



5/23/2016	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Kielbasa, Sweet Potato, Beet and Kale Hash with Fried Eggs	Chicken, Sundried Tomato and Basil Frittata	Paleo Biscuits & Gravy	Garden Vegetable Scrambled Eggs with Paleo Toast	Almond Butter Banana Pancakes with Bacon
<b>Lunch</b>	Greek Salad with Olives, Tomatoes, Artichokes and Grilled Chicken	Eggplant "Parmesan" over Roasted Spaghetti Squash	Buffalo Hot Wings with Carrots & Celery	Fried Green Tomato BLT	Taco Stuffed Bell Peppers
<b>Dinner</b>	Crawfish and Scallop Etouffee over Black Rice	Chicken a la Vodka over Paleo Pasta	Grilled Pork Chops with Creamy Mushroom Sauce & Haricot Vert	Zucchini Noodle Shrimp Scampi	Chipotle Turkey Burger with Avocado Mayo and Sweet Potato Fries