



8/8/2016	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Steak, Sweet Potato, Mushroom and Tomato Hash with Scrambled Eggs	Bacon, Tomato, Spinach and Goat Cheese Frittata with Roasted Carrots	Chocolate Walnut Banana Bread with Fresh Fruit	Taco Scrambled Eggs with Paleo Toast	Carrot Cake Pancakes with Bacon
Lunch	Grilled Chicken Salad with Candied Pecans, Shaved Red Onion, Fennel and Raisins	BBQ Pulled Pork over Mashed Plantains	Smoked Chicken Thighs with Roasted Vegetables	Kentucky Hot Brown Sandwich (Turkey, Bacon, Tomato, Goat Cheese and Brown Gravy)	Coconut Curry Fish Stew with Tomatoes and Peppers
Dinner	Creamy Steak and Mushrooms over Black Rice	Spaghetti and Meatballs with paleo pasta	Paleo Pot Roast with Sweet Potatoes, Carrots, Cauliflower and Mushrooms	Chicken Parmesan with Steamed Broccoli	Thai Turkey Burger with Sweet Potato Fries