



7/13/2015	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Shrimp, Crab and Asparagus Frittata with Roasted Vegetables	Portabella Mushroom Stuffed with Proscuitto and Sunny Side Up Egg	Jalapeno Sweet Potato Biscuits with Sausage Gravy	Chicken, Kale, Mushroom and Garlic Scrambled Eggs with Fresh Fruit	Chocolate Chip Pancakes with Bacon
Lunch	Chicken, Broccoli, Snap Pea and Carrot Stir Fry	Sweet Potato Sloppy Joes	Jamacian Jerk Wings with Grilled Pineapple Fruit Medley	Paleo Bang Bang Shrimp Tacos	Turkey and Ham Club Sandwich with Goat Cheese and Sun-dried Tomato Spread
Dinner	Paleo Lasagna with Roasted Broccoli	Thai Coconut Lime Beef over Parsnip Mash	Italian Baked Chicken with Spinach, Artichokes and Tomatoes	Grilled Tuna Steak with Sweet Potato, Arugula and Grape Salad	"Taco" Burger with Shredded Lettuce and Fresh Salsa