



PALEO ATHLETE MENU - WEEK 8

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Crustless Quiche w/ Sweet Potato & Turkey Sausage Cal: 422.2 P: 28.8 C: 38.5 F: 17 Fib: 6.8	Mediterranean Acorn Squash Breakfast Bowl Cal: 432.5 P: 28.2 C: 26.5 F: 23.7 Fib: 4.1	Grilled Egg over Brussel Bacon Squash Hash Cal: 391 P: 26.6 C: 30.2 F: 18.2 Fib: 5.4	Chia Pudding Berry Parfait w/ Paleo Granola & Strawberry Chia Jam Muffins Cal: 475.2 P: 10.3 C: 41.9 F: 29.6 Fib: 17.3	Paleo French Toast, Turkey Sausage & Eggs Cal: 468.6 P: 32.3 C: 29.5 F: 24.6 Fib: 4.6
SNACK 1	Fresh Fruit	Baked Paleo Item	Baked Paleo Item	Baked Paleo Item	Chia Pudding
LUNCH	Chicken Pumpkin Curry w/ Coconut Daikon Rice & Mixed Vegetables	Dijon Salmon w/ over HX Energizing Salad	Ropa Vieja, Parsnips & Honey Roasted Carrots	Grilled Mango Chicken, Yellow Squash & Green Beans	Lemon Herb Turkey, BBQ Cauliflower Florets & Kale
SNACK 2	Egg Salad	Protein w/ Veggies	Protein w/ Veggies	Protein w/ Veggies	Protein w/ Veggies
DINNER	Turkey Pineapple Picadillo, Sweet Plantains & Broccoli	Almond Crusted Chicken Parmesan w/ Pesto Zucchini Pasta	Basil Shrimp w/ Sweet Potato and Asparagus	Cilantro Lime Pork, Salad & Yucca Fries	Chicken Wings - 2 Ways - w/ All the Fixings

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.