



PALEO ATHLETE MENU - WEEK 5

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Vanilla Blueberry Protein Waffles, Turkey Bacon, Eggs & Coconut Cinnamon Sauce	Egg Muffins w/ Turkey Sausage & Breakfast Sweet Potatoes	Chia Pudding w/ Coconut & Walnuts	Crustless Quiche w/ Turkey Sausage	G Butter Protein Gluten Free Muffins with Turkey Sausage
SNACK 1	Baked Paleo Item	Fresh Fruit	Baked Paleo Item	Chia Pudding	Nut Bar
LUNCH	Sundried Tomato Basil Chicken, Butternut Squash & Broccoli	Stuffed Turkey Breast, Yucca Bites and Zucchini	Grilled Greek Chicken Salad w/ Turmeric Mint Dressing	Ropa Vieja w/ Sweet Plantains & Asparagus	Fish Ceviche w/ Sweet Potato
SNACK 2	Protein w/ Veggies	Egg Salad	Protein w/ Veggies	Tuna Salad	Protein w/ Veggies
DINNER	Turkey Stuffed Sweet Potato Balls w/ Orange Kale	White Fish Cakes w/ Snow Peas & Acorn Squash	Scotch Bacon Turkey Meatloaf w/ Broccoli, Mushrooms & Eggplant	Grilled Pork Loin, Kale & Spaghetti Squash	Baked Chicken, Chimichurri Cauliflower & Green Beans

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.