CAVEMAN - Nov 2021

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Menu #5			Menu #6		
	1	2	3	4	5	6
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		
	8	9	10	11	12	13
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		
	15	16	17	18	19	20
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 Fiber, 320mg Sodium	Oriental Chicken Salad w/ Vegetables: 500 Calories, 30g F, 14g C, 45g P, 5g Fiber, 320mg Sodium
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			THANKSGIVING SKIP		
	22	23	24	25	26	27
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	NO MEALS DELIVERED THESE DAYS		
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			
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			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Menu #12			Menu #13		
	29	30	*1-Dec*	*2-Dec*	*3-Dec*	*4-Dec*
Breakfast	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	Cajun Pork Sausage Egg Bake; 520 Calories, 43g F, 8g C, 31g P, 860mg Sodium	Keto Pancakes and Poached Pear; 450 Calories; 34g F, 29g C, 18g P, 700mg Sodium	Whole Egg Scramble w/ Ground Turkey
Lunch	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	Chicken & Spinach Salad; 520 Calories; 30g F, 8g C, 54g P, 590mg Sodium	Chicken & Zucchini w/ Pesto; 500 Calories, 34g F, 11g C, 37g P, 340mg Sodium	Turkey Lettuce Wraps; 520 Calories; 34g F, 17g C, 39g P, 330mg Sodium
Dinner	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	Cajun Shrimp & Zucchini;480 Calories; 31g F, 11g C, 40g P, 550mg Sodium	Tri Tip Stir Fry; 490 Calories; 30g F, 15g C, 42g P, 460mg Sodium	Pork & Stuffing; 520 Calories; 35g F, 8g C, 42g P, 360mg Sodium