

Weekly Dinner Menu

SUNDAY: Baked BBQ Chicken and Cottage Cheese Slaw

MONDAY: Reuben in a Ramekin

TUESDAY: Pork Roast and Sauerkraut

WEDNESDAY: Mini Quiche

THURSDAY: Cabbage Jambalaya

FRIDAY: Buffalo Chicken Wrap

SATURDAY: Mini Quiche

Protein:

Boneless/skinless
chicken thighs- 2 lb

Pastrami- ½ lb

Pork Shoulder 1-2 lb

Deli Turkey- ½ lb

Eggs- 1dz

Turkey sausage- 1 lb

Produce:

Shredded red cabbage

Garlic- 1

Red onion- 2

Green onion- 1pck

Fresh chives

Broccoli

Mushrooms

White onion- 1

Cabbage head- 1-2

Fresh parsley

Shredded Carrots

Dairy:

Cottage cheese- 1 pint

Sour cream/plain
greek yogurt

Swiss cheese- sliced

2% shredded cheddar
cheese

Canned/Frozen:

Sugar free BBQ sauce

Lime Juice

White wine vinegar

Salt/black pepper

Dijon mustard

Boar's head
sauerkraut 1-2 packs

Cooking Spray

Tabasco sauce (if
desired)

Stewed tomatoes-
1 can

Chicken broth- 2 14oz
cans

Garlic powder

Red pepper flakes

Moore's Buffalo Sauce