



8/22/16	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Ground Pork, Sweet Potato, Tomato, Asparagus and Mushroom Hash with Scrambled Eggs	Pizza Frittata with Pepperoni, Tomatoes, Basil and Goat Cheese	Breakfast BLT with Fried Egg	Bacon, Goat Cheese and Chive Scrambled Eggs with Roasted Carrots	Apple Cinnamon Pecan Pancakes with Bacon
Lunch	Asian Salad with Grilled Chicken, Oranges, Toasted Almonds and Sesame Dressing	Italian Stuffed Portabella Mushrooms with Ground Beef	Chicken, Pesto, Artichoke and Sundried Tomato Pizza with Goat Cheese	Carnitas Stuffed Sweet Potatoes	Turkey Reuben Sandwich with Sauerkraut
Dinner	Sausage and Shrimp Jambalaya with Black Rice	Beef Stroganoff with Paleo Pasta	Paleo Chicken Fingers with Honey Mustard Sauce and Sweet Potato Fries	Paleo Sheppards Pie with Mashed Parsnip Crust	Chicken and Pesto Zucchini Noodle Primavera