

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Bacon, Brussels Sprouts, Red Pepper and Sweet Potato Hash with Eggs	Chicken, Mushroom, Kale and Goat Cheese Frittata with Fruit	Fried Eggs, Bacon and Paleo Toast	Asparagus, Pepper and Goat Cheese Scrambled Eggs with Roasted Carrots	Strawberry Pancakes with Bacon and Maple Syrup
<b>Lunch</b>	Grilled Chicken Salad with Candied Pecans, Goat Cheese and Raisins	Cajun Shrimp Zucchini Noodle Bowl with Peppers, Onions and Spinach	Jerk Smoked Chicken Thighs with Grilled Apples and Pineapple	Chipotle Chicken Loaded Sweet Potato Fries with Tomatoes, Cilantro and Lime	Philly Mushroom Burger with Buffalo Cauliflower
<b>Dinner</b>	Chicken and Shrimp Fried Rice with Carrots and Snap Peas	Chicken a la Vodka Pasta with Spinach, Mushrooms and Broccoli	BBQ Pork Chops with Roasted Root Vegetables	Paleo Meatloaf with Mashed Sweet Potatoes and Green Beans	Honey Ginger Sesame Salmon over Stir Fry Vegetables