

1 Week Paleo Meal Template

Helpful tips-

1. Looking ahead and doubling recipes that can be used for dinners one night and lunches later in the week is a huge time saver.
2. Having a shopping, prep and cooking day (Saturday or Sunday) can start your week off with high quality foods ready to go.
3. The more convenient it is for you the easier it will be to stick with your plan.

Monday

Breakfast- Pumpkin Cranberry Muffins

Lunch- Chicken & Zucchini Poppers

Dinner- Acorn Squash Tostada Bowls

Notes- The muffins, poppers and acorn squash can be prepped on Sunday.

Tuesday

Breakfast- Sweet Potato, Parsnips, and Sausage Hash

Lunch- Flank Steak with Spinach Salad

Dinner- Chicken Marabella

Notes- Again, prepping the breakfast and lunch on Saturday or Sunday can be a huge timesaver. We even put all the ingredients for Chicken Marabella together in a ziplock bag to be able to go in the oven after work.

Wednesday

Breakfast- Sweet Potato Hash or Coconut Cream Larabar

Lunch- Acorn Squash Tostada Bowls

Dinner- Guacamole Stuffed Southwest Burgers

Notes- The leftover hash and acorn squash make Wednesday easier to handle.

Thursday

Breakfast- Coconut Cream Larabar

Lunch- Chicken Marabella

Dinner- Paleo Bacon Alfredo

Notes- The homemade “Larabar” is a quick go to as are any muffins that can be made ahead of time.

Friday

Breakfast- 3 eggs (any way) cooked in olive oil, 1 medium apple, and 8 macadamia nuts.

Lunch- Paleo Bacon Alfredo

Dinner- Salmon, Baked Asparagus (cooked in olive oil)

Notes- Breakfast and lunch today are examples of just “filling in the template. ” Grab a protein, get some fruit or veggies and add a fat.

Saturday

Breakfast- Spanish Frittata with Chorizo

Lunch- Easy Salmon Patties with Spinach Salad

Dinner- Sweet Potato Sliders

Notes- By cooking an extra salmon filet last night, you can make an easy lunch of salmon patties.

Sunday

Breakfast- Paleo Banana Pancakes

Lunch- Paleo Bacon Alfredo

Dinner- Slow Cooker Chicken Pesto

Notes- Utilizing crockpot recipes for dinner can save time and have meals ready with ease.