


PALEO MENU - WEEK 8					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 BREAKFAST	Crustless Quiche w/ Sweet Potato & Turkey Sausage Cal: 317.4 P:21.8 C: 28.3 F: 13 Fib:5.0	Mediterranean Acorn Squash Breakfast Bowl Cal: 328 P:20.3 C:20.3 F: 18.4 Fib:3	Grilled Egg over Brussel Bacon Squash Hash Cal: 271 P: 14.6 C: 30.2 F:10.2 Fib: 5.4	Chia Pudding Berry Parfait w/ Paleo Granola & Strawberry Chia Jam Muffin Cal:316.5 P:6.9 C:27.9 F:19.7 Fib:11.6	Paleo French Toast, Turkey Sausage & Eggs Cal: 322 P:22.7 C: 20 F:16.8 Fib: 2.3
SNACK 1	Fresh Fruit	Baked Paleo Item	Baked Paleo Item	Baked Paleo Item	Chia Pudding
LUNCH	Chicken Pumpkin Curry w/ Coconut Daikon Rice & Mixed Vegetables	Dijon Salmon w/ over HX Energizing Salad	Ropa Vieja, Parsnips & Honey Roasted Carrots	Grilled Mango Chicken, Yellow Squash & Green Beans	Lemon Herb Turkey, BBQ Cauliflower Florets & Kale
SNACK 2	Egg Salad	Protein w/ Veggies	Protein w/ Veggies	Protein w/ Veggies	Protein w/ Veggies
DINNER	Turkey Pineapple Picadillo, Sweet Plantains & Broccoli	Almond Crusted Chicken Parmesan w/ Pesto Zucchini Pasta	Basil Shrimp w/ Sweet Potato and Asparagus	Cilantro Lime Pork, Salad & Yucca Fries	Chicken Wings - 2 Ways - w/ All the Fixings

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.