



9/14/2015	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	SWEET POTATO FRITTATA WITH FRUIT	SCRAMBLED EGGS WITH PUMPKIN SPICE BREAD	GROUND BEEF AND SCRAMBLED EGGS STUFFED IN A RED BELL PEPPER	SWEET POTATO, BACON, HAM, AND BRUSSEL SPROUTS SKILLET	SWEET POTATO PANCAKES WITH BACON
Lunch	MONGOLIAN, BEEF WITH ROASTED SWEET POTATOES	ROASTED CHICKEN THIGHS WITH KALE SALAD	PEPPERONI, BASIL, AND GOAT CHEESE PIZZA	BANG BANG SHRIMP TACOS	SHREDDED PORK & BUTTERNUT SQUASH SOUP
Dinner	CREAMY CHICKEN AND BLACK RICE	PORK TENDERLOIN WITH ROASTED BRUSSEL SPROUTS, BACON, AND APPLES	PESTO CHICKEN, KALE, & MUSHROOM PALEO PASTA	PEPPER STEAK SAUTE WITH BROCCOLI, CARROTS, AND PEPPERS	ROASTED TURKEY WITH MASHED CAULIFLOWER, AND HARICOT VERTS