

Paleo Diet 4 Week Meal Plan

Week 1

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

Week 2

Monday

Breakfast

Coconut paleo pancakes with sliced bananas.

Lunch

Bratwurst with steamed carrots

Dinner

Bacon-wrapped pork chops with home-made applesauce

Tuesday

Breakfast

2 Eggs & Bacon

Lunch

Salmon with tomatoes & basil.

Dinner

Grilled steak & avocado

Wednesday

Breakfast

Green smoothie (spinach & peaches)

Lunch

Sautéed spinach & grilled chicken.

Dinner

Pork cutlets with a side of blueberries.

Thursday

Breakfast

2 Eggs & Bacon

Lunch

Sausage with grilled peppers.

Dinner

Grilled chicken strips with kale.

Friday

Breakfast

2 Eggs & Bacon

Lunch

Grilled steak with bell peppers.

Dinner

Salmon & avocado with salt.

Saturday

Breakfast

Assorted sautéed vegetables (spinach, broccoli, kale)

Lunch

Spinach salad with zucchini.

Dinner

Grilled shrimp salad with romaine lettuce & spinach.

Sunday

Breakfast

Coconut paleo pancakes with blueberries

Lunch

Spinach salad with shrimp.

Dinner

Seared steak with caramelized onions & grilled asparagus.

Week 3

Monday

Breakfast

Breakfast sausage and sautéed spinach.

Lunch

Venison steak with spinach.

Dinner

Coconut glazed chicken

Tuesday

Breakfast

Coconut paleo pancakes with blackberries.

Lunch

Spinach salad with shrimp

Dinner

Baked tuna with celery.

Wednesday

Breakfast

3 eggs and bacon.

Lunch

Bison burger with carrots

Dinner

Grilled chicken strips with kale.

Thursday

Breakfast

Coconut paleo pancakes with sliced bananas.

Lunch

Leftover chicken strips & steamed broccoli.

Dinner

Salmon with tomato and basil

Friday

Breakfast

3 Egg bacon omelet.

Lunch

Bacon-stuffed bell peppers

Dinner

Steak with mixed berries

Saturday

Breakfast

Paleo pancakes with real honey.

Lunch

Bison steak with grilled broccoli

Dinner

Baby back ribs with mashed sweet potatoes.

Sunday

Breakfast

Banana-pear green smoothie.

Lunch

Strawberry spinach salad with romaine.

Dinner

Pork tenderloins with home-made applesauce

Week 4

Monday

Breakfast

Paleo Pancakes with Strawberries

Lunch

Pork chops & sweet potatoes

Dinner

Bison burger patty with steamed vegetables

Tuesday

Breakfast

Fresh strawberries & bananas.

Lunch

Tuna salad with an apple.

Dinner

Grilled steak & mashed cauliflower.

Wednesday

Breakfast

Sausage & sautéed broccoli

Lunch

Hamburger patty & broccoli.

Dinner

Salmon & avocado

Thursday

Breakfast

Green Smoothie (Kale & Kiwi)

Lunch

Grilled chicken strips & asparagus.

Dinner

Grilled tuna with celery

Friday

Breakfast

2 Eggs & Bacon

Lunch

Steamed vegetables & grilled chicken.

Dinner

Grilled shrimp salad with romaine lettuce & spinach.

Saturday

Breakfast

2 Eggs & Bacon

Lunch

Mixed veggies & strip steak

Dinner

Grilled chicken with a side of mixed berries

Sunday

Breakfast

2 Eggs & Bacon

Lunch

Big salad with romaine lettuce

Dinner

Rotisserie chicken with sliced apple