

WK 01



TWO WEEK PALEO MEAL PLAN

MONDAY

TUESDAY

	Breakfast	AM Snack	Lunch	PM Snack	Supper
MONDAY	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
TUESDAY	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.

TWO WEEK PALEO SHOPPING LIST



- Green Tea
- 2 dozen eggs (organic, free range is best)
- Nut butter (cashew, almond...)
- Mixed nuts (brazil, cashew and macadamia nuts are best)
- Olive oil extra virgin organic
- Coconut oil
- 1 can of diced tomatoes (organic)
- 1 can of crushed tomatoes (organic)
- 1 can of tomatoes paste (organic)
- 1 can of tuna
- Garlic
- Sundried tomatoes
- 3-4 peppers (red and green)
- Celery
- 4-5 lemons
- 4-5 avocados
- Romaine lettuce
- Spinach
- Mushrooms
- 1 red onion
- plum tomatoes or cherry tomatoes
- 1 bunch of asparagus
- 1-2 heads of broccoli
- 1-2 heads of cauliflower
- Onions
- 2 Zucchini
- 2-3 Tomatoes
- Berries (raspberries, blueberries, strawberries, mulberries)
- Grapefruit
- 3-4 steaks (cut of choice)
- 2 pork chops
- Beef Jerky (Farm Boy deli or make your own)
- 2-3 Chicken breast (free range, organic is best)
- 1 or 2 pkgs of Pork sausage
- 5 pounds of Ground beef
- 2 Salmon Filet (organic is best)
- 1 Pound of bacon
- 1 Roast Beef or pork