



1/23/17	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Steak, Sweet Potato, Mushroom and Tomato Hash with Fried Eggs	Bacon, Tomato, Spinach and Goat Cheese Frittata with Fresh Fruit	Proscuitto and Egg Stuffed Portabella Mushroom	Ham, Broccoli and Goat Cheese Scrambled Eggs with Paleo Toast	Carrot Cake Pancakes with Bacon and Maple Syrup
Lunch	Grilled Chicken Salad with Candied Pecans, Shaved Red Onion, Fennel and Raisins	BBQ Pulled Pork over Mashed Plantains	Egg Roll in a Bowl with Chicken and Shrimp	Beef Kabobs with Tomatoes, Squash and Mushrooms	Waldorf Chicken Salad Sandwich with Grapes, Apples and Walnuts with Side Salad
Dinner	Chicken Adobo with Cilantro, Lime and Crushed Red Pepper over Black Rice	Paleo Spaghetti and Meatballs with Housemade Paleo Pasta	Beef Fajita Stir Fry with Peppers, Onions, Salsa and Snap Peas	Honey Mustard Chicken Thighs with Mashed Sweet Potatoes and Broccoli	Chicken Spaghetti Squash Pad Thai