



5/9/2016	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Kielbasa, Sweet Potato and Kale Hash topped with Eggs	Tomato, Basil, Pepperoni and Goat Cheese Frittata	Hard Boiled Eggs and Chocolate Walnut Banana Nut Muffin	Ham, Broccoli and Goat Cheese Scrambled Eggs with Paleo Toast	Carrot Cake Pancakes with Bacon
Lunch	Local Strawberry, Pecan and Grilled Chicken Spinach Salad	Mediterranean Chicken Saute with Olives, Artichokes, Sundried Tomatoes and Spinach	Teriyaki Chicken Wings with Roasted Sweet Potatoes	Italian Club Sandwich with Side Salad	Chicken Lettuce Wraps (think PF Changs!)
Dinner	Chicken Adobo with Cilantro, Lime and Crushed Red Pepper over Black Rice	Chicken Tetrazzini over Paleo Pasta	Grilled Pork Chops with Creamy Chipotle Sauce and Roasted Vegetables	Spaghetti Squash and Meatballs with Marinara	Paleo Beef Stew with Tomatoes, Carrots and Sweet Potatoes