


PALEO MENU - WEEK 10					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 BREAKFAST	Chicken Omelet w/ Peppers & Onions Cal: 296 P:24.5 C: 18 F: 14 Fib:4.8	Baked Peppers w/ Eggs, Green Onions & Turkey Bacon & Sweet Potato Cal: 293.5 P:19 C:28.5 F: 11.5 Fib:6.5	Lemon Chia Pancakes w/ Turkey Bacon & Eggs Cal: 352 P: 20.2 C: 19.7 F:18.4 Fib: 3.3	Green Plantain Patty w/ Fried Egg & Pico de Gallo Cal:305.4 P:8.1 C:39 F:13 Fib:2.8	Paleo Chocolate Chip Waffle, Turkey Sausage & Eggs Cal: 312.6 P:22.9 C: 13.4 F:18.6 Fib: 2.8
SNACK 1	Paleo Baked Good	Fresh Fruit	Chocolate Coconut Chia Pudding	HX Nut Bar	Paleo Baked Good
LUNCH	Curry Chicken Salad on Lettuce, Sweet Potato Fries & Roasted Rosemary Beet	Apple Glazed Pork w/ Apple Sauce, Veggies & Butternut Squash	Grilled Greek Chicken Spinach Salad	Chimichurri Churrasco, Roasted Peppers & Baked Sweet Plantains	Shrimp Piccata, Green Beans w/ Mushrooms & Cauliflower Mash
SNACK 2	Egg Salad	Protein w/ Veggies	Protein w/ Veggies	Tuna Salad	Protein w/ Veggies
DINNER	Grilled White Fish w/ Sautéed Garlic Spinach & Mashed Plantains	Cilantro Lime Chicken, Cilantro Aioli, Asparagus & Baked Yucca Arepas	Swedish Turkey Meatballs, Mashed Sweet Potatoes & Broccoli	Chicken Pad Thai w/ Bok Choy & Zucchini Noodles	Mexican Turkey Picadillo w/ Spaghetti Squash & Yellow Squash

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.

Consuming raw or undercooked proteins may increase your risk of foodborne illness, especially if you have a medical condition.