



1/18/2016	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	WHOLE 30- SWEET POTATO, HAM AND BRUSSELS SPROUTS TOPPED WITH FRIED EGGS	WHOLE 30- CHORIZO, MUSHROOM AND KALE FRITTATA WITH APPLES	CHOCOLATE WALNUT BANANA BREAD PUDDING	WHOLE 30- SMOKED SALMON AND CHIVE SCRAMBLED EGGS	SWEET POTATO PANCAKES WITH BACON
Lunch	WHOLE 30- APPLE & BEET SALAD WITH WALNUTS AND GRILLED CHICKEN	WHOLE 30- BUFFALO RANCH CHICKEN STUFFED SWEET POTATOES	WHOLE 30- GARLIC LEMON CHICKEN WINGS WITH ROASTED BROCCOLI	WHOLE 30- NEW ENGLAND SEAFOOD CHOWDER	ALMOND BUTTER, BANANA AND HONEY SANDWICH WITH CARAMELIZED APPLES
Dinner	THAI COCONUT CURRY CHICKEN OVER BLACK RICE	WHOLE 30- PORK TENDERLOIN WITH HARICOT VERT AND MASHED CAULIFLOWER	WHOLE 30- CARNE ASADA WITH STIR FRY VEGETABLES	WHOLE 30- SALMON BURGER WITH SAUTEED SQUASH AND ZUCCHINI	BBQ RIBS WITH SWEET POTATO FRIES