



12/14/2015	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Toad in a Hole with Roasted Carrots	Shrimp, Crab & Asparagus Frittata with Roasted Sweet Potatoes	Paleo French Toast with Caramelized Apples	Southwestern Scrambled Eggs with Paleo Toast	Chocolate Chip Pancakes with Housemade Bacon
Lunch	Thai Chicken Lettuce Wraps with Almond Butter Dipping Sauce	Orange Chicken with Snap Peas over Black Rice	BBQ Chicken and Pineapple Pizza	Chicken Salad Sandwich with Grapes and Walnuts	Beef and Bacon Casserole with Broccoli
Dinner	Chicken and Oyster Gumbo over Black Rice	Paleo Chicken & Dumplings	Meat Lovers Chili with Paleo "Corn"bread	Grilled Pork Chops with Mashed Sweet Potatoes and Steamed Broccoli	Brazilian Fish Stew with Bell Peppers, Tomatoes and Onions