

Menu Plan: Low-Carb Fall/Winter #5		
Day	Recipe	Notes/Prep
Sunday	Roast Chicken with Butter Coins , root vegetables (cooked under chicken), green salad	<ol style="list-style-type: none"> 1. The chicken can be prepped the night before! 2. Choose your own flavorings for the butter and root vegetables to cook. If you decide to buy fresh thyme you can use it in two recipes this week! 3. If you can, save half of the chicken for Wednesday.
Monday	Azteca Squash Soup	<ol style="list-style-type: none"> 1. Roasting the squash in the morning (or up to a couple days before) saves time later on! 2. Chop the extra onion, 1 cup of celery, and 2 garlic cloves and save for Thursday.
Tuesday	Brussels, Sausage, and Apple Hash , sweet potato fries	<ol style="list-style-type: none"> 1. Double the hash recipe to feed 4 as a main dish. 2. Use whatever spices you like for the fries. I usually use chili powder, cumin, and garlic.
Wednesday	Guacamole Chicken Salad over salad greens, mixed vegetables	<ol style="list-style-type: none"> 1. You could also serve this with some spiced black beans instead of mixed veg. 2. Double the chicken salad to feed 4.
Thursday	Hearty Cheeseburger Soup	<ol style="list-style-type: none"> 1. Serving this with rolls is optional.
Friday	Baked Fish Fillets with Yogurt Topping , Spinach Chickpea Fritters	<ol style="list-style-type: none"> 1. This is one of my favorite Indian pairs!
Saturday	Southwest Omelet Cups , green salad	<ol style="list-style-type: none"> 1. You could use what I suggested or tidbits leftover from the week (like the sausage!)



Shopping List: Low-Carb Fall/Winter #5

Produce	Other	Pantry
herbs, citrus, etc. for herb butter coins (I used shallots, garlic, lemon, and fresh herbs)	1 3-4 lb whole chicken	spices/herbs: cumin, turmeric, coriander, cayenne, garam masala, cumin seeds (can use ground)
root vegetables to cook under chicken (red potatoes, sweet potatoes, carrots, parsnips, onions..)	2 pre-cooked chicken sausage link (Aidell's Chicken-Apple Sausage is great for this)	frozen corn, 1 can black beans, 1 can garbanzo beans
Salad greens for 3 meals, fresh cilantro (2 bunches), fresh thyme (opt), baby spinach	1 pound ground beef	salsa or salsa verde, 2 cans beef broth, 1 can diced tomatoes, tomato paste
1 med butternut squash	2 - 2 1/2 pounds whitefish fillets (like cod, tilapia, catfish)	coconut oil, whole-grain mustard, apple cider vinegar, ketchup, pickles, dijon mustard, worcestershire sauce
5 medium onions, garlic, lemons, limes, fresh ginger	1 quart plain whole-milk yogurt (Greek is fine)	chickpea flour (if you have it) or all-purpose, cornstarch, baking powder
celery, red bell pepper, serrano or jalapeno pepper	10-ounce box frozen spinach	8 eggs
3-4 sweet potatoes, 2 medium russet potatoes	sour cream, Cotija cheese or feta, cheddar cheese	milk, any kind
1 avocado, 1 Roma tomato		
2 lb Brussels sprouts		
2 apples		