



2/22/2016	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Paleo Biscuits & Gravy	Ham, Bacon, sweet potato and goat cheese frittata with fresh melon	Sweet Potato Quiche with Apple Slices	Taco scrambled eggs with paleo toast	Apple cinnamon pecan pancakes with roasted sweet potatoes
Lunch	Kielbasa casserole with pineapple and sweet potatoes	Turkey Reuben with Sauerkraut and a Side Salad	Meat lovers pizza	Layered Chicken Enchilada casserole	Tuna Niçoise Salad with Lemon Thyme Vinaigrette
Dinner	Sweet Korean beef and broccoli over black rice	Paleo Chicken & Dumplings	Creamy mushroom and pork casserole with haricot verts	Chicken "Parmesan" with Goat Cheese with Roasted Broccoli	Seafood Cioppino