



1/11/2016	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	WHOLE 30- KALE AND SWEET POTATO HASH TOPPED WITH FRIED EGGS	WHOLE 30- BROCCOLI, SPINACH AND CARAMELIZED ONION FRITTATA	BREAKFAST PIZZA WITH SCRAMBLED EGGS, HAM AND MAPLE SYRUP	WHOLE 30- SAUTÉED SPINACH, ZUCCHINI, AND TOMATO SCRAMBLED EGGS WITH CHICKEN	APPLE CINNAMON AND PECAN PANCAKES WITH BACON
Lunch	WHOLE 30- TUNA NIÇOISE SALAD	WHOLE 30- CHICKEN AND VEGETABLE SOUP	WHOLE 30- CHICKEN, ASPARAGUS, CARROT AND PEPPER STIR FRY	BBQ CHICKEN NACHOS OVER SWEET POTATO CHIPS WITH GOAT CHEESE AND CILANTRO	TUNA SALAD SANDWICH WITH CUCUMBER SALAD
Dinner	BLACK RICE RISOTTO WITH CHICKEN, MUSHROOMS AND HARICOT VERTS	WHOLE 30- TEX MEX CASSEROLE WITH GROUND BEEF, SWEET POTATOES, CARROTS, TOMATOES AND PEPPERS	WHOLE 30- SWEET POTATO SLOPPY JOE	WHOLE 30- BAKED CHICKEN THIGHS WITH BRUSSELS SPROUTS AND APPLES	WHOLE 30- BEEF BURGER WITH AVOCADO MAYO AND ROASTED SWEET POTATOES