

CAVEMAN - April 2021

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Menu #3				Menu #4	
	29-Mar	30-Mar	31-Mar	1	2	3
Breakfast	Egg Bake w/ Spinach Bacon and Zucchini ; 500 Calories; 35g F, 7g C, 35g P, 1350 mg Sodium	Peach Keto Pancakes w/ Walnuts & Cinnamon; 480 calories; 38 g F, 22 C, 19 g P, 700 mg Sodium	Egg Bake w Ham & Peppers;510 Calories; 36g F, 11g C, 32g P, 1160mg Sodium	Macadamia Nut Keto Cakes; 500 Calories, 42g F, 22g C, 19g P, 700 mg Sodium	Spinach & Sausage Bake; 500 Calories; 38g F, 8g C, 36g P, 990mg Sodium	Eggs w Walnuts, Cream Cheese & Cinnamon; 480 Calories, 41g F, 6g C, 22g P, 410 mg Sodium
Lunch	Turkey Meatballs & Cream Sauce; 460 Calories; 27 g F, 15 g C, 42 g P, 470 mg Sodium	Chicken, Vegetables w/ Butter and Chives; 520 calories; 44 g F, 11 g C, 38 g P, 800 mg Sodium	Turkey Vegetable Chili w Cheese & Sour Cream; 540 Calories; 30g F, 23g C, 46g P, 850mg Sodium	Grilled Chicken Thighs w Green Beans, Bacon; 510 Calories; 41g F, 11g C, 44g P, 1000 mg Sodium	Ground Turkey w/ Mushroom Gravy; 530 Calories; 38 g F, 5 g C, 41 g P, 240 mg Sodium	Shredded Cancun Pork; 470 Calories; 26 g F, 17 C, 42 g P, 310 mg Sodium
Dinner	Salmon w/ Pistachios, Zucchini & Chipotle; 530 Calories; 39 g F, 8 g C, 36 g P, 350 mg Sodium	Shredded Pork w/ Pico, Fajita Veggies & Avocado; 510 calories; 29 g F, 21 g C, 42 g P, 350 mg Sodium	Steak w/ Brussels Sprouts & Bacon 510 Calories, 29g F, 10g C, 52g P, 670mg Sodium	Buttered Garlic Shrimp w/ Cauliflower Mash; 490 Calories; 34g F, 13g C, 36g P, 1560 mg Sodium	Braised Chicken Breast Stew with Fennel, Onions & Tomatoes; 480 Calories; 31g F, 16g C, 37g P, 470 mg Sodium	Grilled Tri Tip with Cauliflower Rice & Zucchini; 500 Calories; 33g F, 7g C, 45g P, 610mg Sodium
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Menu #5				Menu #6	
	5	6	7	8	9	10
Breakfast	Egg Whites, Chicken Sausage, and Asparagus with Roasted Peppers, Paprika; 540 Calories; 42g F, 11g C, 30g P, 770mg Sodium	Cherry Pecan Keto Cakes; 500 Calories; 39g F, 27 C, 19g P, 700 mg Sodium	Eggs & Sausag; 500 Calories; 43g F, 2g C, 30g P, 740mg Sodium	Cheesy Turkey Egg Scramble; 470 Calories; 36g F, 4g C, 32g P, 500 mg Sodium	Bell Pepper Egg Frittata w Bacon; 450 Calories; 32g F, 11g C, 27g P, 860mg Sodium	Eggs & Chorizo over Spinach; 480 Calories, 37g F, 10g C, 25g P 670mg Sodium
Lunch	Green Salad with Blackened Chicken, Cucumber, Avocado, Mango and Lemon Juice; 500 Calories; 30g F, 10g C, 47g P, 210mg Sodium	Turkey & Spaghetti Squash; 490 Calories; 33 g F, 14 C, 35 g P, 650 mg Sodium	Chicken & Sausage Jambalaya;530 Calories; 29g F, 16g C, 51g P, 740mg Sodium	Chicken & Arugula Salad; 490 Calories; 30g F, 8g C, 47g P, 310 mg Sodium	Turkey Chili w Cheese, Onion & Sour Cream; 510 Calories, 28g F, 24g C, 44g P, 770mg Sodium	Chipotle Chicken Bowl, Avocado, Green Salsa, Zucchini;500 Calories; 28g F, 14g C, 47g P, 550mg Sodium
