

Couch Potatoes

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

Dinner Menu-Week of March 9th

Beef or Turkey Bolognese (FF/LS)

QUICK BOLOGNESE WITH A BIT OF SUMMER VEG AND BEEF OR TURKEY.

Noodles (FF/LS)

GOTTA HAVE NOODLES WITH THE BOLOGNESE! CHOOSE SPAGHETTI SQUASH NOODLES, FLOUR SPAGHETTI, OR BROWN RICE (GF)

Kale (FF/LS)

LIGHTLY SAUTÉED WITH GARLIC AND A SPLASH OF BALSAMIC VINEGAR

Shepherd's Pie (FF)

SEASONED GROUND BEEF AND VEGGIE FILLING TOPPED WITH MASHED POTATOES

Beet & Goat Cheese Salad (FF)

WHITE WINE AND HONEY VINAIGRETTE

Brussels Sprouts

ROASTED WITH HONEY AND BALSAMIC VINEGAR

Georgian Chicken (FF/LS)

SIMMERED WITH POMEGRANATES AND TAMARIND SAUCE

Mushroom Risotto or Polenta (FF/LS)

Tomato & Cucumber Salad with Walnuts (FF/LS)

Skillet Garlic Chicken or Shrimp with Spinach (FF/LS)

Broccoli with Sun-Dried Tomato (FF)

White or Brown Rice with Tomatoes & Olives (FF)

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Sautéed Tofu

WITH SPINACH AND CHICKPEAS

Cauliflower & Brussels Sprouts Gratin (FF/RS)

Additional Side

Zucchini Spears

ROASTED WITH ITALIAN HERBS

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.