



PALEO DIET

	BREAKFAST	LUNCH	SNACK	DINNER
MONDAY	Scrambled eggs with spinach, avocado	Garlic Shrimp Zoodles	Carrot sticks with mustard and/or mayo	Roast chicken with a stuffing of onions, carrots, and rosemary.
TUESDAY	Cinnamon and Berries chia Pudding	Baked Chicken with Guacamole Chopped Salad sandwich in a lettuce leaf, with meat and fresh vegetables	Banana with almond butter	Ground Beef and Cabbage Skillet
WEDNESDAY	Broccoli with toasted almonds and poached egg.	Red pepper, broccoli, baby corn, and Chicken stir-fry.	Handful of nuts or trail mix	Mixed salad leaves with Baked White Fish
THURSDAY	Cherry Tomato and Basil Quiche	Oven-baked salmon with asparagus and broccoli	Frozen berries with a drizzle of coconut milk (and honey	Grilled chicken wings, vegetables, salsa
FRIDAY	Butternut squash, broccoli, and tomato omelet with mixed salad.	No bun Burgers , vegetables, salsa	Hard-boiled egg with avocado	Turkey Avocado lettuce wrap
SATURDAY	Vegetable mushroom omelet.	Slow-cooked beef stew with mixed vegetables.	Tuna & Avocado Sweet Potato Toast	Chicken and Pineapple Skewers with oven-roasted
SUNDAY	Avocado, kale, banana, and apple smoothie with almond milk.		Mixed Fruits	Mixed vegetable and chicken soup with turmeric.