

# 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)