



PALEO MENU - WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Chia Flax Paleo Pancakes, Turkey Sausage & Coconut Sauce	Chicken Sausage Scramble w/ Sweet Potato Hash	Savory Paleo Waffle Sandwich w/ Egg, Kale Turkey Sausage & Sweet Dijon Aioli	Stuffed Breakfast Peppers & Sweet Potatoes	Paleo Donut w/ G-Butter Protein Glaze, Boiled Egg & Fruit
SNACK 1	Paleo Baked Good	Mixed Nuts w/ Dates & Coconut	Paleo Baked Good	HX Nut Bar	Chocolate Coconut Chia Pudding
LUNCH	Cilantro Shrimp, Asparagus w/ Nuts & Pumpkin Gratin	Ropa Vieja (Beef) with Peppers & Onions Yucca & Kale	Hawaiian Chicken Salad w/ Pineapple Dressing	Turkey Breast, Butternut Squash & Broccoli	Char Siu BBQ Pork, Cauliflower Fried Rice & Jerk Pumpkin Squash
SNACK 2	Protein w/ Veggies	Egg Salad w/ Carrots	Protein w/ Veggies	Tuna Salad w/ Carrots	Protein w/ Veggies
DINNER	Apple Bacon Chicken Burger w/ Sweet Potato Tots & Spinach Salad	Ground Turkey Spaghetti Squash Bake & Green Beans	Baked Tapenade White Fish, Baked Sweet Potato & Veggie Sticks w/ Baba Ghanoush Dip	Chicken Marsala, Acorn Squash & Garlic Broccolini	Turkey Pineapple Picadillo, Sweet Plantains & Yellow Squash Rounds

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.