



PALEO ATHLETE MENU - WEEK 4

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Scrambled Eggs w/ Peppers & Onions, Sweet Potato & Turkey Bacon	Paleo Orange-Cran French Toast, Boiled Egg, Fruit & Coconut Orange-Cran Dipping Sauce	Banana Pancakes, w/ G Butter Nut Spread & Turkey Bacon	Egg Muffins & Turkey Sausage	Chicken Enchilada Egg "Burrito" Sweet Plantains & Cilantro Aioli
SNACK 1	Fresh Fruit	Date & Raisin Nut Bar	Baked Paleo Item	Coconut Chocolate Nut Bar	Mini Chia Pudding
LUNCH	Apricot Glazed Turkey Breast w/ Plantain Puree & Beet/Radish Salad	Garlic & Lime Pork, Sweet Potato & Jicama Slaw	Pineapple Chicken, Yuca & Zucchini Gratin	Asian Spiced Turkey & Spaghetti Squash Bowl	Tuna Steak, Roasted Sweet Potato & Parsnips w/ House Salad
SNACK 2	Protein w/ Veggies	Egg Salad	Protein w/ Veggies	Tuna Salad	Protein w/ Veggies
DINNER	Grilled White Fish w/ Tomatillo Salsa, Sweet Plantains & Green Beans	Italian Turkey Ragout w/ Eggplant & Brussel Sprouts	Beef Barbacoa, Cauliflower "Rice" & Coleslaw	Honey Balsamic Grilled Chicken, Kale Salad & Roasted Squash	Mango & Jalapeno Chicken Burger w/ Broccoli & Asparagus

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.