

ULTIMATE PALEO GUIDE PRESENTS

1 Week Paleo Meal Plan

Monday

Breakfast

2 Eggs & Bacon

Lunch

Big salad with romaine lettuce

Dinner

Rotisserie chicken with sliced apple

Tuesday

Breakfast

Green Smoothie (Kale & Kiwi)

Lunch

Grilled chicken strips & asparagus.

Dinner

Grilled tuna with celery

Wednesday

Breakfast

2 Eggs & Bacon

Lunch

Mixed veggies & strip steak

Dinner

Grilled chicken with a side of mixed berries

Thursday

Breakfast

Fresh strawberries & bananas.

Lunch

Tuna salad with an apple.

Dinner

Grilled steak & mashed cauliflower.

Friday

Breakfast

Sausage & sautéed broccoli

Lunch

Hamburger patty & spinach.

Dinner

Salmon & avocado

Saturday

Breakfast

2 Eggs & Bacon

Lunch

Steamed vegetables & grilled chicken.

Dinner

Grilled shrimp salad with romaine lettuce & spinach.

Sunday

Breakfast

Paleo Pancakes with Strawberries or Blueberries

Lunch

Pork chops & sweet potatoes

Dinner

Bison burger patty with steamed vegetables

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