



1/2/17	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Sausage, Apple, Brussels Sprout and Sweet Potato Hash with Fried Eggs	Ham, Spinach, Tomato and Mushroom Frittata with Fresh Fruit	Apple Carrot Muffin with Hard Boiled Eggs	Grilled Ham Steak with Eggs and Paleo Toast	Strawberry Pancakes with Bacon and Maple Syrup
Lunch	Taco Salad with Ground Beef, Lettuce and Salsa	Chili Lime Chicken with Grilled Pineapple	Smoked BBQ Chicken Wings with Carrots, Celery and Paleo Ranch	Pulled Pork Sandwich with Pickles and Slaw	BLT Chicken Burger with Avocado Mayo and Parsnip Fries
Dinner	Kung Pao Chicken with Onion, Pepper and Cashews over Black Rice	Bolognese and Paleo Pasta	Chipotle Maple Glazed Ham with Steamed Broccoli	Paleo Chicken and Dumplings	Teriyaki Salmon with Stir Fry Vegetables