|  |
| --- |
| Meal plans |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  | Stuffed Mush |  | ChickenFajitas |  | Brkfst for Dinner |  | Eggplnt Pizza |  | Lftovers |  | Scallops |  | Out to eat |
|  |  |  |  |  |  |  |
|  | Sausage and Peppers |  | Burgers |  | Brkfst for Dinner |  | Chicken Cacctre |  | Lftovers |  | Salmon |  | Out to eat |
|  |  |  |  |  |  |  |
|  | Try a new meal! |  | Stuffed Chicken Breast |  | Brkfst for Dinner |  | Chicken Mozz Roll-Ups |  | Lftovers |  | Steak |  | Out to eat |
|  |  |  |  |  |  |  |
|  | Baked Parm Tmtoes |  | Melt in your mouth Chicken |  | Brkfst for Dinner |  | Try a new meal: |  | Lftovers |  | Italian Pot Roast |  | Out to eat |
|  |  |  |  |  |  |  |
|  | Stuffed Mush |  | Meatbls |  | Brkfst for Dinner |  | Eggplnt Pizza |  | Lftovers |  | Scallops |  | Out to eat |
|  |  |  |  |  |  |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Breakfasts | Lunches | Snacks | Sides | Desserts |
|  | Protein Shake |  | Portobello Sandwiches | 8 | Hard boiled eggs | 8 | Kale chips | 8 | Dark chocolate bar |
|  |  |  |  |  |  |  |  |  |  |
|  | Eggs |  | Chicken Salad | 9 | Deli Meat | 9 | Zucchini chips | 9 | Paleo Ice Cream |
|  |  |  |  |  |  |  |  |  |  |
|  | Almost Oatmeal |  | Tomato Basil Soup | 10 | String Cheese | 10 | Grilled veggies | 10 | Paleo fudge |
|  |  |  |  |  |  |  |  |  |  |
|  | Paleo Pancakes |  | Tuna Salad | 11 | Jerky | 11 | Mashed cauliflower | 11 | Paleo brownies |
|  |  |  |  |  |  |  |  |  |  |
|  | Egg Cupcakes |  | Salsa and Avocado Salad | 12 | Almonds | 12 | Asparagus in olive oil | 12 | Avocado chocolate mousse |
|  |  |  |  |  |  |  |  |  |  |
|  | Sausage and veggies |  | Spinach Salad | 1 | Avocado dip with veggies | 1 | Salad-stuffed tomato | 1 | Paleo chocolate chip cookies |
|  |  |  |  |  |  |  |  |  |  |
|  | Omelet |  | Caprese Salad | 2 | Stuffed tomatoes | 2 | Broiled veggies with oiive oil and garlic | 2 | Paleo chocolate mug cake |
|  |  |  |  |  |  |  |  |  |  |
|  | Paleo Muffins |  | Chili | 3 | Meat and veggie skewers | 3 | Salmon dip | 3 | Fruit and veggie popsicle |
|  |  |  |  |  |  |  |  |  |  |
|  | Paleo Pumpkin Bread |  | Gazpacho | 4 | Paleo Trail Mix | 4 | Carrot timbales | 4 | Apple chips with cinnamon |
|  |  |  |  |  |  |  |  |  |  |
|  | Paleo Crepes |  | Chicken Tomatillo Stew | 5 | Celery and almond butter | 5 | Veggie-stuffed pepper | 5 | Paleo Banana Cream Pie |
|  |  |  |  |  |  |  |  |  |  |
|  | Crustless Quiche |  | Cucumber Salad | 6 | Ceviche | 6 | Lettuce wrap | 6 | Coconut pudding |
|  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |