



12/12/16	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Chicken, Sweet Potato, Beet, Onion and Brussels Sprout Hash with Fried Eggs	Bacon, Tomato, Spinach Frittata with Fresh Fruit	Chocolate Walnut Banana Muffin with Hard Boiled Eggs	Ham, Broccoli and Goat Cheese Scrambled Eggs with Paleo Toast	Carrot Cake Pancakes with Bacon and Maple Syrup
Lunch	Asian Salad with Grilled Chicken, Oranges, Toasted Almonds and Sesame Dressing	Steak Fajita Stir Fry	Mediterranean Saute with Chicken, Artichoke, Onion, Sundried Tomato and Spinach	Spicy Grilled Steak Lettuce Wraps with Asian Slaw and Almond Butter Dipping Sauce	Chicken Salad with a Side Salad
Dinner	Chicken Adobo with Cilantro, Lime and Crushed Red Pepper over Black Rice	Chicken Primavera over Zoodles	Pork Tenderloin with Mashed Sweet Potatoes and Collards	Chicken Stir Fry with Broccoli, Snap Peas, Carrots and Peppers	Salmon Burger with Lemon Dill Sauce and Parsnip Fries