



| 12/5/16 | Monday | Tuesday | Wednesday | Thursday | Friday |
|------------------|--|---|--|---|---|
| Breakfast | Steak, Onion, Pepper and Tomato Hash with Fried Eggs | Prosciutto, Caramelized Onion and Basil Frittata with Fresh Fruit | Breakfast BLT with Fried Eggs, Bacon, Lettuce and Tomato | Chorizo, Pepper and Onion Scrambled Eggs with Paleo Toast | Banana Nut Pancakes with Bacon and Maple Syrup |
| Lunch | Grilled Shrimp Southwestern Salad with Cilantro Lime Vinaigrette | Ground Beef Stuffed Bell Peppers | Buffalo Chicken Wings with Carrots, Celery and Paleo Ranch | Kielbasa and Shrimp Cajun Sauté | Thai Chicken Lettuce Wraps with Almond Butter Dipping Sauce |
| Dinner | Coconut Chicken Curry Stir Fry with Black Rice | Paleo Lasagna with Steamed Broccoli | Sloppy Joes over Sweet Potato and Butternut Squash Puree | Paleo Chicken Pot (Pie) over Cauliflower Mash | Honey Sesame Glazed Salmon with Roasted Vegetables |