



## PALEO MENU - WEEK 7

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>	SunButter Chia Jam Muffin w/ Turkey Sausage & Fruit Cal: 290 P:12 C: 25 F: 17 Fib:5	Mango Pancakes w/ Turkey Bacon, Eggs & Coconut Mango Lime Sauce Cal: 328 P:20.3 C:20.3 F:18.4 Fib:3	Egg Tortilla w/ Chicken & Sweet Plantain Hash Cal: 326 P: 32 C: 27 F:10 Fib: 2.6	Chocolate Paleo Waffles w/ Turkey Sausage & Berry Sauce Cal:271 P:14.6 C:30.2 F:10.2 Fib:5.4	Plantain Patty w/ Grilled Eggs & Salsa Cal: 305.4 P: 8.1 C: 39 F:13 Fib: 2.8
<b>SNACK 1</b>	Fresh Fruit	Baked Paleo Item	Baked Paleo Item	Baked Paleo Item	Chia Pudding
<b>LUNCH</b>	Ground Turkey Stuffed Sweet Potato w/ Kale Salad	Cilantro, Tomato Tapenade Shrimp w/ Asparagus & Parsnip Cauliflower Puree	Chicken Cobb Salad w/ Avocado Dressing	Pork Marsala, Butternut Squash & Garlic Spinach	Turkey BBQ Bacon Burger, Sweet Plantains & Cabbage Salad
<b>SNACK 2</b>	Egg Salad	Protein w/ Veggies	Protein w/ Veggies	Protein w/ Veggies	Protein w/ Veggies
<b>DINNER</b>	Chicken Vieja w/ Yucca & Stewed Veggies	Teriyaki Beef Stir Fry w/ Butternut Squash & Stir Fried Veggies	Turkey Breast, Pumpkin Gratin & Roasted Kale	Buffalo Chicken Spaghetti Squash & Broccoli	Baked Greek Fish w/ Sweet Potato Bread & Green Beans

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.