

PALEO MENU FOR THE WEEK OF MAY 15 - 19



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Ham, onion and peppers tortilla	Pumpkin pancakes	Steak bits and fried egg	Sweet potato hash and baked egg	Stewed vegetables, hard boiled egg and bacon
LUNCH	Turkey stuffed pepper with ratatoullie	Coconut Tilapia with asparagus	Mojito lime Chicken with cauliflower rice	Pollock Burger with tostones	Turkey breast with glazed carrots
DINNER	Chicken Marsala with steamed broccoli	Mojo Chicken with loaded rutabaga mash	Hoisin Pork loin with mashed plantains	Chicken and Steak fajitas	Creamy Chicken taco with zucchini and squash
SNACK 1	Zucchini soup	Spinach artichoke dip	Cucumber, black Olive and tomato salad	Butternut squash soup	Ants on a log
SNACK 2	Dragon fruit, peach and mango yogurt	Strawberries and honeydew	Cantaloupe and blackberries	Pineapple and green grape	Kiwi, melon, blueberries and grape