

Ultimate Paleo Guide

The Ultimate Guide To The Paleo Diet

PALEO DIET 4 WEEK MEAL PLAN

WEEK 1	BREAKFAST	LUNCH	DINNER
MONDAY	2 Eggs & Bacon	Big salad with romaine lettuce	Rotisserie chicken with sliced apple
TUESDAY	Green Smoothie (Kale & Kiwi)	Grilled chicken strips & asparagus.	Grilled tuna with celery
WEDNESDAY	2 Eggs & Bacon	Mixed veggies & strip steak	Grilled chicken with a side of mixed berries
THURSDAY	Fresh strawberries & bananas.	Tuna salad with an apple.	Grilled steak & mashed cauliflower.
FRIDAY	Sausage & sautéed broccoli	Hamburger patty & spinach.	Salmon & avocado
SATURDAY	2 Eggs & Bacon	Steamed vegetables & grilled chicken.	Grilled shrimp salad with romaine lettuce & spinach.
SUNDAY	Paleo Pancakes with Strawberries or Blueberries	Pork chops & sweet potatoes	Bison burger patty with steamed vegetables

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WEEK 2	BREAKFAST	LUNCH	DINNER
MONDAY	Coconut paleo pancakes with sliced bananas.	Bratwurst with steamed carrots	Bacon-wrapped pork chops with home-made applesauce
TUESDAY	2 Eggs & Bacon	Salmon with tomatoes & basil.	Grilled steak & avocado
WEDNESDAY	Green smoothie (spinach & peaches)	Sautéed spinach & grilled chicken.	Pork cutlets with a side of blueberries.
THURSDAY	2 Eggs & Bacon	Sausage with grilled peppers.	Grilled chicken strips with kale.
FRIDAY	2 Eggs & Bacon	Grilled steak with bell peppers.	Salmon & avocado with salt.
SATURDAY	Assorted sautéed vegetables (spinach, broccoli, kale)	Spinach salad with zucchini.	Grilled shrimp salad with romaine lettuce & spinach.
SUNDAY	Coconut paleo pancakes with blueberries	Spinach salad with shrimp.	Seared steak with caramelized onions & grilled asparagus.

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WEEK 3	BREAKFAST	LUNCH	DINNER
MONDAY	Breakfast sausage and sautéed spinach.	Venison steak with spinach.	Coconut glazed chicken
TUESDAY	Coconut paleo pancakes with blackberries.	Spinach salad with shrimp	Baked tuna with celery.
WEDNESDAY	3 Eggs & Bacon	Bison burger with carrots	Grilled chicken strips with kale.
THURSDAY	Coconut paleo pancakes with sliced bananas.	Leftover chicken strips & steamed broccoli.	Salmon with tomato and basil
FRIDAY	3 Egg bacon omelet.	Bacon-stuffed bell peppers	Steak with mixed berries
SATURDAY	Paleo pancakes with real honey.	Bison steak with grilled broccoli	Baby back ribs with mashed sweet potatoes.
SUNDAY	Banana-pear green smoothie.	Strawberry spinach salad with romaine.	Pork tenderloins with home-made applesauce

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WEEK 4	BREAKFAST	LUNCH	DINNER
MONDAY	Paleo Pancakes with Strawberries	Pork chops & sweet potatoes	Bison burger patty with steamed vegetables
TUESDAY	Fresh strawberries & bananas.	Tuna salad with an apple.	Grilled steak & mashed cauliflower.
WEDNESDAY	Sausage & sautéed broccoli	Hamburger patty & broccoli.	Salmon & avocado
THURSDAY	Green Smoothie (Kale & Kiwi)	Grilled chicken strips & asparagus.	Grilled tuna with celery
FRIDAY	2 Eggs & Bacon	Steamed vegetables & grilled chicken.	Grilled shrimp salad with romaine lettuce & spinach.
SATURDAY	2 Eggs & Bacon	Mixed veggies & strip steak	Grilled chicken with a side of mixed berries
SUNDAY	2 Eggs & Bacon	Big salad with romaine lettuce	Rotisserie chicken with sliced apple