



PALEO MENU - WEEK 11

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Mango Coconut Chia Pudding	Cinnamon Chia Flax Pancakes, Turkey Sausage & Coconut Sauce	Chicken & Veggie Omelet with Cilantro Aioli	Eggs, Turkey Bacon, Sweet Potato w/ Kale	Paleo Banana Walnut Waffles, Turkey Sausage and Eggs
SNACK 1	Mixed Nuts	Fresh Fruit	Baked Paleo Item	Apple Pie Muffin	HX Nut Bar
LUNCH	Turkey Breast with Asparagus & Sweet Plantains	Lemon Cayenne White Fish w/ Green Beans & Roasted Root Veggies	Garlic & Lime Pulled Pork w/ Kale & Plantain Patty	Grilled Mango & Tomato Chicken w/ Yucca Fries & Coleslaw	Spicy Kung Pao Chicken Meatballs, Cauliflower Egg Salad & Pumpkin
SNACK 2	Protein and Veggies	Egg Salad & Veggies	Protein and Veggies	Fish Dip & Veggies	Grilled Chicken & Veggies
DINNER	Creamy Spinach Bacon Mushroom Chicken w/ Pumpkin Gratin & Kale	Boston Turkey Chili with Zoodles	Ginger "Soy" Beef Brisket w/ Stir Fry Veggies & Butternut Squash	Thai Turkey Burger, Sweet Potato Tots & Cauliflower	Fish Cakes w/ Cilantro Aioli, Sweet Potato Mash & 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.