



12/7/2015	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Breakfast Cookies with Sausage Patties	Artichoke, Spinach and Mushroom Frittata with Roasted Sweet Potatoes	Taco Eggs Baked in Red Bell Pepper	Cherry Tomato, Caramelized Onion and Spinach Scrambled Eggs with Paleo Toast	Apple Pecan Pancakes with Bacon
Lunch	Kielbasa, Sweet Potato, Pepper and Onion Hash	Beef and Broccoli with Mushrooms	Hot Jerk Chicken Wings with Carrots, Celery and Housemade Ranch	Coconut Curry Shrimp and Asparagus over Black Rice	Fried Egg, Tomato, Mushroom and Pesto Sandwich with Side Salad
Dinner	Broiled Salmon and Rice Pilaf with Roasted Asparagus	Sundried Tomato Pesto Pasta with Chicken and Spinach	Chicken, Paleo Biscuit and Gravy with Roasted Carrots	Beef Stew with Paleo Cornbread	BBQ Burger with Sweet Potato Fries