

Z.E.N. Paleo Program

SAMPLE MENU

	Breakfast	Lunch	Snack	Dinner	Dessert
Monday	Paleo Banana Chocolate Chip Muffins with Fresh Fruit	Protein Bison Burger with Organic Ketchup and Sweet Potato Wedges	Arabian Spiced Chicken Lettuce Cups	Herbed Chicken with Zucchini Pasta Pesto and Roasted Cherry Tomatoes	Paleo Dark Chocolate Nutty Bar
Tuesday	Mushroom Scramble with Fresh Fruit	Sicilian Chicken Soup and a Spinach Salad	Pear with Raw Pecans	Grilled White Fish with Citrus Glaze, Garlicky Spinach and Carrots	Paleo Almond Tea Cherry Cookie
Wednesday	Baked Eggs with Bacon and Fresh Fruit	Taco Salad	Tandoori Chicken Tenders with Mango Chutney	Mediterranean Lamb Sirloin with Asparagus and Butternut Squash	Paleo Chocolate Raspberry Cake
Thursday	Paleo Strawberry Banana Waffles with Raw Maple Syrup and Fresh Berries	TexMex Steak with Sautéed Peppers and Onions	Fresh Melons with Cashews	Braised Paprika Chicken with Harvest Squash	Paleo Cherry Cinnamon and Walnut Bar
Friday	Persian Baked Herb Omelet with Fresh Melons	Grilled Chicken Salad with Pecans, Apples, Grapes and Celery with Apple Cider Vinaigrette	Jumbo Shrimp Cocktail	Honey Orange Pork Tenderloin with Collard Greens and Broccoli	Paleo No-Bake Golden Nut Cookies
Saturday	Paleo Blueberry Almond Pancakes with Scrambled Eggs and Fresh Fruit	Paleo Meatballs with Marinara Sauce, Spaghetti Squash and Zucchini	Sliced Turkey Breast with Honey Mustard and Crudités	Cajun Salmon with Veggie Jambalaya	Paleo Chocolate Pecan Bar
Sunday	Egg Casserole with Fresh Fruit	Grilled Citrus Shrimp Salad with Walnuts, Pineapples and Poppyseed Dressing	Fresh Watermelon and Blueberries with Pistachios	Grilled Lime Chicken with Roasted Rosemary Vegetables	Paleo Almond Tea Raspberry Cookie