



7/20/2015	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	<b>Sausage, Red Pepper and Sweet Potato Frittata with Roasted Cauliflower</b>	<b>Carrot and Zucchini Quiche with Grapes</b>	<b>Sweet Potato, Bacon, Ham and Brussel Sprout Breakfast Skillet</b>	<b>Turkey, Spinach and Mushroom Scrambled Eggs with Zucchini Fritters</b>	<b>Sweet Potato Pancakes with Bacon</b>
<b>Lunch</b>	<b>Mixed Berry and Field Green Salad with Grilled Chicken and Blueberry Vinagrette</b>	<b>Spaghetti Squash Chicken Chow Mein</b>	<b>Barbeque Chicken and Pineapple Pizza</b>	<b>Barbacoa Pork Tacos with Paleo Tortillas</b>	<b>Paleo Chicken Salad Sandwich with Sweet Potato Chips</b>
<b>Dinner</b>	<b>Goat Cheese, Spinach and Lemon Pasta with Chicken and Bacon</b>	<b>Asian Beef and Garlic Saute with Snow Peas and Mushrooms</b>	<b>Chipotle Chicken Stuffed Sweet Potatoes</b>	<b>Zucchini Noodle Stir Fry with Shrimp</b>	<b>Lettuce Wrap Burger with Goat Cheese and a Sunny Side Up Egg</b>