



8/1/2016	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Chicken, Red Pepper, Zucchini, Mushroom and Sweet Potato Hash with Eggs	Carrot and zucchini frittata with fresh fruit	Sausage Gravy over Paleo Toast with a fried egg	Chorizo and Kale Scrambled Eggs with Roasted Parsnips	Chocolate Chip Pancakes with Bacon
<b>Lunch</b>	Grilled Chicken Cobb Salad with Carrots, Tomatoes, Hard Boiled Egg and Bacon	Taco Stuffed Red Bell Peppers	Jamaican Jerk Wings with Grilled Pineapple	Buffalo Chicken Stuffed Sweet Potato with Goat Cheese and Chives	Turkey, Lettuce and Tomato Sandwich with Side Salad
<b>Dinner</b>	Creamy Chicken, Mushrooms and Haricot Vert over Black Rice	Chicken a la Vodka over Paleo Pasta	Paleo Meatloaf with Mashed Sweet Potatoes and Broccoli	Lemon Pepper Chicken Thighs with Sautéed Squash, Zucchini and Peppers	Jalapeño Chicken and Goat Cheese Burger with Sweet Potato Fries