

WK 01



TWO WEEK PALEO MEAL PLAN

MONDAY

TUESDAY

Breakfast	AM Snack	Lunch	PM Snack	Supper
3 Egg Omelette add vegetables of choice fried in coconut oil.	Only if hungry! Celery and nut butter <small>*NOT peanut butter</small>	Tuna salad in a lettuce wrap. substitute mayo for avocado.	Green Tea	Steak and Mushrooms w/ small spinach salad
Meat (left over steak) and Nuts. Have a 4-6oz of protein along with 1/4 cup of nuts.	Only if hungry! 2 hard boiled egg, handful of berries	Salad w/ chicken, with olive oil and lemon juice vinaigrette	Green Tea	Pork chops, sauteed zucchini, onions and mushrooms.

