



Paleo & Gluten Free
Meal Plans

Week 2 Menu							
	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
	D8	D9	D10	D11	D12	D13	D14
Bfast	Fiesta Breakfast Bowl	Mini Egg-Free Quiche	Mediterranean Frittata	Leftover Pork w/ Tomato, Asparagus & Zucchini	Fiesta Breakfast Bowl	Mini Egg-Free Quiche	Mediterranean Frittata
Lunch	Chicken Pozole	Egg & Avo Salad	Pork Tacos	Egg & Avo Salad	Shrimp Salad	Asian Lettuce Wraps	Pork Tacos
Dinner	Kalua Pork w/ Slaw	Chimichurri Flank Steak w/ Green Beans & Baked Potatoes	Basil Balsamic Shrimp w/ Roasted Tomato, Asparagus & Zucchini	Asian Lettuce Wraps	Cod Poached in Marinara w/ Quinoa	Chicken Pozole	FRIDGE CLEAN OUT DAY!
Snack	Plums	Banana Cherry Nice Cream	Cukes & Sunbutter	Banana Cherry Nice Cream	Plums	Cukes & Sunbutter	Cinnamon Raisin Energy Bites