



4/4/2016	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Brussels Sprout, Parsnip, Sweet Potato and Kale Hash topped with Eggs	Proscuitto, Caramelized Onion and Olive Frittata with Fresh Fruit	Jalapeno Sweet Potato Biscuits and Gravy	Zucchini, Tomato and Spinach Scrambled Eggs with Sausage Patties	Blueberry Pancakes with Bacon
Lunch	Greek Salad with Olives, Tomatoes, Artichokes and Grilled Chicken	Chicken, Broccoli and Mushroom Saute with Honey Balsamic Sauce	Meat Lovers Pizza with Pepperoni, Sausage and Kielbasa	Shredded Chicken and Goat Cheese Stuffed Peppers	Chicken, Apple and Goat Cheese Sandwich with Side Salad
Dinner	Coconut Curry Chicken Stir Fry over Black Rice	Spaghetti & Meatballs with Paleo Pasta	Chicken Marsala with Roasted Vegetables	Spicy Grilled Steak with Asian Slaw	Chipotle Turkey Burger with Avocado Mayo and Sweet Potato Fries