

	BREAKFAST	SNACK	LUNCH	PM SNACK/PREP	SUPPER
MONDAY	3 EGG OMELETTE add veggies, fry in coconut oil	ONLY IF HUNGRY! 1/4 cup of nuts (almonds, cashews, walnut, pecans, macadamia, or brazilian)	SALAD WITH CHICKEN olive oil & vinaigrette	ONLY IF HUNGRY! green tea Make avocado egg salad	STEAK AND MUSHROOMS small spinach salad
TUESDAY	MEAT & NUTS (leftover steak) 1/4 cup of nuts	ONLY IF HUNGRY! handful of berries	LETTUCE WRAP avocado egg salad	ONLY IF HUNGRY! Make Paleo muffins (freeze for snacks) Make hard boiled eggs, beef patties	PORTABELLO PIZZA marinara, protein, veggies
WEDNESDAY	BREAKFAST BOWL chia seeds, almond/coconut milk, berries, almonds, maple syrup	ONLY IF HUNGRY! 2 hard boiled eggs	2 BEEF PATTIES 1 tomato	ONLY IF HUNGRY! green tea Make pesto & zucchini noodles Make red cabbage slaw	Cheat meal! (gluten free)
THURSDAY	SAUSAGE 1-2 cups of cooked green vegetables	ONLY IF HUNGRY! muffin	PESTO PASTA zucchini noodles	ONLY IF HUNGRY! green tea Make egg cups	GRILLED SALMON red cabbage slaw
FRIDAY	3 BACON EGG CUPS	ONLY IF HUNGRY! handful of berries raw veggies with Paleo dip	LEFTOVERS	ONLY IF HUNGRY! green tea	SAUSAGE & BELL PEPPER SAUTE leftover sausage over spinach
SATURDAY	PALEO PANCAKES top with berries and maple syrup	ONLY IF HUNGRY! muffin	CHICKEN STRAWBERRY SALAD spinach, bacon, raspberry vinaigrette	ONLY IF HUNGRY! green tea	KABOBS protein of choice, veggies/fruit
SUNDAY	GARBAGE EGGS be creative	ONLY IF HUNGRY!	LEFTOVERS	ONLY IF HUNGRY! green tea	CHICKEN STIRFRY over sauteed spinach

	BREAKFAST	SNACK	LUNCH	PM SNACK/PREP	SUPPER
MONDAY	BREAKFAST BOWL chia seeds, almond/coconut milk, berries, nuts, sweetener of choice (maple syrup, agave nectar)	ONLY IF HUNGRY! handful of berries	CHICKEN CLUB LETTUCE WRAP tomatoes, 1/2 avocado	ONLY IF HUNGRY! Prep spaghetti squash, mash leftover sweet potatoes	STEAK baked sweet potato
TUESDAY	2 FRIED EGGS use coconut oil to fry, mashed sweet potato, 1 cup of cooked green vegetables	ONLY IF HUNGRY! 1/4 cup nuts	SPAGHETTI W/MARINARA spaghetti squash	ONLY IF HUNGRY! Make Paleo snacks (freeze) Make beef & broccoli, cauliflower rice	GINGER AND SCALLION FISH over sauteed spinach
WEDNESDAY	SMOKED SALMON (3 OZ) (lox/nova) 1/2 cup broccoli	ONLY IF HUNGRY! muffin raw veggies with Paleo dip	BEEF & BROCCOLI STIR FRY over cauliflower rice	ONLY IF HUNGRY! reen tea Make Kale chips, tuna salad	Cheat meal! (gluten free)
THURSDAY	PALEO PANCAKES top with berries and maple syrup	ONLY IF HUNGRY! kale chips	TUNA SALAD LETTUCE WRAP substitute avocado for mayo	ONLY IF HUNGRY! Make zucchini noodles Cook shrimp	PORK CHOPS roasted beets and radish
FRIDAY	2 POACHED EGGS 1/2 avocado	ONLY IF HUNGRY! muffin handful of berries	SHRIMP SCAMPI zucchini noodles	CRAVING SWEETS?? 2 pcs of 75% dark chocolate 1/4 cup of almonds Shred sweet potato	GRILLED CHICKEN small spinach salad
SATURDAY	SWEET POTATO HASH 2 fried eggs	ONLY IF HUNGRY! handful of berries	Cheat meal! (gluten free)	ONLY IF HUNGRY! green tea	BOWL OF CHILI
SUNDAY	BREAKFAST GARBAGE EGGS be creative	ONLY IF HUNGRY! 1/4 cup of nuts	LEFTOVERS	ONLY IF HUNGRY!	MEXICAN SALAD use the leftover chili over spinach or romaine, get creative