



7/25/2016	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Sausage, Parsnip, Sweet Potato and Squash Hash with Eggs	Seafood Frittata with Shrimp, Crawfish and Red Peppers	Breakfast Taco with Scrambled Eggs and Salsa	Ham and Vegetable Scrambled Eggs with Paleo Toast	Peach Pancakes with Bacon
<b>Lunch</b>	Grilled Chicken and Spinach Salad with Grapes, Apples, Almonds, Sunflower Seeds, Raisins and Goat Cheese	Zucchini Noodle "Pasta" Salad with Chicken	Meat Lovers Pizza with Pepperoni, Ham and Sausage	"Loaded Sweet Potato Fries" topped with BBQ Chicken and Goat Cheese	Italian Club Sandwich with Salami and Pepperoni with Side Salad
<b>Dinner</b>	Sweet and Sour Chicken over Black Rice	Chicken and Bacon Carbonara with Paleo Pasta	Honey Mustard Pork Tenderloin with Mashed Cauliflower and Haricot Vert	Baked Chicken Thighs with Green Bean and Mushroom Casserole	Tex Mex Casserole with Ground Beef, Carrots and Peppers