



	Monday	Tuesday	Wednesday	Thursday	Friday
2/29/2016					
Breakfast	Chicken, Kale and Sweet Potato Hash topped with Eggs	Chorizo, Mushroom and Kale Frittata with Fruit	Paleo Breakfast Cookie with Hard Boiled Eggs	Bacon, Goat Cheese and Chive Scrambled Eggs with Paleo Toast	Paleo French Toast with Caramelized Apples
Lunch	Orange Chicken Stir Fry	Egg Roll in a Bowl with Chicken	Sesame Ginger Wings with Roasted Carrots	Chicken and Vegetable Soup	Smoked Salmon Salad with Blood Orange Vinaigrette
Dinner	Sausage and Seafood Jambalaya over Black Rice	Tex Mex Casserole with Ground Beef, Carrots, Tomatoes and Peppers	BBQ Chicken Stuffed Sweet Potato with Spinach and Goat Cheese	Spaghetti Squash, Kale and Meatballs	Tuna Noodle Casserole with Paleo Pasta