|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| 3 | 4 | 5 | 6 |  7 | 8 | 9 |
|  | Breakfast Casserole Type 1 with Sweet Potato Mash  | Breakfast Casserole type 1 Leftovers | Eggs with Sweet Potato Hash  | Eggs With Sweet Potato Hash leftovers  | Eggs with Sweet Potato Hash Leftovers  | Breakfast Casserole type 2  |
|  |  |  |  |  |  |  |
|  | Leftovers Chocolate Salted Pears  | LeftoversSweet Potato Post Workout Shake  | LeftoversGuacamole Stuffed Peppers  | LeftoversPaleo Pizza Bites  | LeftoversCinnamon Sugar Pumpkin Muffins  | LeftoversPaleo Brownie Bites |
|  |  |  |  |  |  |  |
| Chicken Mini Meatloafs | Paleo Fettuccini Alfredo | Paleo Chili  | Steak with Veggies  | Chicken Parm  |  Barbeque Bacon Burgers | ---------  |

Breakfast

Lunch-snack

Dinner

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| 10 | 11 | 12 | 13 |  14 | 15 | 16 |
| Breakfast Casserole Type 2 leftovers | Breakfast Casserole type 2 leftovers  | Mexican Omelet |  Mexican Omelet Leftovers  |  Mexican Omelet Leftovers  |  Sweet Potato Hash  | Sweet Potato Hash  |
|  |  |  |  |  |  |  |
| LeftoversChocolate Cupcakes | LeftoversChocolate Chip Bakies  | LeftoversGreek Meatballs | LeftoversGreek Meatballs | Leftovers | Leftovers | Leftovers |
|  |  |  |  |  |  |  |
| Jerk Chicken and Pineapple Bowls  | Pork Carnitas  | Greek Stuffed Chicken  | Paleo Fajitas  | Paleo Hot Dog with Chili  | Cheat Meal  | Hawaiian pulled pork  |

Breakfast

Lunch-snack

Dinner