



PALEO ATHLETE MENU - WEEK 9

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Egg Muffins w/ Turkey Bacon Cal: 393 P:28 C: 27.5 F: 19 Fib:3.5	Banana Muffins w/ Turkey Sausage & Eggs Cal: 399.3 P:28.1 C:31 F: 18.1 Fib:4	Veggie Omelet w/ Turkey Bacon & Butternut Squash Cal: 393 P:27.5 C: 28 F:19 Fib: 8.7	Paleo "Oatmeal" Cal:391 P:26.6 C:30.2 F:18.2 Fib:5.4	Baked Yucca and Egg Cups w/ Sauteed Kale & Turkey Sausage Cal: 467.1 P:18.1 C: 54.8 F:19.5 Fib: 6.3
SNACK 1	Paleo Baked Good	Fresh Fruit	Paleo Baked Good	HX Nut Bar	Mini Pineapple Chia Pudding
LUNCH	Asian Turkey Lettuce Wraps w Cauliflower Egg Rice & Mushrooms	Sweet Chicken Stuffed Sweet Potatoes w/ Brussel Sprouts	Korean Chicken Bibimbap Bowl w/ Daikon "Rice"	BBQ Pulled Pork, Coconut Coleslaw & Baked Sweet Plantains	Balsamic Honey Glazed Salmon w/ Sweet Potato Salad & Snow peas
SNACK 2	Mini Turkey Pizzas	Egg Salad	Protein & Veggies	Protein & Veggies	Protein & Veggies
DINNER	Turkey Breast w/ Butternut Squash Gratin & Kale	Balsamic Tomatoes & Onion Baked Fish w/ Yucca & Green Beans	Greek Beef Burger w/ Orzo Sweet Potato Tots & Asparagus	Turkey Meatballs & Marinara over Zucchini Pasta & Cauliflower	Spicy Spinach Chicken w/ Broccoli Apple Almond Salad

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.