



11/21/16	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Chicken, Kale, Sweet Potato and Carrot Hash with Fried Eggs	Pizza Frittata with Basil, Tomato, Pepperoni and Fresh Fruit	Pumpkin Chocolate Chip Muffins with Hard Boiled Eggs	Steak, Scrambled Eggs and Roasted Sweet Potatoes	Blueberry Pancakes with Bacon and Maple Syrup
<b>Lunch</b>	Taco Salad with Ground Beef, Lettuce, Salsa and Paleo Tortilla Chips	Buffalo Chicken Stuffed Sweet Potatoes with Spinach and Goat Cheese	Meat Lovers Pizza with Ham, Pepperoni, Italian Sausage and Goat Cheese	Ham and Goat Cheese Melt Sandwich with Side Salad	Italian Sausage Stuffed Portabella Mushrooms
<b>Dinner</b>	Sweet and Sour Chicken over Black Rice	Turkey Tetrazini over Paleo Pasta	Paleo Meatloaf with Roasted Root Vegetables	Roasted Turkey, Mashed Sweet Potatoes and Green Beans	Chipotle Turkey Burger with Sweet Potato Fries