		4					
Sunday	Monday	Tuesday	Wednesday - 1	Thursday - 2	Friday - 3	Saturday - 4	Week Prep
· ·		· ·	Paleo Pumpkin	•	Spinach + Egg		Bake Pumpkin
			Muffins	Bacon + Eggs	Cup	breakfast skillet	Muffins
						Leftovers - Fajita &	
					Chicken Avocado	Sweet Potato	Cook + Freeze
			BLT Salad	Leftovers - Curry	Salad	Chips	Extra batch of Chili
				Beanless Beef		Paleo Cuban	Prep Salad
			Chicken Curry	Chili	Chicken Fajitas	Picadilla	Veggies
Sunday - 5	Monday - 6	Tuesday - 7	Wednesday - 8	Thursday - 9	Friday - 10	Saturday - 11	
		_		Spinach +			
Bacon +		Paleo Breakfast	Canadian Bacon +	Strawberry			Bake Paleo
Scrambled Eggs	Paleo Cereal	Bars	Eggs	Smoothie	Hard Boiled Eggs	Paleo Cereal	Breakfast Bars
Baked Sweet					Leftovers - Ground		
Potatoes with			Leftovers -	Bacon + Avocado	Beef + Sweet	Meat + Veggie	Cook + Freeze
	Salad with Chicken	Salad with Chicken		Salad		Lunch	Extra Soup
Lunch Veggies							Slow Cook
Meatballs +	Sweet Potato Leek		Flank Steak +	Sweet Potato and	Zuchinni Onion		Chicken for Salads
		Beef Barbacoa					+ prep veggies
							proproggice
Sninach +	Worlday - 10				i ilday - 17		Bake Paleo
Strawberry Salad	Bacon + Foos				Paleo Cereal		Breakfast Cookies
	Daton - Eggs	OCORICO	Omooune	i nea Egg	i dico ocicai		Dicariast Goorics
	Meat + Vennie	Leftovers -			Chicken Mango		Prep Veggies for
			Salad with Steak	Tuna and Veggies		1	Salad
·	Lunch		Salad With Steak	Tulia aliu veggies	Jaiau	Criips	Jaiau
	Paleo Cuban		Boof + Proceedi Stir	Moditorranoan		Pot Poact and	
					Chickon Faiitee		
Sulluay - 19		Canadian Bacon +				Saluruay - 25	Bake Paleo
Hard Boiled Eggs					Milk Smoothie	Bacon + Fried Foo	
Breakfast Hard Boiled Eggs	Officotific		Widiling	Ociambic	Will Officounc	Dacon - Trica Egg	T diffpkiii Waliilis
Paleo Soun -			Meat + Vennie				Prep Veggies for
	Leftover - BBO			Vennie Taco Salad	Grook Salad	Leftovers - Chili	Salads
		1 Olaloes		veggie Taco Salau	Oreck Salau		Jaiaus
		Chicken Taco			Reanless Reef		
				Chicken Faiitas			
Suriday - 20	IVIOITUAY - 21	Tuesuay - 20		Thursday - 30	riiuay	Saturday	
Canadian Bassa I		Pagen +					Drop Vaggion for
	Paleo Coroal			Paleo Coroal			Prep Veggies for Salad
veggie Eggs	raieu Gerear		SHOULINE	Faicu Geleai			Saiau
Sweet Petate							
			Loftovoro Bost	Loffovor Chicker			
	Colod with Ctools						
	Salad With Steak	Avocado	Siew	Curry			
Charles Danate d							
Steak + Roasted Veggies	Chicken Stir Fry	Beef Stew	Chicken Curry	Barbacoa			
	Sunday - 5 Bacon + Scrambled Eggs Baked Sweet Potatoes with Veggies Meatballs + Zoodles Sunday - 12 Spinach + Strawberry Salad Lettuce Wraps Chicken + Kale Stew in the slow cooker Sunday - 19 Hard Boiled Eggs Paleo Soup - Chicken BBQ Pulled Pork with veggies	Sunday - 5 Bacon + Scrambled Eggs Baked Sweet Potatoes with Veggies Sunday - 12 Spinach + Strawberry Salad Lettuce Wraps Chicken + Kale Stew in the slow cooker Sunday - 19 Hard Boiled Eggs Paleo Cereal Monday - 13 Monday - 13 Meat + Veggie Lunch Paleo Cuban Piccadilla Paleo Cuban Piccadilla Paleo Cuban Piccadilla Paleo Soup - Chicken Leftover - BBQ Ground Beef + Sweet Potato and Peppers Sunday - 26 Monday - 27 Canadian Bacon + Veggie Eggs Paleo Cereal	Sunday - 5	Sunday - 5 Monday - 6 Tuesday - 7 Wednesday - 8 Bacon + Scrambled Eggs Baked Sweet Potatoes with Veggies Salad with Chicken Salad with Chicken Barbacoa Meatballs + Zoodles Sunday - 12 Monday - 13 Tuesday - 14 Wednesday - 15 Spinach + Strawberry Salad Bacon + Eggs Meat + Veggie Lettuce Wraps Chicken + Kale Stew in the slow cooker Sunday - 19 Monday - 20 Tuesday - 21 Hard Boiled Eggs Meat + Veggie Leftover - Paleo Cuban Piccadilla Sunday - 19 Monday - 20 Tuesday - 21 Hard Boiled Eggs Meat + Veggie Leftover - Sunday - 19 Monday - 20 Tuesday - 21 Hard Boiled Eggs Sunday - 19 Konday - 20 Tuesday - 21 Hard Boiled Eggs Sunday - 19 Smoothie BBQ Pulled Pork with veggies Sunday - 26 Monday - 27 Canadian Bacon + Veggie Eggs Paleo Cereal Paleo Cuban Piccadilla Salad with Steak Beef + Broccoli Stir Fry Wednesday - 22 Canadian Bacon + Sweet Potato and Beef + Sweet Chicken Taco Salad Meat + Veggie Leftovers - Ground Beef + Sweet Chicken Taco Salad Sauce Wednesday - 29 Almond Milik + Blueberry Smoothie Bacon + Veggie Eggs Sweet Potato Bacon + Veggie Eggs Sweet Potato Sweet	Paleo Pumpkin Muffins Bacon + Eggs	Paleo Pumpkin Muffins Bacon + Eggs Cup	Paleo Pumpkin Muffins Bacon + Eggs Chicken Avocado Salad Chicken Fajitas Chicken Fajita