



1/16/17	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Sweet Potato, Kielbasa, Pepper and Onion Hash with Fried Eggs	Chorizo, Mushroom and Kale Frittata with Fruit	Paleo Biscuits & Sausage Gravy	Garden Vegetable Scrambled Eggs with Paleo Toast	Paleo French Toast with Bacon and Maple Syrup
Lunch	Fall Chicken Cobb Salad with Beets, Hard Boiled Egg, Roasted Carrots and Sweet Potatoes	Turkey Chili with Onion, Peppers and Roasted Sweet Potatoes	Jerk Smoked Wings with Carrots, Celery and Paleo Ranch	BBQ Chicken Thighs with Caramelized Apples	Taco Stuffed Red Bell Peppers
Dinner	Sweet and Sour Meatballs with Peppers and Onions over Black Rice	Chicken and Broccoli "Alfredo" with Paleo Pasta	Chipotle Maple Glazed Turkey Breast with Mashed Sweet Potatoes and Green Beans	Paleo Meatloaf with Horseradish Mashed Parsnips and Sauteed Green Beans	Creamy Shrimp and Crab Seafood Chowder