



7/18/2016	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Chicken, Kale, Mushroom and Sweet Potato Hash topped with Eggs	Chorizo, Red Pepper and Kale Frittata with Fresh Fruit	Steak and Eggs with Roasted Sweet Potatoes	Bacon, Goat Cheese and Chive Scrambled Eggs with Paleo Toast	Strawberry Pancakes with Bacon
Lunch	Chicken Fajita Salad with Salsa	Pulled Pork Sandwich with Paleo Coleslaw	Buffalo Hot Wings with Carrots and Celery	Paleo Chicken Enchilada Casserole	Egg Roll in a Bowl with Chicken
Dinner	Beef and Broccoli over Black Rice	Chicken & Mushroom Pasta with Tomato Basil Cream Sauce	Creamy Coconut Shrimp Zucchini Noodles with Tomatoes and Spinach	Chicken, Broccoli, Snap Pea, Pepper and Sweet Potato Stir Fry	BBQ Ribs with Sweet Potato Fries