



1/4/2015	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	WHOLE 30-CHICKEN AND ASPARAGUS FRITATTA	WHOLE 30- EGG SCRAMBLER WITH PORK AND SWEET POTATOES	WHOLE 30- SWEET POTATO AND CARROT BITES WITH SEARED HAM	WHOLE 30- SWEET POTATO QUICHE	BLUEBERRY PANCAKES AND BACON
Lunch	WHOLE 30- BUFFALO CHICKEN SALAD	WHOLE 30- CHICKEN SOUP WITH PARSNIPS AND CARROTS	WHOLE 30- PEANUT SAUTE CHICKEN WINGS WITH CARROTS AND CELERY	CHICKEN AND MUSHROOM ALFREDO PIZZA	TRURKEY, HAM, AND BACON CLUB SANDWICH WITH SWEET POTATO CHIPS
Dinner	SAUSAGE AND SEAFOOD JAMBALAYA WITH BLACK RICE	WHOLE 30- CHICKEN PESTO WITH SAUTEED SWEET POTATOES AND KALE	WHOLE 30- BRAISED BEEF WITH A BRUSSEL SPROUT SALAD	WHOLE 30- SAGE MEATBALLS WITH CRANBERRY SAUCE AND SAUTEED VEGGIES	BARBACOA BEEF LETTUCE WRAPS WITH BROCCOLI SLAW