

Couch Potatoes

It's Easy. It's Comfort. It's Ready.

Dinner Menu ~ Week of September 16th

Honey Mustard Pork Meatloaf (FF/LS)

LIGHT MEAT LOAF WITH A HONEY-MUSTARD SAUCE. FF USES BROWN SUGAR. WANT BEEF OR TURKEY INSTEAD?

Red Cabbage & Brussels Sprouts (LS)

Butternut Squash with Anise (FF/LS)

STEAMED, WITH A TOUCH OF ANISE. WANT FODMAP-FRIENDLY SPAGHETTI SQUASH INSTEAD?

Pan Seared Pork Chops (FF/RS)

PAN SEARED WITH A BLUE CHEESE & GREEN ONION CRUST

Green Bean & Tomato Almandine (FF/LS)

SAUTÉED AND FINISHED WITH ALMONDS

Potatoes or Cauliflower Sofia(FF/LS)

WITH HERBS & FETA

Crispy Dijon Chicken (FF/LS)

LIGHTLY BREADED AND FRIED, WITH A CREAMY DIJON SAUCE

Broccoli Salad with Garlic & Sesame (FF/LS)

Spanikorizo (FF/LS)

GREEK-STYLE SPINACH, WITH TOMATOES, LEMON, AND DILL

Tortilla Chicken/Fish (FF/LS)

ROASTED BREASTS OR TILAPIA TOPPED WITH CRUSHED CORN TORTILLAS AND MEXICAN CHEESE

Elote-Style Winter Squash (FF/LS)

ROASTED ACORN SQUASH WITH CHILI POWDER AND LIME

Corn & Black Bean Salad (FF/LS)

YES! MONASH NOW GREEN LIGHTS ¼ CUP OF BLACK BEANS!

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Aloo Gobi (FF/LS)

*POTATO AND CAULIFLOWER CURRY. FODMAP SUBSTITUTES CHAYOTE
SQUASH FOR CAULIFLOWER*

Butternut & Lime Dal (LS)

*RED LENTILS, BUTTERNUT SQUASH, AND TOMATOES IN A MILD
YELLOW CURRY*

White/Brown Rice (FF/LS)

SCENTED WITH TURMERIC

Additional Side

BBQ Roasted Carrots (LS)

Couch Potatoes Secret Menu

*WANT TO CHANGE OUT FOR SOMETHING A LITTLE DIFFERENT?
CHECK OUT THE MENU ONLINE.*

Note of FODMAP friendly modifications. Many recipes can be modified for FODMAP. At a minimum, onion and garlic will be replaced with asafetida-especially in those dishes using garlic or onion in the name. Dairy substitutes will be used and gluten omitted. Please ask if you have any questions about the ingredients and we can work together to ensure the right items are used.