



8/10/2015	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Goat Cheese and Chive Scrambled Eggs with Paleo Toast	Breakfast Bowl with Apples, Cinnamon, Pecans and Chia Seeds	Ham, Egg and Goat Cheese Paleo Biscuit Sandwich	Butternut Squash, Sausage and Kale Frittata	Banana Almond Butter Pancakes with Bacon
Lunch	Paleo Chicken Cobb Salad	Honey Mustard Chicken Thighs with Roasted Sweet Potatoes	Buffalo Hot Wings with Celery, Carrots and House-made Ranch	Chili Lime Chicken Tacos with Grilled Pineapple Salsa	Pulled BBQ Beef Sandwich with Coleslaw
Dinner	Creamy Mushroom, Caramelized Onion and Arugula Pasta with Grilled Chicken	Creamy Chicken and Spaghetti Squash Casserole	Paleo Meatloaf with Roasted Broccoli and Mashed Parsnips	Shrimp & Grits with Roasted Asparagus	Avocado Chicken Burger with Sweet Potato Chips