



11/7/16	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Steak, Sweet Potato, Pepper and Onion Hash with Fried Eggs	Kielbasa, Pepper, Spinach and Tomato Frittata with Fresh Fruit	Breakfast Taco with Chorizo, Eggs and Salsa	Bacon, Goat Cheese and Chive Scrambled Eggs with Paleo Toast	Pumpkin Spice Pancakes with Bacon and Fresh Fruit
Lunch	Tuna Nicoise Salad with Haricot Vert, Hard Boiled Egg, Capers and Lemon Thyme Vinaigrette	Ratatouille Chicken Bowl with Squash, Zucchini and Tomatoes	Smoked Jerk Chicken Thighs with Roasted Vegetables	Lettuce Wrap Fish Tacos with Harissa Slaw, Pineapple Relish and Paleo Tortilla Chips	Chipotle Chicken Burger with Avocado Mayo and Sweet Potato Fries
Dinner	General Tso's Chicken over Black Rice	Creamy Butternut Squash and Italian Sausage Pasta	Shrimp & Vegetable Stir Fry	Spiced Maple Glazed Pork Chops with Caramelized Apple, Brussels Sprout and Sweet Potato Hash	Chicken Marsala with Roasted Carrots, Mushrooms and Haricot Vert