

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Steak, Sweet Potato, Pepper, Kale and Squash Hash with Fried Eggs	Pizza Frittata with Pepperoni, Onion, Goat Cheese and Tomatoes	Chocolate Walnut Banana Bread Pudding with Maple Syrup	Taco Scrambled Eggs with Fresh Salsa and Spinach	Blueberry Pancakes with Bacon and Maple Syrup
Lunch	Grilled Shrimp Southwestern Salad with Cilantro Lime Vinaigrette	BBQ Pork with Kale Slaw and Paleo "Cornbread"	Herb Roasted Chicken Thighs with Sauteed Spinach, Squash, Zucchini and Tomatoes	Smoked Kielbasa and Pineapple with Sweet Potato Fries	Avocado Chicken Burger with Goat Cheese, BBQ Sauce and Side Salad
Dinner	Kung Pao Chicken with Cashews, Carrots and Snap Peas over Black Rice	Paleo Lasagna with Broccoli	Honey Mustard Pork Tenderloin with Roasted Root Vegetable and Apple Medley	Chicken Picatta with Sauteed Squash, Zucchini, Carrots and Kale	Blackened Mahi Mahi over Spinach with Tropical Salsa and Roasted Sweet Potatoes