



1/9/17	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Chicken, Brussels Sprouts, Onion and Squash Hash with Fried Eggs	Sausage, Roasted Red Pepper, Tomato and Basil Frittata with Fresh Fruit	Roasted Turkey BLT with Fried Eggs	Taco Scrambled Eggs with Ground Beef, Salsa, Onions and Peppers	Chocolate Chip Pancakes with Bacon and Maple Syrup
Lunch	Smoked Trout Salad with Delicata Squash, Roasted Carrots and Apples with Lemon Vinaigrette	Sweet and Spicy Pork Stir Fry Bowl	Buffalo Chicken Loaded Sweet Potato Fries with Goat Cheese and Chives	Paleo Chicken Tortilla Soup	Avocado Chicken Burger with Buffalo Cauliflower
Dinner	Chicken, Kielbasa and Shrimp Jambalaya over Black Rice	Italian Sausage, Spinach, Tomato and Garlic Lasagna with a Greek Salad	Italian Braised Beef served over Carrots, Spinach, Tomatoes, Pearl Onions and Peas	Asian Marinated Flank Steak with Crunchy Green Bean Salad	Grilled Salmon over Primavera Vegetables and Pesto Zoodles