



10/3/2016	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Sausage, Shallot, Sweet Potato and Mushroom Hash with Eggs	Bacon, Tomato, Spinach and Garlic Frittata with Roasted Carrots	Chocolate Walnut Banana Bread French Toast with Caramelized Apples	Ham, Broccoli and Goat Cheese Scrambled Eggs	Apple Cinnamon Pecan Pancakes with Bacon and Maple Syrup
<b>Lunch</b>	Taco Salad with Peppers, Onions, Salsa and House-made Paleo Chips	Paleo Chicken Tenders with Remoulade and Slaw	Meat Lovers Pizza with Pepperoni, Sausage and Kielbasa	Buffalo Chicken Stuffed Sweet Potato with Goat Cheese and Chives	Avocado Chicken Burger with Side Salad
<b>Dinner</b>	Chicken Adobo with Cilantro, Lime and Crushed Red Pepper over Black Rice	Turkey Tetrazini with Paleo Pasta	Grilled Tilapia over Roasted Beets, Onion, Sweet Potato and Brussels Sprouts with Lemon Cream Sauce	Paleo Meatloaf with Mashed Sweet Potatoes and Southern Greens	Creamy Shrimp and Spinach over Mashed Parsnips