



10/31/16	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Chicken, Apple, Sweet Potato, Beet and Parsnip Hash	Bacon, Tomato and Spinach Quiche with Fresh Fruit	Power Breakfast Burger with Kale, Tomato, and a Fried Egg	Scrambled Eggs with Roasted Vegetables and Bacon	Banana Chocolate Chip Pancakes with Maple Syrup and Bacon
Lunch	Fall Harvest Salad with Maple Vinaigrette	Beef and Vegetable Kabobs	BBQ Chicken and Pineapple Paleo Pizza with Goat Cheese	Asian Chicken Stir Fry Bowl	Philly Mushroom Burger with Buffalo Cauliflower
Dinner	Paleo Cashew Chicken over Black Rice	Italian Beef Bolognese with Paleo Pasta	Curry Chicken Soup with Pepper and Snap Peas	Honey Mustard Pork Tenderloin with Mashed Sweet Potatoes and Haricot Vert	Lemon Thyme Grilled Salmon over Celery Root Puree with Roasted Asparagus