

Real Food Meal Planner

realfoodliz.com

meat

produce

spices

other

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

Bulk: chili, egg muffins, chicken salad, homemade sausage patties

MEAL 1

MEAL 2

MEAL 3

Day 1	eggs, butter & sweet potato	leftover mother's day sweet tomato soup	chili
Day 2	leftover chili	chicken salad in lettuce boats	Paleo Vindaloo via GrokGrub
Day 3	homemade sausage patties & sauteed greens	L/O Paleo Vindaloo via GrokGrub	Primal Pot Pie via Primitive Homemaker
Day 4	egg muffins	L/ Primal Pot Pie via Primitive Homemaker	Espresso-rubbed ropa vieja
Day 5	homemade sausage patties & roasted carrot	Espresso-rubbed ropa vieja	Ground beef, tomato sauce, spagh. squash
Day 6		chicken salad on jicama "chips"	Butternut squash & beef "pizza"
Day 7		L/O butternut squash & beef "pizza"	chili