

WEEKLY MEAL PLANNER

WEEK OF:	Breakfast	Lunch	Dinner	Snack
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

SAMPLE MEAL PLAN

(* free recipes available on www.paleocupboard.com)

WEEK OF:	Breakfast	Lunch	Dinner	Snack
Monday	2 poached eggs 2 slices bacon ½ cup berries	Egg Drop Soup* 2 oz. Chicken	Mongolian Beef* Steamed Broccoli	Carrots sticks 10 Raw Almonds
Tuesday	¾ cup Paleo Granola* 1 cup Almond Milk*	Leftover Mongolian Beef* and Steamed Broccoli	Zuppa Toscana Soup* Paleo Breadsticks*	1 Hardboiled Egg 10 Raw Macadamia Nuts
Wednesday	2 scrambled eggs 2 sausages ½ banana	Leftover Zuppa Toscana Soup*	Grilled Swordfish* Baked Brussel Sprouts*	½ Avocado Celery Sticks
Thursday	Sweet Potato Hash*	Grilled Chicken Breast over Mixed Greens with Olive Oil and Balsamic Vinegar	Slow Cooker Pot Roast* Twice Baked Turnips*	1 Orange 2 oz. Chicken
Friday	Paleo Pancakes* 2 sausages	Leftover Pot Roast* and Twice Baked Turnips *	Meaty Spaghetti Sauce over Zucchini Noodles*	1 cup Fresh Berries
Saturday	Prosciutto Egg Cups* Bacon Wrapped Asparagus*	Leftover Meaty Spaghetti Sauce over Zucchini Noodles*	Chicken Shawarma* Zucchini Hummus*	2 Tbsp. Almond Butter Celery Sticks
Sunday	Samosa Breakfast Hash* 2 Poached Eggs	Basil Avocado Chicken Salad*	Cajun Shrimp and "Grits"* Spicy Sweet Potatoes*	½ Avocado 2 Slices Bacon