

# 7 DAY PALEO MEAL PLAN

## PLAN

Make a plan for what your family will eat for dinner every day in the coming week

## SHOP

When you have an established plan, you'll shop once a week at the most.

## COOK

Next, it's time to unpack and cook stuff at home! prepare as much food as possible as far in advance as you can.

## STORE

Organize and store your food in your refrigerator in ways its easy to serve using containers marked.

DAY	BREAKFAST	LUNCH	DINNER	DESSERT
DAY 1	Bacon	Tuna salad	Slow cooked pork and cole slaw	Almond ice cream
DAY 2	Almond meal scones	Egg salad	Grilled fish and asparagus	Strawberries and coconut whip
DAY 3	Chorizo	Chicken nuggets	Carnitas and salsa	Coffee shake
DAY 4	Avocado	Walnut bread and almond butter	Pork chops and broccoli	Dark chocolate covered raspberries
DAY 5	Smoothies	Turkey and cranberries	Quiche	Coconut crack bars
DAY 6	Sausage	Ham rolls	Taco Bowls	Chocolate chip cookies
DAY 7	Trail Mix	Meatballs	Burgers	Almond butter chocolate bars

SHOPPING LIST

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