



4/18/2016	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Ham, Sweet Potato and Broccoli Hash with Fried Eggs	Chorizo, Sweet Potato and Kale Frittata with Fruit	Chocolate Banana Nut Muffin with Hard Boiled Eggs	Bacon and Chive Scrambled Eggs with Paleo Toast	"Trail Mix" Pancakes with Bacon
Lunch	Grilled Chicken Cobb Salad with Bacon and Hard Boiled Eggs	Turkey Ham Club with Side Salad	Pepperoni and Mushroom Pizza with Goat Cheese	Chicken and Shrimp Spaghetti Squash Pad Thai	Enchilada Casserole with Chicken, Peppers and Goat Cheese
Dinner	Beef and Broccoli over Black Rice	Chicken, Mushroom and Spinach Pesto Pasta	Zucchini Noodle Primavera with Chicken, Tomatoes, Broccoli, and Squash	Honey Mustard Pork Tenderloin with Apple and Sweet Potato Hash	Hawaiian Chicken Burger with Grilled Pineapple and Sweet Potato Fries