



| 7/6/2015         | Monday                                                             | Tuesday                                                             | Wednesday                                                     | Thursday                                                  | Friday                                                                                  |
|------------------|--------------------------------------------------------------------|---------------------------------------------------------------------|---------------------------------------------------------------|-----------------------------------------------------------|-----------------------------------------------------------------------------------------|
| <b>Breakfast</b> | <b>Steak &amp; Eggs with Roasted Sweet Potatoes</b>                | <b>Ham and Broccoli Frittata with Fresh Fruit</b>                   | <b>Peach and Pecan Bread Pudding</b>                          | <b>Scrambled Eggs with Asparagus and Mushrooms</b>        | <b>Apple Cinnamon Pancakes with Candied Pecans and Bacon</b>                            |
| <b>Lunch</b>     | <b>Roasted Vegetable and Chicken Cobb Salad</b>                    | <b>Paleo Cashew Chicken with Water Chestnuts and Parsnips</b>       | <b>Chicken "Spinach &amp; Artichoke Dip" Pizza</b>            | <b>BBQ Ribs with Caramelized Apples</b>                   | <b>Cuban Sandwich with Pork, Ham, Goat Cheese, Banana Dijon Spread and Dill Pickles</b> |
| <b>Dinner</b>    | <b>Chicken and Spinach Pasta with Sun-dried Tomato Cream Sauce</b> | <b>Shrimp and Kielbasa Skillet with Zucchini and Sweet Potatoes</b> | <b>Balsamic Braised Beef with Shaved Brussel Sprout Salad</b> | <b>Southern Chicken, Biscuits and Gravy with Broccoli</b> | <b>Buffalo Chicken Burger with Sweet Potato Fries</b>                                   |