



6/27/2016	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Sausage, Parsnip, Sweet Potato and Squash Hash with Eggs	Sausage, Sweet Potato and Spinach Frittata with Fruit	Paleo Eggs Benedict	Mexican Scrambled Eggs with Paleo Toast	Banana Walnut Pancakes with Bacon
Lunch	Grilled Chicken Cobb Salad with Carrots, Tomatoes, Hard Boiled Egg and Bacon	Ground Beef and Goat Cheese Stuffed Peppers	Chicken, Artichoke, Sundried Tomato and Goat Cheese Pizza	Paleo Fish Tacos with Slaw	Tuna Salad Sandwich with Coleslaw
Dinner	Seared Tuna Steaks with Teriyaki Fried Black Rice	Beef Stroganoff with Paleo Pasta	Chicken Picatta over Zucchini Noodles	Spaghetti Squash and Meatballs	Jalapeno Chicken Burger with Sweet Potato Fries