

Milk Street: The New Rules

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Soft cooked eggs with coconut, tomatoes, and Spinach p. 151	Turkish Poached Eggs with Garlicky Yogurt p. 144	Herbed omelet with Tomatoes and Blue Cheese p. 155	Southeast Asian-Style Mushroom Omelet p. 161	Omelet with Mushrooms, Mustard and Gruyere p. 158	Zucchini and Goat Cheese Omelet p. 157	Miso Soup with Shiitake Mushrooms and Poached eggs p. 147 (minus rice for low-carb)
Lunch	Avocado and Arugula Salad with Smoked Almonds p. 7	Leftover Vietnamese Chicken Salad with Sweet Lime-Garlic Dressing p. 210	Leftover Vietnamese Chicken Salad with Sweet Lime-Garlic Dressing p. 210	Spicy Potatoes with Peanuts and Scallions p. 31 With leftover chicken kebabs	Out to Lunch!	Leftover Chicken and Cauliflower Traybake with Roasted Garlic-Yogurt Sauce on a salad	Leftover Thai Grilled Pork Skewers p. 241
Dinner	Vietnamese Chicken Salad with Sweet Lime-Garlic Dressing p. 210	Spicy Chinese Beef Skewers p. 269 Paired with Salad and Ginger Dressing	Chili-Red Pepper Chicken Kebabs p. 205	Pan-Seared Salmon with Red Chili-walnut Sauce p. 177 & Sicilian Caponata p. 23	Chicken and Cauliflower Traybake with Roasted Garlic-Yogurt Sauce p. 202	Thai Grilled Pork Skewers p. 241	All the leftovers or out to eat!

With the exception of the Spicy Potatoes with Peanuts and Scallions (which I made for my kids) this menu plan is suitable for low-carb diets.