



THE 21 DAY SUGAR DETOX MENU

1 ♦	tunisian pork cheeks roasted broccoli & kale	12 ●	rosemary chicken roasted cauliflower & sautéed kale
2 ●	herb turkey breast roasted suzie's farm cauliflower & baby carrots	13 ■	bbq brisket braised celery & swiss chard
3 ■	thyme braised lamb shoulder roasted heirloom tomato, sautéed yellow squash	14 ■	grilled skirt steak roasted broccoli & cucumber salad
4 ■	peppercorn crusted tri tip sautéed escarole, mixed greens & brussel sprouts	15 ♦	braised pork butt roasted baby carrots & zucchini
5 ●	herb de provence chicken thighs sautéed greens with suzie's farm beets	16 ■	short ribs roasted brussel sprouts & cauliflower
6 ■	bison meatloaf roast asparagus & swiss chard	17 ●	curry roasted chicken roasted eggplant with greens & sautéed peppers
7 ●	seared duck breast roasted beets & brussel sprouts	18 ■	grilled flat steak roasted brussel sprouts & chef veggie mix
8 ●	herb turkey tender roasted cauliflower & parsnips	19 ▼	elk meatloaf roasted broccoli with suzie's farm squash
9 ■	braised lamb brussel sprouts & kale	20 ●	chicken meatballs purple top turnips & suzie's farm heirloom tomato
10 ♦	pork butt sautéed beet greens & roasted beets	21 ■	bison burger butternut squash & chef's veggie selection
11 ●	chicken boglognese yellow squash & broccoli	KEY	<ul style="list-style-type: none"> ● Poultry ♦ Pork ■ Beef/Bison ■ Lamb ▼ Game

PETE'S PALEO YOUR SOURCE FOR READY-TO-EAT- PALEO MEALS

Visit petespaleo.com for more information on ready-to-eat paleo meals.
Check out balancedbites.com/21DSD for more **21 Day Sugar Detox** resources.