





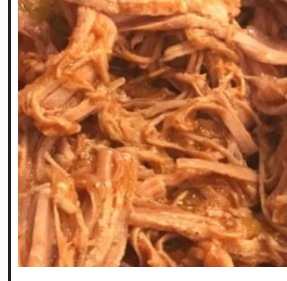


June 2 - 8, 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
<u>Caprese Sheet Pan Chicken</u>	<u>Healthy Chicken Marsala</u>	<u>Instant Pot Beef with Mexican Spices</u>	<u>Spicy Zucchini Noodles and Beef</u>	<u>Parmesan Crusted Sheet Pan Salmon</u>	<u>Shish Kebabs</u>	<u>Memphis Style Slow Cooker Pulled Pork with Zevia</u>

	Serve with cauliflower rice for a delicious and healthy low carb meal!	If you don't own an Instant Pot, you should! <u>We love this one!</u> #affiliate	If you follow a low carb diet, a <u>spiralizer</u> is a must-have for turning veggies into "pasta!"			This recipe injects Memphis flavor into the pulled pork while ditching the carbs. Use these slow cooker liners to ditch the clean-up, too!
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If the words above are underlined, they are a link. Just click the link to go to the recipe or product!