## Healthy Xpress

	PALEO MENU - WEEK 4				
Healthy	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Crustless Quiche w/ Sweet Potato & Turkey Sausage	Eggs w/ Mashed Green Plantain, Turkey Bacon & Salsa	Banana Pancakes w/ Coconut Berry Sauce, Eggs & Turkey Bacon	Egg Muffins & Turkey Sausage	Blueberry Muffins w/ Turkey Sausage & Fruit
LUNCH	Tuna Burger w/ Wasabi Slaw & Cilantro Aioli	Shredded Pork w/ Yucca Arepas & Salad	Thanksgiving Stuffing Beef Meatballs, Mash Turnips & Green Beans	Tandoori Chicken w/ Greens & Yucca Fries	Turkey Picadillo Plantain Boat w/ "Queso Fresco" Sauce, & Chili Roasted Broccoli
DINNER	Cauliflower Turkey Shepherds Pie w/ Veggies	Chicken Milanese w/ Butternut Squash & Broccoli	Baked Pesto Fish, Spaghetti Squash & Brussel Sprouts		Mediterranean Chicken, Veggie Cauliflower Rice & Grilled Veggies
Logond	Cal: Calorios	D. Drotoin	C: Carbobydratos	F: Eat	Fih: Fihor

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.