

Real Food Meal Planner

realfoodliz.com

meat

produce

spices

other

_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
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Bulk cooking: sweet potatoes, chili & 2 whole roasted chickens

MEAL 1

MEAL 2

MEAL 3

Day 1	Bacon & eggs	Roasted chicken & sweet potato (from bulk cooking)	Spicy taco chili from PaleoInPDX (from bulk cooking)
Day 2	L/O Spicy taco chili from PaleoInPDX (from bulk cooking)	Roasted chicken & sweet potato (from bulk cooking)	Ground beef & tomato sauce over spaghetti squash
Day 3	Sweet potato & sun-dried tomato frittata from CandidaFreeCandee	L/O ground beef & tomato sauce over spaghetti squash	Spicy taco chili from PaleoInPDX (from bulk cooking)
Day 4	Spicy taco chili from PaleoInPDX	Sardines & greens	Mexican chicken soup from OhSnapLetsEat using L/O roast chicken. Add organic potato for extra carbs!
Day 5	Sweet potato (from bulk cooking) & eggs	Mexican chicken soup from OhSnapLetsEat using L/O roast chicken. Add organic potato for extra carbs!	Shredded pork roast with PaleoChef BBQ sauce
Day 6		Cinnamon PaleoKrunch with homemade almond milk	Shredded pork roast with PaleoChef BBQ sauce
Day 7		Cinnamon PaleoKrunch with homemade almond milk	Bacon-wrapped filet mignon with Paleo pan sauce by GutsyByNature