



7/11/2016	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Ground Beef, Sauerkraut, Sweet Potato and Brussels Sprout Hash	Pizza Frittata with Pepperoni, Tomatoes, Basil and Goat Cheese	Chocolate Walnut Banana Bread Pudding with Maple Syrup	Briased Pork and Scallion Scrambled Eggs with Paleo Toast	Carrot Cake Pancakes with Bacon
Lunch	Tuna Nicoise Salad with Haricot Vert, Hard Boiled Egg, Capers and Lemon Thyme Vinaigrette	Buffalo Chicken Stuffed Sweet Potato with Goat Cheese and Chives	BBQ Pork, Pineapple and Jalapeno Pizza with Goat Cheese	Korean Marinated Steak Lettuce Wrap Tacos with Kale Kimchi	Turkey Reuben Sandwich with Sauerkraut
Dinner	Coconut Curry Chicken over Black Rice	Paleo Lasagna with Side Salad	Summer Turkey and Sweet Potato Chili	Chicken Cacciatore with Squash and Zucchini	Teriyaki Salmon with Roasted Vegetables