



6/6/2016	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Sausage, Shallot, Sweet Potato and Mushroom Hash with Fried Eggs	Kielbasa and pepper frittata with goat cheese with fruit	Chocolate Walnut Banana Muffin with Hard Boiled Egg	Grilled Ham Steak with Scrambled Eggs	Apple Cinnamon Pecan Pancakes with Bacon
<b>Lunch</b>	Apple, Strawberry, Pecan and Almond Spinach Salad with Grilled Chicken	Buffalo Chicken stuffed sweet potato	BBQ Chicken Wings with Roasted Sweet Potatoes	Beef Tacos with Salsa and Shredded Lettuce in Paleo Tortillas	Chicken Salad Sandwich with Side Salad
<b>Dinner</b>	Sweet and Sour chicken over black rice	Chicken mushroom and spinach pesto pasta	Paleo Meatloaf with Mashed Caulifolwer and Haricot Vert	Baked Chicken Thighs with Brussels Sprout and Apple Hash	Grilled Lemon Garlic Tilapia with Roasted Vegetables