



3/7/2016	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Sausage, Shallots and Mushrooms Hash with Fried Eggs	Shrimp and Asparagus Frittata with Fruit	Steak & Eggs with Roasted Sweet Potatoes	Apple Carrot Muffin with Fried Eggs	Sweet Potato Pancakes with Fruit
Lunch	Grilled Chicken Cobb Salad	Meatball Sammy with Sweet Potato Chips	Chicken, Spinach, Pesto and Goat Cheese Pizza	Chicken Spaghetti Squash Chow Mein	Fish Tacos with Paleo Tortillas
Dinner	Black Rice Risotto with Chicken, Mushrooms and Haricot Verts	Chicken and Bacon Carbonara with Paleo Pasta	Chicken Ratatouille with Squash, Zucchini and Eggplant	BBQ Burger with Sweet Potato Fries	Broiled Cod with Roasted Vegetables