



PALEO ATHLETE MENU - WEEK 5

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|------------------|--|--|--|---|--|
| BREAKFAST | Paleo Waffles, Bacon, Eggs & Sunflower Seed Butter Cal: 492.7 P: 28.9 C: 24.3 F: 31.1 Fib: 10.7 | Egg Muffins, Turkey Sausage & Breakfast Sweet Potatoes Cal: 399.3 P: 28.1 C: 31 F: 18.1 Fib: 4 | Grilled Egg w/ Sweet Potato Hash Cups & Turkey Bacon Cal: 409.4 P: 29.6 C: 30 F: 19 Fib: 6 | Crustless Quiche w/ Turkey Sausage Patty Cal: 370.6 P: 25 C: 29.4 F: 17 Fib: 9.3 | G Butter Protein Muffins & Turkey Sausage Cal: 418.5 P: 29.8 C: 17 F: 25.7 Fib: 3.2 |
| SNACK 1 | Baked Paleo Item | Fresh Fruit | Baked Paleo Item | Chia Pudding | Baked Paleo Item |
| 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 | Protein w/ Veggies | 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.