



9/26/2016	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Bacon, Sweet Potato, Delicata Squash and Brussels Sprout Hash with Eggs	Sausage, Pepper, and Onion Frittata with Fruit	Apple Carrot Muffins with Hard Boiled Egg	Southwestern Scrambled Eggs with Roasted Sweet Potatoes	Carrot Cake Pancakes with Bacon and Maple Syrup
Lunch	Roasted Beet and Goat Cheese Salad with Grilled Chicken	Fried Green Tomato BLT with Spicy Remoulade and Creamy Turnip Salad	Jerk Smoked Chicken Thighs with Carrots, Celery and Ranch	Loaded Sweet Potato Fries with BBQ Shredded Chicken, Goat Cheese and Chives	Italian Sausage Stuffed Portabella Mushrooms
Dinner	Tex-Mex Casserole with Ground Beef, Sweet Potatoes, Carrots and Parsnips over Black Rice	Paleo Goulash with house made Paleo Pasta	Braised Lamb with Roasted Root Vegetables and Mashed Parsnips	Grilled Pork Chops with Mashed Parsnips, Gravy and Haricot Vert	Grilled Salmon with Glazed Carrots and Parsnips