



10/24/16	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Sausage, Shallot, Sweet Potato and Mushroom Hash with Fried Eggs	Chorizo, Mushroom and Kale Frittata with Fruit	Breakfast BLT with Fried Egg	Grilled Ham Steaks with Scrambled Eggs and Paleo Toast	Almond Butter Banana Pancakes with Bacon and Maple Syrup
<b>Lunch</b>	Italian Chopped Salad with Balsamic Vinaigrette	Paleo Sheppards Pie with Mashed Parsnip Crust	Maryland Style Shrimp Salad Sandwich with Sweet Potato Chips	Spicy Grilled Steak Lettuce Wraps with an Asian Slaw	Smoked BBQ Pork with Pickles, Slaw and Parsnip Fries
<b>Dinner</b>	Orange Chicken Stir Fry over Black Rice	"Chicken Bryan" with Zoodles in a Fra Diavolo Sauce	Honey Mustard Chicken Thighs with Mashed Sweet Potatoes and Green Beans	Paleo Chicken And Dumplings	Teriyaki Salmon and Vegetable Stir Fry