



## PALEO ATHLETE MENU - WEEK 6

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>	Waffle Breakfast Sandwich w/ Turkey Sausage	Eggs w/ Mashed Green Plantain, Turkey Bacon & Salsa	Banana Pancakes w/ Coconut Berry Sauce, Eggs & Turkey Bacon	Scotch Eggs w/ Dijon Honey Aioli	Blueberry Muffins w/ Turkey Sausage & Fruit
<b>SNACK 1</b>	Fresh Fruit	Baked Paleo Item	Baked Paleo Item	Baked Paleo Item	Tropical Chia Pudding
<b>LUNCH</b>	Tuna Burger w/ Wasabi Slaw & Sweet Potato Tots	Cumin Crusted Pork w/ Root Veggies & Sweet Potatoes	Thanksgiving Stuffing Beef Meatballs, Mash Turnips & Green Beans	Tandoori Chicken w/ Greens & Yucca Fries	Turkey Picadillo Plantain Boat w/ "Queso Fresco" Sauce, & Chili Roasted Broccoli
<b>SNACK 2</b>	Egg Salad	Protein w/ Veggies	Tuna Salad	Protein w/ Veggies	Protein w/ Veggies
<b>DINNER</b>	Cauliflower Turkey Shepherds Pie w/ Asparagus	Chicken Milanese w/ Butternut Squash & Veggies	Baked Pesto Fish, Spaghetti Squash & Brussel Sprouts	Turkey Bolognese over Squash Noodles	Baked Apple Onion Chicken w/ Acorn Squash & Lime Cabbage

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.