green salad/mixed veggies	<ol style="list-style-type: none"> <li>1. Don't forget this is a slow cooker recipe!</li> <li>2. If you cook the quinoa in chicken stock it has lots more flavor!</li> </ol>
Monday	<a href="#">Best Sloppy Joe's Ever</a> & <a href="#">Sweet Potato Fries</a>	<ol style="list-style-type: none"> <li>1. Dice an extra sweet potato and store in the fridge for Wednesday's Chili</li> <li>2. You can use buns for these, but they are also great in lettuce cups or on a salad!</li> </ol>
Tuesday	<a href="#">Asian Salmon &amp; Cabbage Slaw</a>	<ol style="list-style-type: none"> <li>1. Chop the other half of the cabbage and store for Friday.</li> </ol>
Wednesday	<a href="#">Vegetarian Sweet Potato Chili</a>	
Thursday	<a href="#">Pecan-Crusted Chicken with PB &amp; Maple Apple Salad</a>	<ol style="list-style-type: none"> <li>1. If you have a nut allergy, use breadcrumbs on the chicken and find an alternative sweet dressing for the salad.</li> </ol>
Friday	<a href="#">Butternut and Black Bean Egg Rolls</a> & <a href="#">Southwest Cabbage Slaw</a>	<ol style="list-style-type: none"> <li>1. If you have leftover cabbage slaw, it's great to eat with fried eggs for breakfast!</li> </ol>
Saturday	<a href="#">Tuscan Bean Soup</a>	



### Shopping List: Low-Carb Fall/Winter #3

Produce	Other	Pantry
salad greens or mixed vegetables for 2 meals	1 pound uncooked Italian-style sausage	spices/herbs: smoked paprika, thyme, oregano, basil, cayenne, ground sage, dried minced onion, chili powder, cumin, cinnamon, marjoram, rosemary, crushed red pepper, nutmeg
1 apple	About 3 pounds boneless, skinless chicken breasts (about 4)	quinoa, eggs
fresh cilantro	1 jar sliced peperoncini peppers	tomato sauce, diced tomatoes, Italian diced tomatoes
4 medium sweet potatoes	16 ounces marinara sauce	ketchup, mustard, and hot sauce
1 lime, 1 lemon, fresh garlic & ginger	Parmesan, Romano, or Asiago cheese	arrowroot powder, cornstarch, or regular flour
1 cucumber	1 1/2 pounds lean ground beef	soy sauce, olive oil, sesame oil, grapeseed oil
1 large head of cabbage (regular or Napa works for all recipes)	Buns or extra lettuce for Sloppy Joe's	brown sugar/honey, cocoa powder, apple cider vinegar, maple syrup
2 regular onions, 1 bunch green onions, 1 shallot	heavy cream or half-n-half (optional)	peanut butter (or other nut butter)
3 bell peppers, any colors	1 1/2 pounds wild-caught salmon	2 cans black/kidney beans, white beans
baby spinach	8 ounces deli ham	chicken or vegetable broth (1 quart)
4 carrots	1 cup pecans	breadcrumbs
1 jalapeno	raisins	