



EATOLOGY

EAT HEALTHY. LIVE EASY

MENU FOR Paleo Diet

BREAKFAST

SCRAMBLED ORGANIC EGGS WITH SALSA
Kcal: 342 Carbs: 11.7g Protein: 28g Fat: 20.4g

1st SNACK

MORROCAN GRASS-FED BEEF MEATBALL ,
HOMEMADE TOMATO SAUCE
Kcal: 307 Carbs: 10.2g Protein: 22.2g Fat: 19.7g

LUNCH



ZUCCHINI LASAGNA ,
VEGETABLE MIXED SALAD
Kcal: 353 Carbs: 19.3g Protein: 46.5g Fat: 10g

2nd SNACK

CUCUMBER , HUMMUS
Kcal: 280 Carbs: 7.9g Protein: 3.2g Fat: 26.2g

DINNER



GRASS-FED CHILI CON CARNE ,
ROASTED CAULIFLOWER WITH RAISINS
Kcal: 520 Carbs: 36.4g Protein: 50.1g Fat: 19.3g



*WARNING: THE TRANSPARENT PLA CONTAINERS CANNOT BE HEATED IN THE MICROWAVE
*YOU CAN HELP US TO REDUCE THE USE OF PAPER BY REQUESTING A DIGITAL VERSION INSTEAD AT CONTACT@EATOLOGYASIA.COM