



PALEO MENU - WEEK 11

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Mango Coconut Chia Pudding Cal: 399.1 P: 8.4 C: 35.8 F: 24.7 Fib: 15.3	Cinnamon Chia Flax Pancakes, Turkey Sausage & Coconut Honey Sauce Cal: 325.2 P:20.2 C:19.7 F: 18.4 Fib:3.3	Chicken & Veggie Omelet with Cilantro Aioli Cal: 291 P: 21 C: 22.5 F:13 Fib: 1.5	Eggs, Turkey Bacon, Sweet Potato w/ Kale Cal:271 P:14.6 C:30.2 F:10.2 Fib:5.4	Paleo Banana Walnut Waffles, Turkey Sausage and Eggs Cal: 354.5 P:23.2 C: 13 F:23 Fib: 6.3
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.