


PALEO ATHLETE MENU - WEEK 2					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 BREAKFAST	Coco Pancakes w/ Coconut Sauce, Turkey Sausage & Eggs Cal: 371.7 P: 29 C: 29.5 F: 15.2 Fib:4.4	Chicken Scramble Egg, & Turkey Bacon w/ Sundried Tomatoes Cal: 502.5 P:34 C:41 F: 22.5 Fib:7	Savory Paleo Waffle w/ Egg, Spinach, Bacon & Sweet Dijon Sauce Cal:434.7 P:30.3 C:22.8 F:24.7 Fib:4.8	Pepper Baked Egg w/Green Onions & Turkey Bacon & Sweet Potato Cal:335.7 P:21.5 C:32.5 F:13.3 Fib:8	Paleo Donut w/ G Butter Protein Pecan Glaze & Boiled Eggs Cal: 322.9 P: 21.7 C: 12 F:20.9 Fib: 2.4
SNACK 1	Pineapple Plantains	Carrot Ginger Muffin	HX's Raw Nut Bar	Apple Pie Muffin	Veggies & Hummus
LUNCH	Cilantro Shrimp, Asparagus & Nuts & Pumpkin Gratin Cal: 560 P:45 C:27 F:34 Fib: 10	Ropa Vieja (beef) with Peppers & Onions Yucca & Kale Cal: 580 P:50 C:51 F:18 Fib:4	Hawaiian Chicken Salad w/ Raisins, walnuts & fresh fruit Cal:680 P:61 C:26 F:39 Fib:6	Stuffed Turkey Breast, Butternut Squash & Steamed Broccoli Cal: 580 P:60 C:49 F:20 Fib:16	Char Siu BBQ Pork, Cauliflower Fried Rice & Jerk Pumpkin Squash Cal:600 P:57 C:29 F:31 Fib:7
SNACK 2	Chicken Stuffed Tomato	Fresh Fruit	Turkey Zucchini Boats	Fish Dip & Carrot Sticks	Grilled Chicken & Veggies
DINNER	Apple Bacon Chicken Burger w/ Oven Rosemary Sweet Potatoes & Tomatoes Cal: 539.6 P:42.6 C:47.3 F:20 Fib:3.8	Ground Turkey Spaghetti Squash Bake & Green Beans Cal:534.2 P:42.4 C:43.9 F:21 Fib:4.8	Baked Tapenade White Fish, Sweet Potato Mash & Zucchini Cal:507.4 P:40.4 C:52.7 F:15 Fib:3.2	Chicken Marsala (Mushrooms), & Romano Veggies Cal:503.2 P:52.3 C: 42 F:14 Fib:6.5	Turkey Pineapple Picadillo, Sweet Plantains & Yellow Squash Rounds Cal:566.2 P:42.3 C:56.5 F:19 Fib: 2.9

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.