



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	Ropa Vieja (beef) with Peppers & Onions Yucca & Kale	Hawaiian Chicken Salad w/ Raisins, walnuts & fresh fruit	Stuffed Turkey Breast, Butternut Squash & Steamed Broccoli	Char Siu BBQ Pork, Cauliflower Fried Rice & Jerk Pumpkin Squash
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	Ground Turkey Spaghetti Squash Bake & Green Beans	Baked Tapenade White Fish, Sweet Potato Mash & Zucchini	Chicken Marsala (Mushrooms), & Veggies	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.