


September 1 - 7, 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
<u>Sheet Pan Chicken Fajitas</u>	<u>Protein Packed Chef Salad</u>	<u>Low Carb Chicken Divan</u>	<u>Instant Pot Creamy Garlic Tuscan Chicken</u>	<u>Grilled Salmon Kebabs with Lemon and Dill Marinade</u>	<u>Mushroom Swiss Burger Casserole</u>	<u>Cheesy Salsa Chicken with Cauliflower Rice</u>

Serve with your favorite low carb tortilla, over lettuce or with cauliflower rice!	A great summertime meal for when it is too hot to think about cooking!					
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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!