



PALEO MENU - WEEK 6

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Waffle Breakfast Sandwich w/ Turkey Sausage	Eggs w/ Mashed Green Plantain, Turkey Bacon & Salsa	Banana Pancakes w/ Coconut Berry Sauce, Eggs & Turkey Bacon	Scotch Eggs w/ Dijon Honey Aioli	Blueberry Muffins w/ Turkey Sausage & Fruit
SNACK 1	Fresh Fruit	Baked Paleo Item	Baked Paleo Item	Baked Paleo Item	Tropical Chia Pudding
LUNCH	Tuna Burger w/ Wasabi Slaw & Sweet Potato Tots	Cumin Crusted Pork w/ Root Veggies & Sweet Potatoes	Thanksgiving Stuffing Beef Meatballs, Mash Turnips & Green Beans	Tandoori Chicken w/ Greens & Yucca Fries	Turkey Picadillo Plantain Boat w/ "Queso Fresco" Sauce, & Chili Roasted Broccoli
SNACK 2	Egg Salad	Protein w/ Veggies	Tuna Salad	Protein w/ Veggies	Protein w/ Veggies
DINNER	Cauliflower Turkey Shepherds Pie w/ Asparagus	Chicken Milanese w/ Butternut Squash & Broccoli	Baked Pesto Fish, Spaghetti Squash & Brussel Sprouts	Turkey Bolognese over Squash Noodles	Baked Apple Onion Chicken w/ Acorn Squash & Lime Cabbage

Legend Cal: Calories P: Protein C: Carbohydrates F: Fat Fib: Fiber

Disclaimer: Nutrient values are estimates only. Variations may occur due to product availability and food preparation.