

# Eat Happy

Gluten Free, Grain Free, Low Carb Recipes  
For A Joyful Life

by

Anna Vocino

## Four Weeks of Dinners



# EAT HAPPY

## Four Weeks of Dinners

---

---

### WEEK 1

Monday: Chicken Parm and Nonni's Broccolini

Tuesday: Salmon with Lemon Dijon Basil Sauce and Roasted Butternut Squash Risotto

Wednesday: Turkey Meatloaf and Creamed Spinach

Thursday: Flamenquines and Spring Vegetable Sauté

Friday: Ultimate Low Carb Pizza with Cauliflower Tots

Saturday: Pan Fried Bone-In Ribeye with Grilled Halloumi and Watermelon Salad

Sunday: Sausage Zucchini Bake with Mexican Chocolate Pots for dessert

---

---

### WEEK 2

Monday: Sesame Crusted Seared Ahi and Coconut Ginger Chard

Tuesday: Faster Carnitas and Cilantro Ginger Cauliflower Rice

Wednesday: Almond Crusted Chicken Breast Milanese and Lemony Spinach

Thursday: Shepherd's Pie with Cauliflower Mash and Zucchini Dijon Sauté

Friday: Coconut Crusted Shrimp and Red Cabbage and Kale Slaw

Saturday: Fancy Turkey Burgers and Wild Mushroom and Green Bean Casserole

Sunday: Slow Cooked Tri-tip, Cheese Soufflé, and Roasted Asparagus with Manchego and Pine Nuts

---

---

### WEEK 3

Monday: Jackie's Split Pea Soup and Cheese Biscuits

Tuesday: Chicken with Artichokes and Cherry Tomatoes and Bacon Broccoli

Wednesday: Almond Crusted Baked Cod and Green Beans with Thai Red Curry Paste

Thursday: Southwest Style Burgers and Almond Meal Onion Rings

Friday: Super Guac and Veggies for an appetizer and Pittsburgh Turkey Chili for dinner

Saturday: Leek and Mustard Crusted Tenderloin and Cheesy Zucchini Bake

Sunday: Chicken Tikka Masala and Strawberry Ice Cream for dessert

---

---

### WEEK 4

Monday: Lentil Burgers and Rosemary Sweet Potato Hash

Tuesday: Chicken Dijon and Spicy Zucchini Noodles with Pesto

Wednesday: Pistachio Crusted Salmon and Mimi's Curried Rice Salad

Thursday: Boneless Country Style Pork Ribs and Brussels Sprout Leek Casserole

Friday: Cauliflower Pizza Crust Pizza and "The Stack" Grilled Vegetable Salad

Saturday: Easiest Roasted Chicken, Low Carb Stuffing, and Spring Veggie Sauté

Sunday: Slow Cooked Pot Roast , Green Beans with Caramelized Shallots, and Lemon Cake for dessert