



## PALEO MENU - WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>	Chia Pudding Parfait & Strawberry Chia Jam Muffin	Greek Squash Breakfast Bowl	Chocolate Pancakes, Turkey Sausage & Berry Chia Marmelade	Egg Muffins, Kale & Turkey Bacon	Banana Waffles w/ G-Butter protein nut spread & Scrambled Eggs
<b>SNACK 1</b>	Baked Paleo Item	Fresh Fruit	Baked Paleo Item	Hx Café Nut Bar	Baked Paleo Item
<b>LUNCH</b>	Pesto Chicken w/ Butternut Squash & Zucchini	Shrimp Satay, Mango Sweet Potato & Sauteed Veggies	Turkey Breast Kale Salad w/ Creamy Dressing	Spinach Beef Cilantro Meatballs, Turnips & Veggies	Chicken Piccata, Mashed Cauliflower & Asparagus
<b>SNACK 2</b>	Egg Salad	Protein & Veggies	Protein & Veggies	Tuna Salad	Protein & Veggies
<b>DINNER</b>	Turkey Meatloaf, Baked Sweet Potato & Green Beans w/ Almonds	Grilled Pork Tenderloin with Pineapple Salsa, Yucca & Cabbage	Shredded BBQ Chicken, Sweet Potato Rounds & Squash Casserole	Grilled Salmon, Kale & Orange Salad w/ Parsnips & Carrots	Turkey Stuffed Peppers & Mixed Green Salad w/ Balsamic Dressing

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.