

# WHOLE 30 || WEEK FIVE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

BREAKFAST

<p>Sweet Potato Hash with fried eggs <a href="http://paleogrubs.com/sweet-potato-hash-recipe">http://paleogrubs.com/sweet-potato-hash-recipe</a></p>	<p>Sweet Potato Hash with eggs</p>	<p>Almond Butter Banana Smoothie <a href="http://paleogrubs.com/banana-chocolate-shake-recipe">http://paleogrubs.com/banana-chocolate-shake-recipe</a></p>	<p>Caramelized Onion Frittata <a href="http://paleomg.com/caramelized-onion-frittata/">http://paleomg.com/caramelized-onion-frittata/</a></p>	<p>Caramelized Onion Frittata <a href="http://paleomg.com/caramelized-onion-frittata/">http://paleomg.com/caramelized-onion-frittata/</a></p>
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LUNCH

<p>Harvest Salad (from Whole30) using Cracklin Chicken <a href="http://nomnompaleo.com/post/74180911762/cracklin-chicken">http://nomnompaleo.com/post/74180911762/cracklin-chicken</a></p>	<p>Fall- Apart Short Ribs with mashed potatoes and green beans <a href="http://meljoulwan.com/2013/10/03/wf2-thyme-braised-short-ribs/">http://meljoulwan.com/2013/10/03/wf2-thyme-braised-short-ribs/</a></p>	<p>Chinese Pork Fried Rice <a href="http://meljoulwan.com/2011/06/21/chinese-pork-fried-frice/">http://meljoulwan.com/2011/06/21/chinese-pork-fried-frice/</a></p>	<p>Mexican Burgers with Guacamole over mixed greens <a href="http://paleomg.com/leftovers-mexican-burgers/http://paleomg.com/leftovers-mexican-burgers/">http://paleomg.com/leftovers-mexican-burgers/</a></p>	<p>Crispy Chicken Tenders served over mixed greens and ranch dressing</p>
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DINNER

<p>Fall- Apart Short Ribs with mashed potatoes and green beans <a href="http://meljoulwan.com/2013/10/03/wf2-thyme-braised-short-ribs/">http://meljoulwan.com/2013/10/03/wf2-thyme-braised-short-ribs/</a></p>	<p>Chinese Pork Fried Rice <a href="http://meljoulwan.com/2011/06/21/chinese-pork-fried-frice/">http://meljoulwan.com/2011/06/21/chinese-pork-fried-frice/</a></p>	<p>Mexican Burgers with Guacamole with Oaxaca cheese <a href="http://paleomg.com/leftovers-mexican-burgers/http://paleomg.com/leftovers-mexican-burgers/">http://paleomg.com/leftovers-mexican-burgers/</a></p>	<p>Crispy Chicken Tenders with Spicy &amp; Sweet Fries <a href="http://paleomg.com/cri-spy-chicken-dippers/">http://paleomg.com/cri-spy-chicken-dippers/</a></p>	<p>Coconut Shrimp with grilled squash <a href="http://paleomg.com/thai-coconut-lime-shrimp/">http://paleomg.com/thai-coconut-lime-shrimp/</a></p>
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