

# Healthy Choice

CLEAN EATING / THIS IS NOT GLUTEN FREE

**The Paleo Diet is an effort to eat like we used to back in the day; a few thousand years ago as cavemen. When humans discovered farming, we advanced from hunter-gatherers to farmers. The Problem is that our bodies never adjusted properly to eating all the grains that we are now farming .**

**The Paleo diet is an effort to go back to how we are biologically designed to eat to allow us to tap into our genetic potential and start living healthier immediately... Enjoy!**

## PALEO BREAKFAST

|       |   |       |
|-------|---|-------|
| P1--- | 2Eggs, 2pieces bacon or sausage w/sweet potato waffle fries   | 10.75 |
| P2--- | 4 Eggs, 4 pieces bacon or sausage w/sweet potato waffle fries | 14.50 |
| P3--  | 4 Eggs, 6oz Ribeye Steak, w/sweet potato waffle fries         | 15.00 |

## KIDS' BREAKFAST or LUNCH

|        |   |       |
|--------|---|-------|
| Pk1--- | 1 Egg, 2 pieces bacon or sausage w/apple sauce                | 8.25  |
| Pk2--- | 1 Egg, 2 pieces bacon or sausage w/sweet potato waffle fries  | 8.75  |
| Pk3--- | 2 Eggs, 2 pieces bacon or sausage w/sweet potato waffle fries | 10.25 |
| Pk4--- | 5oz ham steak w/sweet potato waffle fries & one side choice   | 10.50 |
| Pk5--- | 1/4lb hamburger w/sweet potato waffle fries & one side choice | 10.00 |

## PALEO OMELETS

(cooked in coconut oil w/NO cheese)

|            |                          |       |
|------------|--------------------------|-------|
| Girly Girl | 3eggs, 1meat, 3veggies   | 15.00 |
| Weak Man   | 5eggs, 2meats, 3veggies  | 17.00 |
| Real Man   | 10eggs, 3meats, 4veggies | 21.00 |

**Veggie choices: onions, green peppers, jalapenos, tomatoes, mushrooms, black olives, broccoli, peas or corn**

**Meat choices: bacon, sausage or ham**

*Extra meat add: 1.25 each per 3-5egg omelet; 1.75 each per 10egg omelet*

*Extra veggie add: .75 each per 3-5egg omelet; 1.50 each per 10egg omelet*

## LUNCH

|                 |                         |       |
|-----------------|-------------------------|-------|
| Steak           | 6oz steak w/3 sides     | 11.75 |
| Hamburger Patty | 1/2lb w/2 sides         | 11.25 |
| Hot Ham         | 6oz ham steak w/2 sides | 9.50  |

## SIDES

Corn, Green Beans, Peas, Broccoli, Sliced Tomatoes, or Applesauce

Sweet Potato Fries add: 5.50

Side Salad w/Tomato, black olives, onion, pepperoncini add: 5.00