



PALEO ATHLETE MENU - WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	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: 442.2 P:25.3 C:51.5 F: 15 Fib:9	Chocolate Pancakes, Eggs, Turkey Sausage & Coco-Berry Sauce 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
SNACK 1	HX Nut Bar	Fresh Fruit	Banana Muffin	Sundried Tomato Hummus w/ Veggies	Caveman Delight
LUNCH	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
SNACK 2	Tuna Dip & Carrot Sticks	Buffalo Chicken Stuffed Tomatoes	Pineapple Turkey Picadillo	Turkey Stuffed Zucchini Boats	Baked Apple Sausage
DINNER	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.