



PALEO PLAN

(1200kcal - 1400kcal)

29th Sept - 5th
Oct

	BREAKFAST	LUNCH	DINNER	SNACK
MONDAY	Paleo Crêpes	Avocado Prawns Potato Salad	Chicken Eggplant Rollatini (no cheese)	Cranberry almond bars
TUESDAY	Stuffed Omelette	Buffalo Chicken Stuffed Peppers	Beef Meatballs with Sautéed Veggies	Nuts & seeds mix
WEDNESDAY	Almond butter & berry chia pudding	White Fish Balls with Zucchini Pasta	Za'atar Chicken with Roasted Veggies	Paleo muffins (nut flour)
THURSDAY	Italian Egg Frittata	Buffalo Chicken with Grilled Veggies	Chicken Meatballs with Kale Salad	Olives with nuts
FRIDAY	Lemon Raspberry Chia Pudding	Grilled Salmon with Roasted Veggies	Chicken Zoodles	Protein balls (dates, nuts)
SATURDAY	Spinach Scrambled Eggs with Veggies	Beef Rogan Josh with Cauliflower Rice	Crusted Sesame Chicken with Grilled Veggies	Fresh fruits
SUNDAY	Paleo Waffles	Chicken Zucchini Rolls	Veggie -Stuffed Chicken Green Salad	Roasted nuts