



2/1/2016	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	WHOLE 30- SWEET POTATO, KALE AND TURKEY HASH WITH FRIED EGG	WHOLE 30- HAM, BROCCOLI, SWEET POTATO AND RED PEPPER FRITTATA	TOAD IN THE HOLE WITH ROASTED SWEET POTATOES	WHOLE 30: ARTICHOKE, SPINACH & HERB SCRAMBLED EGGS WITH SWEET POTATO HASH	CHOCOLATE CHIP PANCAKES W/ BACON
<b>Lunch</b>	WHOLE 30- CHICKEN COBB SALAD	CHICKEN & SHRIMP SPAGHETTI SQUASH CHOW MEIN	WHOLE 30- BUFFALO HOT WINGS WITH CELERY & CARROT STICKS	WHOLE 30- ITALIAN SAUSAGE & SPINACH STUFFED PORTABELLA MUSHROOMS	TURKEY & HAM CLUB WITH PALEO MAYO AND SWEET POTATO CHIPS
<b>Dinner</b>	CREAMY CHICKEN AND MUSHROOM SOUP OVER BLACK RICE	PALEO LASAGNA WITH BROCCOLI	WHOLE 30- KIELBASA, PEPPER & SWEET POTATO SAUTE	HONEY MUSTARD PORK TENDERLOIN WITH BACON & GARLIC HARICOT VERTS	WHOLE 30- ASIAN BEEF STIR FRY WITH BROCCOLI, SNOW PEAS AND MUSHROOMS