

Week ONE

Paleo Diet



Sample Meal planner

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This book is not intended for use as a source of nutritional or health advice. All readers are advised to seek services of competent health professionals

You are encouraged to print this book for easy reading.

MONDAY:

BREAKFAST: PALEO PROTEIN SHAKE (PREFERABLY AFTER MORNING EXERCISE)

LUNCH: Paleo Crab cakes

DINNER: Pepper steak with vegetables

TUESDAY:

BREAKFAST: Bacon and eggs

LUNCH: Paleo Chicken and Mushroom Soup

DINNER: Oven roasted Ratatouille

WEDNESDAY:

BREAKFAST: PALEO PROTEIN SHAKE (PREFERABLY AFTER MORNING EXERCISE)

LUNCH: Paleo Chilli

DINNER: Strip steak with chimmicurri

THURSDAY:

BREAKFAST: Bacon and eggs

LUNCH: Fruit Gazpacho

DINNER: Garlic spiced Chicken and sweet potatoes

FRIDAY:

BREAKFAST: PALEO PROTEIN SHAKE (PREFERABLY AFTER MORNING EXERCISE)

LUNCH: Tuna Salad with chilli

DINNER: Paleo Spaghetti with a meat sauce

SATURDAY:

BREAKFAST: Tapioca Crepes

LUNCH: Paleo Hamburger Patty with vegetables or salad

DINNER: Chipotle Salmon with lime

SUNDAY:

BREAKFAST: Pumpkin Breakfast Cookies

LUNCH: Paleo Roast Chicken and vegetables

DINNER: Beef and broccoli stir fry

SNACKS:

Make sure you always keep one or two paleo friendly snacks on hand for between meal cravings, this will help you to keep it paleo and avoid processed unhealthy foods.

Nuts (not peanuts) are always a great option or check out the list of paleo snack recipes I've listed in your free recipe guide!

What to do Next:

1. Try my [metabolism type test](#), this will help you tailor your own diet more individually so you know what proportions of proteins, carbs and fats you should include in your next week's meal planning.
2. Make a start on your next week's meal planning, try to keep your meal plans balanced with appropriate proportions of meat, chicken, fish and seafood and plenty of fruits and vegetables too, always keep nuts or other small snacks on hand for food cravings.
3. Get creative: Make sure you keep your food exciting by trying out lots of delicious new recipes: For great recipe book options check out my [recipe book review page](#).
4. Help with meal planning: Most reputable Paleo Plans will include good meal planning, check out my [review page](#) for some good options to try.