



1/30/17	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Chicken, Kale, Mushroom and Sweet Potato Hash with Eggs	Southwestern Frittata with Ham, Peppers and Onions and Fresh Fruit	Apple Carrot Muffin with Fried Eggs	Kielbasa and Pepper Scrambled Eggs with Roasted Sweet Potatoes	Banana Walnut Pancakes with Bacon and Maple Syrup
Lunch	Asian Chicken Salad with Mandarin Oranges, Toasted Almonds and Sesame Vinaigrette	Buffalo Chicken Stuffed Sweet Potato with Kale Slaw	BBQ Chicken and Pineapple Paleo Pizza with Goat Cheese	Italian Sausage Stuffed Portabella Mushrooms	Egg Salad with Bacon and Chives Sandwich with Side Salad
Dinner	Beef and Broccoli over Black Rice	White Chicken Chili with Squash, Zucchini, Tomatoes and Parsnips	Chipotle Maple Pork Chops with Roasted Winter Squash	Chicken Marsala with Roasted Carrots and Green Beans	Teriyaki Salmon over Spaghetti Squash and Mixed Vegetables