Dinner	Tri-tip w Brussels & Cauliflower; 510 Calories; 35g F, 10g C, 41g P, 300mg Sodium	Curried Cauliflower and Coconut Chicken w Roasted Squash; 520 Calories; 41g F, 11g C, 40g P, 840mg Sodium	Stewed Pork w/ Spanish Veggies; 510 Calories; 32 g F, 18g C, 39g P, 510 Sodium	Salmon Piccata, Cauliflower Mash, Broccolini; 500 Calories; 31g F, 13g C, 41g P, 310mg Sodium	Tri Tip, Sweet Potato Fries, Green Beans, Ginger Sauce; 520 Calories; 37g F, 9g C, 39g P, 270mg Sodium	Turkey with Portobello Mushroom Slices, Bacon, and Cauliflower; 510 Calories; 33g F, 12g C, 43g P, 880mg Sodium
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Menu #7				Menu #8	
	12	13	14	15	16	17
Breakfast	Keto Blackberry Pancakes; 450 Calories; 34g F, 25g C, 19g P, 700mg Sodium	Ham, Eggs, Cheddar Cheese 490 Calories, 30g F, 2g C, 52g P, 750mg Sodium	Chorizo, Eggs & Spinach; 480 Calories; 38g F, 16g C, 31g P, 978mg Sodium	Asparagus Egg Bake w/ Bacon; 500 Calories; 37g F, 6g C, 42g P, 980mg Sodium	Keto Pancakes & Sausage; 490 Calories; 35g F, 23g C, 27g P, 1090mg Sodium	Chicken Egg Bake;500 Calories; 29g F, 7g C, 53g P, 470mg Sodium
Lunch	Chicken Greek Salad; 510 Calories; 26g F, 11g C, 50g P, 1170mg Sodium	Asian Chicken & Veggies; 481 Calories; 38g F, 14g C, 42g P, 860mg Sodium	Mexican Turkey Bowl; 480 Calories, 35g F, 18g C, 27g P, 180mg Sodium	Green Salad w/ Chicken; 527 Calories; 37g F, 6g C, 42g P, 320 mg Sodium	Mexican Turkey Bowl; 490 Calories, 30g F, 18g C, 42g P, 570mg Sodium	Grilled Chicken Bowl w/ Avocado
Dinner	Grilled Cod w/ Shallots & Stewed Tomatoes; 460 Calories; 29g F, 16g C, 35g P, 600mg Sodium	Cajun Butter Shrimp; 490 Calories; 33g F, 14g C, 34g P, 1600mg Sodium	Stewed Chicken Thighs 490 Calories, 32g F, 11g C, 40g P, 500mg Sodium	Salmon, Cauliflower & Broccolini; 470 Calories; 31g F, 11g C, 40g P, 220mg Sodium	Grilled Tri-tip & Green Beans; 520 Calories; 32g F, 17g C, 40g P, 280 Sodium	Ginger Amino Chicken; 510 Calories; 24g F, 11g C, 58g P, 1180mg Sodium

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Menu #9			Menu #10		
	19	20	21	22	23	24
Breakfast	Chorizo & Eggs; 490 Calories; 35g F, 6g C, 45g P, 900mg Sodium	Strawberry Keto Cakes; 440 Calories, 34g F, 24g C, 19g P, 700mg Sodium	Chicken, Asparagus & Spinach Frittata; 500 Calories, 32g F, 9g C, 47g P, 420mg Sodium	Pork Sausage, Scrambled Eggs and Pico; 490 Calories; 38g F, 5g C, 30g P, 870mg Sodium	Huevos Rancheros, Vegetables & Spicy Salsa Roja 500 Calories, 34g F, 14g C, 37g P, 5g Fiber, 680mg Sodium	Cinnamon Pecan Keto Pancakes: 500 Calories, 42g F, 22g C, 19g P, 11g Fiber, 700mg Sodium
