

# Real Food Meal Planner

realfoodliz.com

*meat*

*produce*

*spices*

*other*


MEAL 1

MEAL 2

MEAL 3

Day 1	<b>Sweet potato + eggs</b>	<b>pressure cooker roast &amp; cinnamon whipped parsnips</b>	<b>Paleo Polynesian coconut meatballs from Paleo Fondue</b>
Day 2	<b>Roast chicken &amp; sauteed greens</b>	<b>leftover Paleo Polynesian coconut meatballs from Paleo Fondue</b>	<b>Chicken lettuce wraps from Predominantly Paleo</b>
Day 3	<b>Sweet potato &amp; roast chicken</b>	<b>leftover Chicken lettuce wraps from Predominantly Paleo</b>	<b>Crispy buffalo chicken fingers from Fed and Fit via Stupid Easy Paleo</b>
Day 4	<b>Scrambled eggs apple &amp; nut butter</b>	<b>leftover buffalo chicken fingers from Fed and Fit via Stupid Easy Paleo</b>	<b>barbacoa beef tongue with cauli rice</b>
Day 5	<b>leftover barbacoa beef</b>		<b>Paleo butter chicken from My Heart Beets</b>
Day 6	<b>(sleep in!)</b>	<b>poached eggs over roasted carrots &amp; bacon</b>	<b>leftover Paleo butter chicken from My Heart Beets</b>
Day 7	<b>(sleep in!)</b>	<b>grain-free pancakes from Brittany Angell</b>	<b>grilled burgers with fried egg &amp; avocado with roasted carrots</b>