



10/19/2015	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	BREAKFAST BOWL WITH APPLES, CINNAMON, PECANS, AND FLAX	TURKEY, SPINACH, & MUSHROOM SCRAMBLED EGGS WITH PALEO TOAST	STEAK & EGGS WITH ROASTED SWEET POTATOES AND CARROTS	SOUTHWESTERN FRITTATA WITH HAM, PEPPERS, & ONIONS WITH FRUIT	PALEO CHOCOLATE CHIP PANCAKES WITH BACON
Lunch	PALEO CHICKEN COBB SALAD	PORTOBELLO BAHN MI SANDWICH	SWEET TERIYAKI WINGS, WITH SAUTEED VEGGIES	GRILLED CHICKEN WITH A PARSNIP "POTATO" SALAD	CHILI LIME CHICKEN TACOS WITH GRILLED PINEAPPLE SALSA
Dinner	BEEF AND BLACK RICE STEW WITH CARROTS AND BROCCOLI	CREAMY PESTO AND CHICKEN MEATBALLS PASTA WITH ARUGULA AND CAPERS	KIELBASA, PEPPERS, ONION, AND SWEET POTATO HASH	SHRIMP AND PALEO GRITS WITH MUSHROOM AND ASPARAGUS	PALEO MEATLOAF WITH STEAMED BROCCOLI AND MASHED CAULIFLOWER