



Paleo & Gluten Free Meal Plans

| WEEK 3 | Saturday | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------|--|---|--|---|---|---|---|
| | D15 | D16 | D17 | D18 | D19 | D20 | D21 |
| Bfast | Almond Butter & Cherry Breakfast Cookies | Bell Pepper & Onion Scramble w/ Avocado | Tropical Green Smoothie | Bell Pepper & Onion Scramble w/ Avocado | Almond Butter & Cherry Breakfast Cookies | Bell Pepper & Onion Scramble w/ Avocado | Tropical Green Smoothie |
| Lunch | Massaged Kale Salad w/ Blueberries & Pumpkin Seeds | Leftover Chicken Vegetable Soup | Massaged Kale Salad w/ Blueberries & Pumpkin Seeds | Collard Green Wraps w/ Leftover Chicken | Leftover Chicken & Vegetable Soup | Lemon Caper Cod w/ Butternut Squash & Sauteed Spinach | Collard Green Wraps w/ Leftover Chicken |
| Dinner | Classic Chicken Vegetable Soup | Grassfed Beef & Mushroom Marinara over Spaghetti Squash | Pecan-Crusted Chicken & Spinach Salad w/ Tomato, Olives & Feta | Grassfed Beef & Mushroom Marinara over Spaghetti Squash | Lemon Caper Cod w/ Butternut Squash & Sauteed Spinach | Shrimp, Avocado & Grapefruit Salad | Fridge clean out day |
| Snack | Orange Slices w/ Pecans | Olives & Cherry Tomatoes | Orange Slices w/ Pecans | Blueberries w/ Pumpkin Seeds | Olives & Cherry Tomatoes | Blueberries w/ Pumpkin Seeds | Orange Slices w/ Pecans |