



# Paleo Meal Macros

Week	Paleo Meals	Cal	Pro	Carb	Fat
A	Spicy Turkey Meatloaf with Broccoli	320	29	5	19
A	Smoked Chicken Breast & Mashed Sweet Potatoes	350	46	29	5
A	Harlequin Chicken	300	36	11	11
A	Coconut Sugar Honey Glazed Salmon & Asparagus	560	36	41	28
A	Spicy Lamb Patty with Roasted Squash Spears	550	27	5	45
A	Smothered Pork and Mashed Red Potatoes	400	43	36	6
A	Pork Chop with Marinara Sauce & Zucchini Noodles	290	37	9	11
A	Hawaiian Burger with Sweet Potato Fries	520	33	47	20
A	Grilled Steak and Green Beans	270	34	9	9
A	Curry Chicken Salad	650	50	9	45
A	Chef's Pick Salad (macros vary by salad)				
B	Bacon Turkey Sweet Potato Burger & Green Beans	430	40	12	23
B	Chicken Meatloaf and Mixed Squash	300	30	10	14
B	Honey Chicken Breast and Brussels Sprouts	420	35	28	18
B	Nantucket Cod and Roasted Vegetables	270	35	8	9
B	Turkey Pork Meatloaf and Asparagus	690	49	10	49
B	Pulled Pork and Roasted Red Potato Fries	500	36	29	24
B	Grilled Marinated Pork Strips and Roasted Broccoli	410	49	4	20
B	Spicy Beef Burger and Cajun Sweet Potato Fries	480	36	31	22
B	Grilled Steak and Green Beans	270	34	9	9
B	Curry Chicken Salad	650	50	9	45
B	Chef's Pick Salad (macros vary by salad)				

Week	Paleo Meals	Cal	Pro	Carb	Fat
C	Roast Turkey and Mashed Red Potatoes	380	27	27	16
C	Moroccan Chicken Breast % 5-Spice Carrots (AIP)	300	34	11	11
C	Dijon Chicken Thighs and Brussels Sprouts	510	37	8	35
C	Grilled Salmon with Lemon Sauce & Asparagus	360	36	4	21
C	Shrimp with Vegetable Stir Fry	240	23	13	9
C	Balsamic Pork Sirloin and Mashed Sweet Potatoes	470	37	25	22
C	Bacon Maple Pork Tenderloin and Broccoli	430	49	18	16
C	Mongolian Beef and Cauliflower Rice (AIP)	460	29	34	23
C	Grilled Steak and Green Beans	270	34	9	9
C	Curry Chicken Salad	650	50	9	45
C	Chef's Pick Salad (macros vary by salad)				
D	Taco Turkey Burger with Sweet Potato Fries	530	33	31	28
D	Apricot Chicken and Broccoli	300	38	22	5
D	Pecan Crusted Chicken and Mashed Red Potatoes	540	38	31	24
D	Chili Limed Cod and Mixed Squash	290	24	11	13
D	Tomato Basil Turkey Meatloaf, Carrots & Zucchini	440	36	6	29
D	Mustard Crusted Pork and Brussels Sprouts	420	48	16	14
D	Pork Chop and Apples with Roasted Broccoli (AIP)	430	40	21	19
D	Enchilada Stuffed Sweet Potatoes	442	22	50	11
D	Grilled Steak and Green Beans	270	34	9	9
D	Curry Chicken Salad	650	50	9	45
D	Chef's Pick Salad (macros vary by salad)				
E	Cilantro Lime Turkey Burger with Carrots & Zucchini	350	33	7	20
E	Almond Chicken and Mushroom Cauliflower Risotto	480	44	15	25
E	Aromatic Chicken Thighs with Mixed Squash	490	41	5	32
E	Mahi Mahi with Cilantro Lime Sauce & Asparagus	400	34	4	27
E	Garlic Shrimp with Zucchini Noodles	230	26	10	9
E	Stuffed Pork Chop and Brussels Sprouts	730	63	9	48
E	Smoked Pork Tenderloin & Mashed Sweet Potatoes	380	40	26	10
E	Mom's Meatloaf with Mashed Red Potatoes	470	40	20	24
E	Grilled Steak and Green Beans	270	34	9	9
E	Curry Chicken Salad	650	50	9	45
E	Chef's Pick Salad (macros vary by salad)				

