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 refridgerator 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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