


PALEO MENU - WEEK 2					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 BREAKFAST	Coco Pancakes w/ Coconut Sauce, Turkey Sausage & Eggs Cal: 270.2 P: 21.1 C: 22.6 F: 10.6 Fib: 3.3	Chicken Scramble Egg, & Turkey Bacon w/ Sundried Tomatoes Cal: 305. P: 22 C: 20.5 F: 15 Fib: 3.5	Savory Paleo Waffle w/ Egg, Spinach, Bacon & Sweet Dijon Sauce Cal: 288.1 P: 20.7 C: 13.3 F: 16.9 Fib: 2.5	Pepper Baked Egg w/ Green Onions & Turkey Bacon & Sweet Potato Cal: 293.5 P: 19 C: 28.5 F: 11.5 Fib: 6.5	Paleo Donut w/ G Butter Protein Pecan Glaze & Boiled Eggs Cal: 263.3 P: 15.8 C: 12 F: 16.9 Fib: 2.4
SNACK 1	Mini Chia Pudding	Fresh Fruit	HX's Raw Nut Bar	Caveman Delight	Veggies & Hummus
LUNCH	Cilantro Shrimp, Asparagus & Nuts & Pumpkin Gratin Cal: 460 P: 36 C: 21 F: 29 Fib: 8	Ropa Vieja (beef) with Peppers & Onions Yucca & Kale Cal: 400 P: 38 C: 29 F: 14 Fib: 3	Hawaiian Chicken Salad w/ Raisins, walnuts & fresh fruit Cal: 520 P: 45 C: 22 F: 29 Fib: 4	Stuffed Turkey Breast, Butternut Squash & Steamed Broccoli Cal: 470 P: 46 C: 37 F: 19 Fib: 12	Char Siu BBQ Pork, Cauliflower Fried Rice & Jerk Pumpkin Squash Cal: 460 P: 44 C: 22 F: 23 Fib: 6
SNACK 2	Baked Apple Sausage	Banana Muffin	Buffalo Chicken Stuffed Tomatoes	Egg Salad	Chicken w/ Veggies
DINNER	Apple Bacon Chicken Burger w/ Oven Rosemary Sweet Potatoes & Tomatoes Cal: 414 P: 32 C: 31.9 F: 18 Fib: 2.4	Ground Turkey Spaghetti Squash Bake & Green Beans Cal: 439.4 P: 32.2 C: 34.9 F: 19 Fib: 4.3	Baked Tapenade White Fish, Sweet Potato Mash & Zucchini Cal: 403 P: 33.5 C: 38 F: 13 Fib: 2.2	Chicken Marsala (Mushrooms), & Romano Veggies Cal: 401.8 P: 40 C: 33 F: 12 Fib: 5.5	Turkey Pineapple Picadillo, Sweet Plantains & Yellow Squash Rounds Cal: 418.4 P: 31.5 C: 37.1 F: 16 Fib: 17

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.