



4/25/2016	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Brussels Sprout, Sweet Potato, Chorizo and Kale Hash with Fried Eggs	Shrimp and Asparagus Frittata with Roasted Broccoli	Breakfast BLT with Fried Egg	Garden Vegetable Scrambled Eggs with Roasted Sweet Potatoes	Apple Cinnamon Pecan Pancakes with Bacon
Lunch	Asian Salad with Grilled Chicken, Oranges, Toasted Almonds and Sesame Dressing	Turkey Reuben Sandwich with Coleslaw	Jerk Chicken Wings with Carrot and Celery Sticks	Paleo Beef Tacos with Salsa and Shredded Lettuce	Buffalo Chicken Stuffed Sweet Potatoes
Dinner	Sausage and Seafood Jambalaya over Black Rice	Chicken and Broccoli "Alfredo" with Paleo Pasta	Chicken Cacciatore with Squash and Zucchini	BBQ Ribs with Sweet Potato Fries	Baked Chicken Thighs with Green Bean and Mushroom Casserole