



10/17/2016	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Chicken, Sweet Potato, Beet and Onion Hash with Eggs	Pizza Frittata with Basil, Tomato, and Pepperoni and Fresh Fruit	Paleo Huevos Rancheros with Chorizo and Salsa	Steak and Eggs with Roasted Vegetables	Blueberry Pancakes with Bacon and Maple Syrup
<b>Lunch</b>	Chicken, Almond, Bacon and Spinach Salad with Cranberry Vinaigrette	Egg Roll in a Bowl with Chicken	BBQ Chicken Wings with Ranch and Roasted Sweet Potatoes	Thai Chicken Lettuce Wraps with Almond Butter Dipping Sauce	Chicken Enchilada Casserole with Peppers and Goat Cheese
<b>Dinner</b>	Red Curry and Lemongrass Tilapia Stew over Black Rice	Chicken Picatta with Paleo Pasta	Beef Pot Roast with Carrots, Cauliflower and Sweet Potato	Roasted Turkey with Brown Gravy, Mashed Sweet Potatoes and Roasted Brussels Sprouts	Chicken BLT Burger with Parsnip Potato Salad