

Real Food Meal Planner

realfoodliz.com

meat

produce

spices

other

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

Bulk: beef roast with KC Style BBQ; hidden liver meatballs, chicken

MEAL 1

MEAL 2

MEAL 3

Day 1	eggs, butter & sweet potato	beef roast & bbq sauce	hidden liver meatballs
Day 2	beef roast & bbq sauce	Chicken pesto salad	roasted sweet potato & baked chicken thighs
Day 3	L/O roasted sweet potato & baked chicken thighs	beef roast & bbq sauce	prosciutto-asparagus chicken
Day 4	L/O prosciutto-asparagus chicken	Chicken pesto salad	bacon & eggs
Day 5	Shakshuka	sardine salad	Spaghetti squash w/beef & tomato sauce
Day 6		L/O Spaghetti sq. w/beef & tomato sauce	Paleo chicken tetrazzini
Day 7		L/O Paleo chicken tetrazzini	burgers, avocado, fried egg & sweet potatoes