



Paleo Meal Plan Program

A Sample Week

1400 - 1500 Calories Per Day

| | DAY 1 | DAY 2 | DAY 3 | DAY 4 | DAY 5 |
|-----------|---|---|--|--|---|
| BREAKFAST | Vegetable Scramble Supreme with Chicken Sausage (390 Calories) | Paleo Blueberry & Banana Pancakes (350 Calories) | Yellow Quash Frittata with Caramelized Onion & Peppers (380 Calories) | Loaded Beans & Bacon Hash (400 Calories) | Pumpkin Spiced Sweet Potato Apple Breakfast (360 Calories) |
| AM SNACK | Almond Butter Banana Bites (120 Calories) | Dill Tuna and Cucumber Boat (100 Calories) | Super Seed Energy Bite (100 Calories) | Chia & Roasted Coconut Bar (110 Calories) | Apple Pie Energy Ball (120 Calories) |
| LUNCH | Crunchy Mediterranean Beef Salad (440 Calories) | Coconut Shrimp Curry with Broccoli Rice (430 Calories) | Braised Beef with Lentils & Pesto Spinach (460 Calories) | Almondine Fish with Chimichurri Vegetables (420 Calories) | Zesty Lemon Garlic Minced Beef Zoodles (430 Calories) |
| PM SNACK | Carrot Sticks with Guacamole (120 Calories) | Paleo Lemon Bar (140 Calories) | Gluten Free Tamari Seeds and Nuts (130 Calories) | Oven Roasted Eggplants (140 Calories) | Baked Garlic Sweet Potato & Brussel Sprout (150 Calories) |
| DINNER | Chipotle Baked Salmon with Roasted Asparagus (430 Calories) | Chimichurri Lamb Meatballs with Garlic Thyme White Sweet Potatoes (480 Calories) | Tahini Ginger Chicken Power Bowl (430 Calories) | Paleo Thai Basil Lamb Stew (430 Calories) | Chicken Tikka Masala with Cauliflower Rice (440 Calories) |