

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Turkey, Squash, Zucchini, Tomato and Eggplant Hash with Fried Eggs	Shrimp and Asparagus Frittata with Fresh Fruit	Paleo Biscuits and Sausage Gravy	Spinach and Mushroom Scrambled Eggs with Grilled Ham Steaks	Chocolate Chip Pancakes with Bacon and Maple Syrup
<b>Lunch</b>	Taco Salad with Fresh Salsa and Paleo Tortilla Chips	BBQ Chicken Thighs with Parsnip Potato Salad	Meat Lovers Pizza with Pepperoni, Kielbasa and Ground Beef	Sweet Potato Sloppy Joes	Chicken, Apple, Goat Cheese Sandwich with Fig Jam and Side Salad
<b>Dinner</b>	Chicken, Sausage and Shrimp Jambalaya with Black Rice	Creamy Beef Stroganoff with Mushrooms over Paleo Pasta	Chicken Ratatouille with Eggplant, Squash, Zucchini and Tomatoes	Beef Stew with Carrots, Sweet Potatoes, Parsnips and Paleo Cornbread	Chipotle Turkey Burger with Sweet Potato Fries