



## PALEO ATHLETE MENU - WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>	Chia Pudding Parfait & Strawberry Chia Jam Muffin Cal: 316.5 P: 6.9 C: 27.9 F: 19.7 Fib:11.6	Greek Squash Breakfast Bowl Cal: 442.2 P:25.3 C:51.5 F: 15 Fib:9	Chocolate Pancakes, Turkey Sausage & Chia Marmelade Cal:392.2 P:29.2 C:30.6 F:17 Fib:4.9	Egg Muffins, Kale & Turkey Bacon Cal:369.6 P:37.6 C:23.3 F:14 Fib:2.3	Waffles w/ G Butter protein nut spread & Scrambled Eggs Cal: 413.9 P: 29.3 C: 24 F:22.3 Fib: 5.6
<b>SNACK 1</b>	Baked Paleo Item	Fresh Fruit	Baked Paleo Item	Hx Café Nut Bar	Baked Paleo Item
<b>LUNCH</b>	Stuffed Pesto Chicken w/ Butternut 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>	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 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.