



12/19/16	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Bacon, Apple, Brussels Sprout, Onion and Delicata Squash Hash with Fried Eggs	Chorizo, Mushroom and Kale Frittata with Fresh Fruit	Power Breakfast Burger with Tomato, Avocado Mayo and Paleo Toast	Breakfast Sausage with Fried Eggs and Roasted Vegetables	Pumpkin Spice Pancakes with Maple Syrup and Bacon
Lunch	Grilled Chicken Salad with Apples, Pecans and Cranberry Vinagrette	Carnitas Stuffed Sweet Potato	Chicken Pesto Pizza with Sundried Tomatoes and Goat Cheese	Tex Mex Casserole	Egg Roll in a Bowl with Chicken
Dinner	Orange Chicken with Onions and Peppers over Black Rice	Turkey Tetrazinni with Paleo Pasta	Loaded Turkey Chili with Sweet Potatoes and Beets	Paleo Pot Roast with Roasted Root Vegetables	Creamy Shrimp with Tomatoes and Spinach over Zoodles