



8/3/2015	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Croque Madame Casserole (Ham, Goat Cheese and Paleo Bread Casserole topped with a fried egg)	Egg White & Greens Frittata with Leeks, Zucchini and Goat Cheese	Eggs Benedict	Shrimp and Asparagus Frittata	Paleo French Toast and Bacon
Lunch	Grilled Chicken and Pesto Kale Salad	Korean Beef with garlic and ginger over Cauliflower Rice	Italian Sausage and Roasted Red Pepper Pizza	Chicken Enchilada Casserole	Smoked Salmon and Goat Cheese Sandwich with Arugula and Shaved Red Onion
Dinner	Chicken, Sun-dried Tomato and Spinach Pasta with Creamy Cauliflower Sauce	Spaghetti Squash and Meatballs	Balsamic Chicken and Vegetables with Roasted Tomatoes, Asparagus and Carrots	Oven Roasted Turkey with Mashed Cauliflower and Haricot Verts	Chipotle Turkey Burgers with Avocado Mayo and Salsa