

Low Glycemic Dinner Ideas

For
7 Day

Monday

Garlic Butter Salmon
with Parmesan Cauliflower Rice

Tuesday

Cabbage Lasagna

Wednesday

Chicken Parmesan Casserole

Thursday

Pan Seared Salmon with
Lemon Garlic Cream Sauce

Friday

One Pan Healthy Chicken
and Veggies

Saturday

Sheet Pan Balsamic
Basil Cauliflower Rice Bowl

Sunday

Lasagna Soup With a Side Of Choice
(perhaps leftover brussels sprouts)