



3/6/17	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Portobello, Squash, Zucchini, Eggplant and Pepper Hash with Fried Eggs	Sausage, Pepper and Onion Frittata with Fruit	Paleo French Toast with Caramelized Apples	Scrambled Eggs with Chorizo Patties	Pumpkin Spice Pancakes with Bacon and Maple Syrup
Lunch	Greek Chicken Salad with Tomatoes, Artichokes, Olives and Greek Dressing	Almond Butter Chicken Saute with Sweet Potatoes and Mixed Vegetables	Seared Steak Tips with Mushrooms, Tomatoes and Spinach	Lemon Chicken Stir Fry with Carrots, Squash and Asparagus	Cuban Sandwich with Pork, Ham, Goat Cheese, Dijon and a side of Pickles
Dinner	Honey Orange Chicken Stir Fry with Snap Peas and Black Rice	Roasted Asparagus and Mushroom Carbonara with Chicken and Bacon	Shepherd's Pie with Mashed Cauliflower and Parsnip Crust	Banh Mi Burger with Horseradish Cream and Pickled Vegetables with Sweet Potato Fries	Baked Salmon with Lemon Dill Sauce and Zucchini Pasta