



8/8/16	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Kielbasa, Sweet Potato and Pepper Hash with Eggs	Sweet Potato, Red Pepper and Goat Cheese Frittata with Fruit	Tomato and Bacon Quiche with Zucchini Crust and Roasted Carrots	Breakfast Sausage Scrambled Eggs with Paleo Toast	Paleo French Toast with Bacon
Lunch	Greek Salad with Olives, Tomatoes, Artichokes and Grilled Chicken	Loaded Sweet Potato stuffed with Shredded Pork, Sauerkraut, Spinach and Hot Sauce	Ground Beef, Sausage and Pepperoni Layered Pizza Casserole	Meatloaf Sammy with Sweet Potato Fries	Shrimp and Vegetable Stir Fry
Dinner	Honey Orange Chicken and Broccoli over Black Rice	Paleo Goulash with house made Paleo Pasta	Chicken Picatta over Zucchini Noodles	Roasted Chicken Thighs with Mushrooms, Garlic and Sun dried Tomatoes over Spinach	Apple Basil Chicken Burgers with Steamed Broccoli