Lunch	Turkey Chili w/ Cheese & Sour Cream; 510 Calories; 29g F, 18g C, 45g P, 750mg Sodium	Pork & Squash w/ Mustard Sauce; 500 Calories; 41g F, 13g C, 41g P, 480mg Sodium	Chicken & Chorizo Sausage Jambalaya; 470 Calories; 25g F, 15g C, 46g P, 650mg Sodium	Shrimp Taco Salad-510 Calories, 33g F, 19g C, 38g P, 9g Fiber, 1480mg Sodium	Italian Chicken w Tomatoes, Peppers & Rosemary, Avocado 440 Calories, 25g F, 12g C, 43g P, 4g	Oriental Chicken Salad w/ Vegetables: 500 Calories, 30g F, 14g C, 45g P, 5g Fiber, 320mg
Dinner	Ground Chicken Asian Stir Fry; 500 Calories; 36g F, 10g C, 35g P, 300mg Sodium	Salmon over Zoodles; 530 Calories, 36g F, 10g C, 36g P, 290mg Sodium	Tri Tip Fajitas; 530 Calories; 31g F, 23g C, 40g P, 310mg Sodium	Chicken Thighs w/ Cream Sauce and Carrots: 520 Calories, 33g F, 18g C, 39g P, 6g Fiber, 540mg Sodium	Tri-tip & Brussels Sprouts: 480 Calories, 30g F, 12g C, 41g P, 5g Fiber, 300mg Sodium	Pork Fajitas w Pico, Avocado & Sour Cream: 520 Calories, 31g F, 19g C, 42g P, 7g Fiber, 420mg Sodium
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Menu #11			Menu #12		
	26	27	28	29	30	1-May
Breakfast	Shredded Chicken Hash & Avocado; 510 Calories; 28g F, 16g C, 48g P, 300mg Sodium	Banana Keto Pancakes; 450 Calories; 34g F, 26g C, 18g P, 350mg Sodium	Ham & Pepper Egg Bake; 490 Calories; 35g F, 16g C, 37g P, 1000mg Sodium	Red Pepper and Asparagus Frittata; 450 Calories; 36g F, 8g C, 29g P, 780mg Sodium	Peach Almond Pancake; 510 Calories; 40g F, 28g C, 21g P, 710mg Sodium	Smoked Chicken Scramble; 490 Calories; 37g F, 11g C, 34g P, 640mg Sodium
Lunch	Turkey Vegetable Chili; 500 Calories; 28g F, 19g C, 45g P, 710mg Sodium	Chicken w/ Pesto & Carrots, Zucchini; 490 Calories; 33g F, 10g C, 42g P, 680mg Sodium	Thai Chicken Lettuce Wraps; 510 Calories; 33g F, 19g C, 37g P, 330mg Sodium	Chicken Fajita Salad; 510 Calories; 31g F, 17g C, 29g P, 780mg Sodium	Grilled Chicken & Spaghetti Squash; 520 Calories; 27g F, 14g C, 53g P, 600mg Sodium	Pork Stir Fry; 490 Calories; 27g F, 16g C, 45g P, 570mg Sodium
Dinner	Pork Loin w/ Fajita Veggies; 530 Calories; 33g F, 18g C, 40g P, 350mg Sodium	Chicken & Brussel Sprouts; 500 Calories; 37g F, 9g C, 37g P, 470mg Sodium	Steak with Fajita Veggies & Avocado: 480 Calories, 28g F, 15g C, 44g P, 350mg Sodium	Steak w/ Shallots and Cauliflower; 510 Calories; 34g F, 15g C, 39g P, 300mg Sodium	Turkey Meatloaf and Cauliflower; 520 Calories; 27g F, 14g C, 53g P, 600mg Sodium	Chicken Pesto Zucchini Noodles; 510 Calories, 30g F, 12g C, 45g P, 350mg Sodium