

MENU WEEK OF OCT 12th

PALATEPRO.COM

MAIN ENTREES

<i>Keto/Paleo</i>	1. Almond Crusted Salmon with BBQ Honey Brussels
<i>Keto/Paleo</i>	2. Sweet Chili Meatballs w/Broccoli, Kale, Stir Fry
<i>Keto/Paleo</i>	3. Mexican Beef Stuffed Zucchini Boats with salsa
<i>Keto/Paleo</i>	4. Buffalo Chicken Salad with Green Pepper "chips" Cold
<i>Keto/Paleo</i>	5. Almond Crusted Chicken with BBQ Honey Brussels
<i>Keto/Paleo</i>	6. Spinach and Artichoke Stuffed Grilled Chicken
<i>Keto/Paleo</i>	7. BBQ Shrimp and Cauliflower Grits

BREAKFAST

13. BHT (Bacon Ham Tomato Scramble with cilantro and salsa)
14. Shredded Chicken Fresca Scramble, Chicken, tomatoes, Salsa, eggs
15. Peach and Granola Parfait

MAIN ENTRESS

<i>CHEAT MEAL</i>	8. Chicken Parm Lasagna Fresh Mozz (HAS GLUTEN)
<i>KETO</i>	9. MEATLOAF PEPPERONI MEATZA (Like a pizza)
<i>BASIC MEAL</i>	10. Teriyaki Beef, Quinoa, Broccoli
<i>BASIC MEAL</i>	11. Grilled Chicken and Sweet Potato
<i>BASIC MEAL</i>	12.. Salsa Salmon and Rice

FREE KIDS MEALS/SIDES

KIDS PIZZA BITES
KIDS GRAPES
SIDE GRAPES
SIDE SWEET POTATO
SIDE ASPARAGUS