



PALEO ATHLETE MENU - WEEK 10

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Chicken Omelet w/ Peppers & Onions Cal: 398.2 P:36.5 C: 20.3 F: 19 Fib:20	Baked Peppers w/ Eggs, Green Onions & Turkey Bacon & Sweet Potato Cal: 335.7 P:21.5 C:32.5 F: 13.3 Fib:8	Lemon Chia Pancakes w/ Turkey Bacon & Eggs Cal: 429.7 P: 28.1 C: 26 F:23.7 Fib: 4.4	Green Plantain Patty w/ Fried Egg & Pico de Gallo Cal:403.1 P:14.1 C:50 F:16.3 Fib:3.5	Paleo Chocolate Chip Waffle, Turkey Sausage & Eggs Cal: 423.3 P:26.8 C: 24.8 F:24.1 Fib: 5.6
SNACK 1	Paleo Baked Good	Fresh Fruit	Chocolate Coconut Chia Pudding	HX Nut Bar	Paleo Baked Good
LUNCH	Curry Chicken Salad on Lettuce, Sweet Potato Fries & Roasted Rosemary Beet	Apple Glazed Pork w/ Apple Sauce, Veggies & Butternut Squash	Grilled Greek Chicken Spinach Salad	Chimichurri Churrasco, Roasted Peppers & Baked Sweet Plantains	Shrimp Piccata, Green Beans w/ Mushrooms & Cauliflower Mash
SNACK 2	Egg Salad	Protein w/ Veggies	Protein w/ Veggies	Tuna Salad	Protein w/ Veggies
DINNER	Grilled White Fish w/ Sautéed Garlic Spinach & Mashed Plantains	Cilantro Lime Chicken, Cilantro Aioli, Asparagus & Baked Yucca Arepas	Swedish Turkey Meatballs, Mashed Sweet Potatoes & Broccoli	Chicken Pad Thai w/ Bok Choy & Zucchini Noodles	Mexican Turkey Picadillo w/ Spaghetti Squash & Yellow Squash

Legend Cal: Calories P: Protein C: Carbohydrates F: Fat Fib: Fiber

Chicken Apple Sausage over Peppers & Onions Spaghetti Squash Cal:563.3 P:41.8 C:52 F:20.9 Fib:5.2

Consuming raw or undercooked proteins may increase your risk of foodborne illness, especially if you have a medical condition.