



8/29/2016	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Chicken, Apple, Sweet Potato and Brussels Sprout Hash	Chorizo, Mushroom and Kale Frittata with Fruit	Hard Boiled Eggs and Apple Carrot Muffin	Scrambled Eggs and Ham Steaks	Strawberry Pancakes with Bacon
Lunch	Taco Salad with Goat Cheese, Salsa and Paleo Tortilla Chips	Philly (Goat) Cheese Steak Sandwich	Buffalo Hot Wings with Carrots, Celery and Paleo Ranch	Steak Fajita Stir Fry	BBQ Pork Stuffed Sweet Potatoes
Dinner	Creamy Lemon Chicken with Asparagus and Mushrooms over Black Rice	Chicken and Broccoli "Alfredo" with Paleo Pasta	Avocado Chicken Burger with Sweet Potato Fries	Maple Dijon Bacon Chicken with Steamed Broccoli	Spicy Shrimp with Garlic Kale Cauliflower Mash