



2/8/2016	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	WHOLE 30-SPAGHETTI SQUASH BREAKFAST CASSEROLE WITH SAUSAGE, KALE AND MUSHROOMS	WHOLE 30-CARROT AND ZUCCHINI FRITTATA WITH FRESH MELON	MARDI GRAS!!! PALEO BEIGNETS WITH SAUSAGE PATTIES	GROUND CHICKEN, JALAPENO AND GOAT CHEESE SCRAMBLED EGGS WITH PALEO TOAST	APPLE CARROT MUFFIN AND FRIED EGGS
Lunch	BBQ CHICKEN SALAD WITH TOMATOES, GOAT CHEESE AND RANCH DRESSING	WHOLE 30-CHICKEN FAJITA STUFFED RED BELL PEPPERS	MARDI GRAS!!! MUFFULETTA SANDWICH WITH HAM, SALAMI, PICKLED VEGETABLES	BBQ CHICKEN AND PINEAPPLE PALEO PIZZA	EGG SALAD SANDWICH WITH SWEET POTATO CHIPS
Dinner	SESAME CHICKEN OVER BLACK RICE	FAT TUESDAY!!! ALMOND BUTTER BANANA PANCAKES WITH BACON, SAUSAGE AND SWEET POTATO HASH	MARDI GRAS!!! CRAWFISH ETOUFFEE	BEEF STEW WITH PALEO CORNBREAD	CAJUN TILAPIA WITH ROASTED VEGETABLES