

# Real Food Meal Planner

realfoodliz.com

*meat*

*produce*

*spices*

*other*

_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
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_____	_____	_____	_____

MEAL 1

MEAL 2

MEAL 3

Day 1	Sweet potato & poached eggs with butter & cinnamon	Sardine salad with avocado	The Ancestral Table Cookbook: Colcannon recipe
Day 2	Leftover colcannon	Paleo Foodie Cookbook Tabbouleh recipe + sardines	Roasted carrot hash with sage, cinnamon & bacon with eggs on top (RealFoodLiz.com)
Day 3	Leftover roasted carrot hash with eggs on top	Chili (bulk)	Espresso-rubbed ropa vieja with smoky sweet potatoes (RealFoodLiz.com)
Day 4	leftover espresso-rubbed ropa vieja with smoky sweet potatoes (RealFoodLiz.com)	Sardine salad with h-b egg	Slow cooker shredded pork (AGirlWorthSaving.net)
Day 5	leftover slow cooker shredded pork (AGirlWorthSaving.net)	Chili (bulk)	Beef liver & onion meatballs (PrimalPalate.com)
Day 6	(sleeping in!)	Chopped sweet potato, avocado & shredded leftover meat	Slow cooker chocolate chicken molé (The Paleo Foodie Cookbook)
Day 7	(sleeping in!)	leftover slow cooker chocolate chicken molé (The Paleo Foodie Cookbook)	Date night at the Bluebird!