

W
H
O
L
E
30
D
A
Y
S
21-
30

	<i>Breakfast</i>	<i>Lunch</i>	<i>Dinner</i>
<i>Thursday, January 21</i>	sausage and eggs, fruit	easy egg salad over mixed greens	paleo homestyle meatloaf, mashed potatoes, broccoli
<i>Friday, January 22</i>	sausage and eggs, fruit	leftover meatloaf, mashed potatoes, broccoli	easy chicken curry over cauliflower rice
<i>Saturday, January 23</i>	bacon and butternut squash quiche, fruit	easy chicken curry over cauliflower rice	cajun drumsticks with asparagus potato hash
<i>Sunday, January 24</i>	bacon and butternut squash quiche, fruit	easy egg salad over mixed greens	one skillet paleo mediterranean chicken with salad
<i>Monday, January 25</i>	bacon and butternut squash quiche, fruit	leftover cajun chicken drumsticks with asparagus potato hash	paleo shrimp pad thai
<i>Tuesday, January 26</i>	southwest scrambled eggs, fruit	leftover mediterranean chicken with salad	chicken apple sausage, baked sweet potato fries
<i>Wednesday, January 27</i>	southwest scrambled eggs, fruit	leftover paleo shrimp pad thai	leftover chicken apple sausage, baked sweet potato fries
<i>Thursday, January 28</i>	asparagus and ham crustless quiche, fruit	chicken salad over mixed greens	smoky bacon chicken thighs, brussels sprouts
<i>Friday, January 29</i>	asparagus and ham crustless quiche, fruit	chicken salad over mixed greens	stuffed peppers, baked cinnamon apples
<i>Saturday, January 30</i>	asparagus and ham crustless quiche, fruit	leftover stuffed peppers, baked cinnamon apples	leftover smoky bacon chicken thighs, brussels sprouts