



2/15/2016	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	SWEET POTATO, HAM AND BRUSSELS SPROUT HASH TOPPED WITH EGGS	CHICKEN, SWEET POTATO AND RED PEPPER FRITTATA WITH GOAT CHEESE AND FRESH MELON	CHOCOLATE WALNUT BANANA BREAD PUDDING	SPINACH, GARLIC AND MUSHROOM SCRAMBLED EGGS WITH BACON	BLUEBERRY PANCAKES WITH APPLE SLICES
<b>Lunch</b>	BBQ PULLED BEEF WITH PALEO COLESLAW	COCONUT CHICKEN TENDERS WITH SWEET POTATO CHIPS	TERIYAKI WINGS WITH GRILLED PINEAPPLE	PALEO CHICKEN SALAD SANDWICH WITH SIDE SALAD	CREAMY COCONUT AND PAPRIKA FISH STEW WITH ONIONS, PEPPERS AND TOMATOES
<b>Dinner</b>	CHICKEN AND SHRIMP FRIED BLACK RICE	CREAMY ALMOND BUTTER PASTA WITH CHICKEN, SNAP PEAS, BROCCOLI AND RED PEPPERS	PALEO CHICKEN POT PIE	WHOLE 30- PALEO MEATLOAF WITH ROASTED BROCCOLI AND SWEET POTATOES	GRILLED SALMON WITH ROASTED VEGETABLES