

Real Food Meal Planner

realfoodliz.com

meat

produce

spices

other

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

Bulk cooking: Orange Krab Salad, white sweet potatoes, shepherd's pie

MEAL 1

MEAL 2

MEAL 3

Day 1	Eggs & white sweet potatoes	Orange Krab Salad in coconut wraps	Shepherd's Pie from the Curious Coconut
Day 2	Shepherd's Pie from the Curious Coconut	Orange Krab Salad over shredded lettuce with avocado	Skillet: peppers, ground beef, white potato, onion, salt, pepper, cumin
Day 3	Skillet: peppers, ground beef, white potato, onion, salt, pepper, cumin	Shepherd's Pie from the Curious Coconut	Bunless burgers w. lettuce, tomato, mayo & white sweet potato side
Day 4	Bunless burgers w. lettuce, tomato, mayo & white sweet potato side	Prosciutto & avocado salad w/pecans & EVOO	Curried chicken salad from Rubies & Radishes
Day 5	Hard-boiled eggs, nuts & coconut flakes	Curried chicken salad from Rubies & Radishes	Roasted Thai butternut squash soup from Health Nut Nation (w/shrimp)
Day 6		Roasted Thai butternut squash soup from Health Nut Nation (w/shrimp)	Pressure cooker beef roast with roasted carrots
Day 7	Mother's Day Menu from Good Food for Bad Cooks!		