



PALEO ATHLETE MENU - WEEK 4

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Scrambled Eggs w/ Peppers & Onions, Sweet Potato & Turkey Bacon Cal: 425.8 P: 29.5 C: 34.2 F: 19 Fib:6.3	Paleo Orange-Cran French Toast, Boiled Egg, Fruit & Coconut Orange-Cran Dipping Sauce Cal: 537.9 P:34 C: 35 F: 29.1 Fib: 6	Banana Pancakes, w/ G Butter & Bacon Cal:468.8 P:35.7 C:23.9 F:25.6 Fib:4.3	Egg Muffins & Turkey Sausage Cal:385.5 P:27.3 C:9 F:26.7 Fib:0	Chicken Enchilada Egg "Burrito" Sweet Plantains & Cilantro Aioli Cal: 369.6 P: 37.6 C: 23.3 F:14 Fib: 2.3
SNACK 1	Fresh Fruit	Vegetables w/Hummus	Banana Muffin	HX Nut Bar	Mini Chia Pudding
LUNCH	Apricot Glazed Turkey Breast w/ Plantin 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	Buffalo Chicken Stuffed Tomato	Egg Salad	Turkey Stuffed Zucchini	Sweet Chicken Slaw	Carrot & Zucchini Muffin
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.