



11/30/2015	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	BANANA NUT MUFFIN WITH HARD BOILED EGG	SUNDRIED TOMATO, SPINACH AND GOAT CHEESE FRITTATA WITH FRESH FRUIT	SPAGHETTI SQUASH BREAKFAST CASSEROLE WITH SAUSAGE, TOMATOES AND MUSHROOMS	HAM AND BROCCOLI SCRAMBLED EGGS	BLUEBERRY PANCAKES WITH BACON
Lunch	TURKEY REUBEN SANDWICH WITH SLAW	EGG ROLL IN A BOWL	MEXICAN PIZZA LAYERED BETWEEN PALEO TORTILLAS	CHICKEN AND SHRIMP SPAGHETTI SQUASH CHOW MEIN	MEATBALL SAMMY WITH SWEET & BEET CHIPS
Dinner	CHICKEN AND VEGETABLE STIR FRY OVER BLACK RICE	CHICKEN AND BACON CARBONARA WITH PALEO PASTA	CHICKEN RATATOUILLE WITH ZUCHINNI, SQUASH & EGGPLANT	BAKED CHICKEN THIGHS WITH BACON BRUSSELS SPROUTS	GRILLED STEAK WITH PARSNIP FRIES AND STEAMED BROCCOLI