

Paleo 3 Day Meal Plan (Serves 1 Person)

	Day 1	Day 2	Day 3
Breakfast	Almond Blueberry Parfait	Frittata	Frittata Leftovers
Lunch	Turkey Roll Ups	Beef Mushroom Saute Leftovers	Apple Chicken Salad Leftovers
Dinner	Beef Mushroom Saute	Apple Chicken Salad	Stuffed Mushrooms
Snack	Hard Boiled Egg	Strawberries	Handful of Almonds

Shopping List

Produce	Meat
2 cups Blueberry 1 cup Strawberry 1 Orange 1/2 cup Pomegranate Seeds 1 Green Apple 1 Red Bell Pepper 1 bunch Asparagus 5 cups Mushrooms 1 Tomato 2 Onion 4 cups Mixed Greens 1 Carrot 1 cup Pea pods Fresh Basil Leaves	6 pieces Turkey Deli Meat 12 oz Stir Fry Beef 7 eggs 1 cup Grilled chicken (diced)

Miscellaneous	Spices/Condiments
Sprouted Pumpkin Seeds Almond Butter Almonds	Sea Salt Ground Pepper Garlic Salt Dried Thyme Cumin Coconut Oil

Day 1

Almond Blueberry Parfait



Ingredients

2 cups blueberries
1 cup sprouted pumpkin seeds
1/2 cup almond butter

Instructions

1. Pour 1/2 of the pumpkin seeds into a tall glass
2. Top pumpkin seeds with 1/2 of the blueberries
3. Layer almond butter over blueberries
4. Pour in remaining pumpkin seeds
5. Top with remaining blueberries

Turkey Roll Ups



Ingredients

- 8 asparagus spears
- 1/2 red bell pepper
- 6 pieces turkey deli meat

Instructions

1. Sauté asparagus in a pan on medium heat for 5 minutes
2. Slice bell pepper into 1/2 inch long segments
3. Add one sautéed asparagus and one bell pepper to the left side of your turkey deli meat and roll to the right
4. Dice remaining asparagus and bell pepper
5. Plate roll ups and sprinkle additional diced veggies over the top

Beef Mushroom Saute (Makes enough for Day 1 and Day 2)



Ingredients

12 oz of stir fry beef
4 cups of sliced mushrooms
2 teaspoon coconut oil
1 tablespoon freshly squeezed orange juice
1/2 cup diced tomatoes
Garlic salt to taste

Instructions

1. Heat a non stick skillet to medium
2. Melt coconut oil in skillet
3. Add in beef, mushrooms, a pinch of garlic salt, and orange juice
4. Cook for 10 minutes stirring occasionally (or until browned)
5. Plate beef mushroom sauté and top with diced tomatoes

Day 2

Pomegranate Frittata (makes enough for Day 2 and Day 3)



Ingredients

6 eggs
1/2 cup water
8 spears of sautéed asparagus
1/2 cup pomegranate seeds
4-8 fresh basil leaves

Instructions

1. Preheat oven to broil
2. Whisk eggs and water together in a small bowl for 2 minutes
3. Heat skillet to medium, coat bottom of the pan with your choice of cooking oil
4. Pour egg mixture into pan
5. Gently and slowly swirl egg mixture around pan so the entire bottom is coated with egg
6. Slowly scrape one side of the egg mixture towards the center of the pan allowing raw egg mixture to cover hot pan, continue on all sides for 5 minutes
7. Place pomegranate seeds, basil, and sautéed asparagus onto the top of the frittata
8. Place into broiling oven for 8 minutes or until top is opaque

Apple Chicken Salad (makes enough for Day 2 and Day 3)



Ingredients

- 1 green apple diced
- 1 cup onion diced
- 1 cup grilled chicken diced
- 2 teaspoon coconut oil
- 1 teaspoon dried thyme
- Salt to taste
- 4 cups of mixed greens

Instructions

1. Add coconut oil to a skillet on medium heat
2. Add in onions and apples to skillet, cook for 10 minutes, stirring occasionally
3. Add in chicken, thyme, and salt
4. Stir all ingredients until combined
5. Plate on a bed of mixed greens

Day 3

Stuffed Mushrooms



Ingredients

- 5 whole mushrooms equal in size
- 1 tablespoon coconut oil
- 1/4 cup onion
- 1/4 cup mushroom innards
- 1/4 cup carrots
- 1/4 cup pea pods
- 1/2 teaspoon cumin
- Pinch salt and pepper to taste

Instructions

1. Preheat oven to 450
2. Core meat from mushrooms and set innards aside
3. Add mushroom innards and remainder of ingredients to a food processor, pulse on high for one minute (until minced)
4. Fill cored mushrooms with minced veggie mixture
5. Coat small baking dish with coconut oil
6. Set stuffed mushrooms filling side up into greased baking dish
7. Cook in 450 oven for 10 minutes
8. Remove from oven and plate