


| PALEO MENU - WEEK 1  |  |  |  |   |  |
|--|--|--|--|---|--|
|  | MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY   |
| <br><b>BREAKFAST</b> | Orange-Cran Paleo French Toast w/ Orange Coconut Sauce & Fruit | Grilled Egg over Sweet Potato Bacon & Kale Hash        | Vanilla Blueberry Protein Waffle w/ Turkey Sausage       | Vegetable Egg Muffins w/ Sweet Potato             | Veggie Omelet w/ Turkey Sausage                                  |
| <b>SNACK 1</b>   | Fresh Fruit  | Chocolate Coconut Cashew Bar                           | Baked Paleo Item   | HX Nut Bar  | Mini Chia Pudding  |
| <b>LUNCH</b>   | Turkey Ragu Stuffed Acorn Squash & Broccoli                    | Fruit & Onion Pork, Butternut Squash & Asparagus       | BBQ Cranberry Salmon Salad w/ Orange Dressing            | Orange Chicken & Sautéed Veggies & Squash         | Beef Burger w/ Carmelized Onions, Orange Kale & Zucchini "Fries" |
| <b>SNACK 2</b>   | Egg Salad & Veggies  | Protein & Veggies                                      | Protein & Veggies  | Fish Dip & Veggies                                | Protein & Veggies  |
| <b>DINNER</b>  | Baked Curry Fish w/ Pumpkin Squash & Veggies                   | Chicken Fajitas, Sweet Plantains, w/ Salsa & Guacamole | Apple Glazed Turkey Meatballs, Cabbage & Roasted Turnips | Turkey Breast, Sweet Potato Biscuit & Green Beans | Basil Marinara Chicken over Spaghetti Squash w/ Broccoli         |

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.