



## PALEO MENU - WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>	Chia Pudding (banana, chia seeds, cinnamon) Cal: 316.5 P: 6.9 C: 27.9 F: 19.7 Fib:11.6	Greek Squash Breakfast Bowl Cal: 292.2 P:17.3 C:31 F: 11 Fib:5.5	Chocolate Pancakes, Eggs, Turkey Sausage & Coco-Berry Sauce Cal:290.8 P:21.3 C:23.7 F:12.3 Fib:3.8	Egg Muffins, Kale & Turkey Bacon Cal:285.6 P:25.6 C:23.3 F:10 Fib:2.3	Waffles w/ G Butter protein nut spread & Scrambled Eggs Cal: 267.3 P: 19.7 C: 14.5 F:14.5 Fib: 3.3
<b>SNACK 1</b>	HX Nut Bar	Fresh Fruit	Banana Muffin	Sundried Tomato Hummus w/ Veggies	Caveman Delight
<b>LUNCH</b>	Chicken Medallions stuffed w/ pesto & BN Squash & Zucchini	Shrimp Satay, Mango Sweet Potato & Sauteed Bok Choy	Turkey Breast Kale Salad w/ Creamy Dressing	Spinach Beef Cilantro Meatballs, Turnips & Veggies	Chicken Piccata, Mashed Cauliflower & Asparagus
<b>SNACK 2</b>	Tuna Dip & Carrot Sticks	Buffalo Chicken Stuffed Tomatoes	Pineapple Turkey Picadillo	Turkey Stuffed Zucchini Boats	Baked Apple Sausage
<b>DINNER</b>	Turkey Meatloaf, Baked Sweet Potato & Green Beans w/ Almonds	Grilled Pork Tenderloin with Pineapple Salsa & Yucca Fries & Cabbage	Shredded BBQ Chicken, Sweet Potato Rounds & Squash Casserole	Grilled Fish Salmon, Kale & Orange Salad w/ Parsnips & Carrots	Turkey Stuffed Peppers & Mixed Green Salad w/ Balsamic

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.