

# Real Food Meal Planner

realfoodliz.com

*meat*

*produce*

*spices*

*other*


**Bulk cooking: Meatballs & Pumpkin chicken chili**

*MEAL 1*

*MEAL 2*

*MEAL 3*

Day 1	<b>Butternut “crusted” roasted red pepper quiche from Real Food Liz</b>	<b>Pumpkin chicken chili</b>	<b>Meatballs</b>
Day 2	<b>Butternut “crusted” roasted red pepper quiche from Real Food Liz</b>	<b>Leftover meatballs</b>	<b>Leftover pressure cooker beef stew with carrot, tomato, onion &amp; potato</b>
Day 3	<b>Sweet potato &amp; ground beef with cinnamon &amp; butter</b>	<b>Leftover pressure cooker beef stew with carrot, tomato, onion &amp; potato</b>	<b>Almost 5 ingredient pizza spaghetti pie from PaleOMG</b>
Day 4	<b>Leftover almost 5 ingredient pizza spaghetti pie from PaleOMG</b>	<b>Pumpkin chicken chili</b>	<b>Roasted chicken &amp; carrots</b>
Day 5	<b>Leftover almost 5 ingredient pizza spaghetti pie from PaleOMG</b>	<b>Leftover roasted chicken &amp; carrots</b>	<b>“The Big Salad” - steak, avo, greens, egg, pine nuts, PaleoChef dressing</b>
Day 6	<b>Sleep in!</b>	<b>Homemade sausage patties with sauteéd spinach</b>	<b>Grilled steak &amp; sweet potato</b>
Day 7	<b>Sleep in!</b>	<b>Roasted parsnips &amp; “fried” eggs from Real Food Liz</b>	<b>bunless burgers with fried egg, sauteed onion &amp; avocado</b>