



9/12/16	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Bacon, Apple, Sweet Potato & Turnip Hash with Eggs	Sausage, Roasted Red Pepper, Basil and Goat Cheese Frittata with Fresh Fruit	Jalapeño & Sweet Potato Biscuit with Gravy	Breakfast Taco with Chorizo and Salsa	Pumpkin Pancakes with Bacon and Maple Syrup
<b>Lunch</b>	Apple, Toasted Pecan and Chicken Salad with Maple Balsamic Vinaigrette	Chicken Pot Pie	Lemon Garlic Wings with Cucumbers and Paleo Ranch	Chili Lime Chicken Thighs with Roasted Sweet Potato and Pineapple	Chicken Salad with a Side Salad
<b>Dinner</b>	Paleo Chicken a la King over Black Rice	Bolognese with Spaghetti Squash	Fall Vegetable Stew with Hot Italian Sausage, Pearl Onions, Carrots, Parsnips and Brussels Sprouts	Southwestern Stuffed Acorn Squash with Turkey Sausage, Tomatoes, Peppers and Chile	Paleo Chili with Ground Beef, Kielbasa, Peppers and Sweet Potato