Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Kielbasa, Pepper, Mushroom and Sweet Potato Hash with Fried Eggs	Spinach, Bacon, Tomato and Goat Cheese Frittata with Fresh Fruit	Breakfast BLT Sandwich with Fried Egg, Bacon and Tomato	Chicken and Vegetable Scrambled Eggs	Carrot Cake Pancakes with Bacon and Maple Syrup
Lunch	Chicken and Ham Cobb Salad with Hard Boiled Eggs and Carrots	Coconut Curry Chicken Stew with Carrots, Celery and Parsnips	Buffalo Hot Wings with Carrots, Celery and Paleo Ranch	Pork Stir Fry with Broccoli, Carrots, Peppers and Snap Peas	Taco Stuffed Red Bell Peppers
Dinner	Creamy Chicken, Mushroom, Spinach and Broccoli Casserole with Black Rice	Paleo Spaghetti and Meatballs with Spinach	Garlic and Rosemary Roasted Chicken Breasts with Roasted Green Beans and Carrots	Meat Lovers Chili with Paleo Cornbread	Braised Brisket with Roasted Root Vegetables