


PALEO MENU - WEEK 1					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 BREAKFAST	Paleo French Toast, Mango-Coco Sauce, Turkey Sausage & Eggs Cal: 290.8 P: 21.3 C: 23.7 F: 12.3 Fib:3.8	Grilled Egg, Paprika Sweet Potato, & Turkey Bacon Cal: 335 P:18 C:41 F: 11 Fib:7	Paleo Blueberry Protein Waffles, Turkey Sausage & Egg Cal:288.1 P:20.7 C:13.3 F:16.9 Fib:2.5	Scrambled Eggs w/ Veggies & Sweet Potato Pancake Cal:395 P:24 C:41 F:15 Fib:7	Veggie Omelet w/ Turkey Sausage Cal: 253.9 P: 22.6 C: 7.9 F:14.7 Fib: 1
SNACK 1	Fresh Fruit	Chocolate Coconut Cashew Bar	Baked Paleo Item	HX Nut Bar	Mini Chia Pudding
LUNCH	Turkey Ragu w/ Mushrooms 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"
SNACK 2	Egg Salad & Veggies	Protein & Veggies	Protein & Veggies	Fish Dip & Veggies	Protein & Veggies
DINNER	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.