|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 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 | Leftovers  Sweet Potato Post Workout Shake | Leftovers  Guacamole Stuffed Peppers | Leftovers  Paleo Pizza Bites | Leftovers  Cinnamon Sugar Pumpkin Muffins | Leftovers  Paleo 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 |
|  |  |  |  |  |  |  |
| Leftovers  Chocolate Cupcakes | Leftovers  Chocolate Chip Bakies | Leftovers  Greek Meatballs | Leftovers  Greek 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