

PALEO WEEKLY MEAL PLAN

MEAL	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Breakfast</b>	Scrambled eggs Bacon (nitrate free) Sweet potato hash	Plantain waffles Scrambled eggs Chicken apple sausage	Chicken maple & herb breakfast sausage Egg and spinach omelette	Hearty breakfast bowl	Parsnip & carrot hash Poached eggs Breaky sausage	Omlette with power greens, bacon, and bell peppers	Blueberry almond pancakes Bacon Eggs
<b>Mid-morning Snack</b>	Chia pudding Mixed berries	Fresh fruit Coconut yogurt	Almond butter chocolate chip bread	Apples Almond butter dip	Plantain quick bread Cashew butter	Vanilla chia parfait	Pumpkin spice muffin with almond butter
<b>Lunch</b>	Kale salad Skirt steak Chimichurri sauce	Curried chicken salad Baby spinach	Vietnamese Grilled Pork Cauliflower rice Pickled carrots & cucumber	Carnitas Tostones Guacamole Kale salad	Chicken soup with carrots, spinach, and red cabbage	Veggie Fritata Mixed greens salad	BBQ Pork ribs Sweet potato mash Roasted veggies
<b>Mid-afternoon Snack</b>	Cauliflower hummus Carrots, raw Marcona almonds	Plantain chips Guacamole dip	Almond butter & Carrots	Plantain chips & cauliflower hummus dip	Taro chips Guacamole dip	Seaweed snacks Cashews	Pickled veggies Pate
<b>Dinner</b>	Lamb burger Parsnip fries Spinach salad	Turkey Bolognese Spaghetti squash	Deconstructed lamb kefta Cauliflower mash Sauteed zucchini	Kelp noodle stir fry with veggies and ground chicken	Filipino chicken adobo Cauliflower rice Sauteed asparagus	Butternut Squash, Okra & Pancetta (Parsnip) Risotto	Thai Yellow Pumpkin Curry with Chicken & Okra Cauliflower rice
<b>Evening Snack</b>	Fresh fruit	Paleo granola Almond milk	Chocolate chia pudding with whipped coconut cream	Fresh fruit	Pickled veggies	Goat cheese Raw veggies	Cacao nibs Coconut yogurt