

7 Day Paleo Meal Plan

Breakfast	Lunch	Dinner	Snack
Fried Eggs with sliced Avocado and Tomato	Grilled Chicken Salad with Oil	Paleo Meat loaf with Spaghetti Squash	Almond, Walnut, Sesame Seed and Raisin Trail Mix
Scrambled Eggs with Pruscuto and Asparagus	Paleo Meatloaf with a side Salad	Chicken Vegetable Soup with a side salad	Fresh Fruit
Sweet Potato Hash and Breakfast Sausage	Chicken Vegetable Soup	Stick- to- Your Bones Beef Stew with a spinach strawberry salad	Veggies with Guacamole
Paleo Quiche	Stick- to- your bones Beef Stew with a Salad	Dijon Mustard Almond Crust Halibut with Kale	Green Smoothie with Almond Milk
Sausage, Eggs and Fresh Fruit	Chicken Sausage with Steamed Vegetables	Paleo Meatballs and Zoodles	Nuts and 70% Dark Chocolate
Ham with Fried Peppers and Onions, Grapefruit	Lemon Herbed Salmon with Sauteed Zucchini and carrots	Grilled Steak topped with Onions and Mushrooms and a baked Sweet Potato	Paleo Muffin
Chicken with a veggie scramble	Steak Salad with Eggs, Avocado and Fresh Tomato	Pesto and Walnut Stuffed Chicken	Paleo Beef Jerky