

ONE WEEK MEAL PLAN

Day	Breakfast	Lunch	Dinner	Side Dish	Snack	Dessert
Mon	Buffalo Strip Steak with Veggies and Bacon	Mango Chicken Salad with Chipotle Mayo	Seriously Tasty Paleo Meat Loaf	Smashed Plantains	Pecan Pie Butter with Apples	Chocolate Zucchini Brownies
Mon	Stir Fried Kale and Bacon	Seriously Tasty Paleo Meat Loaf	Slow Cooker Chicken	Chipotle Slaw	Smoked Salmon Nori Roll	Apple Muffins
Tue	Breakfast Squash and Sausage	Laksa Lemak	Melt in Your Mouth Beef Stew	Jicama Salad with Cilantro Lime Vinaigrette	Tuna Stuffed Avocado	Berries and Coconut Whipped Cream
Wed	Jicama and Sausage Breakfast Pie	Basque Lamb Stew	Beef Stew	Carrot and Parsnip Puree	Crunchy Crackers	Almond Butter Bliss with Cacao Nibs
Thu	Bratwurst and German	Jambalaya	Garlic Chicken with White Wine Sauce	Cauliflower Stuffed Acorn Squash	Taro Chips	Cacao Brownies
Sat	Rutabaga and Onion Sat Hash Browns	Grilled or Broiled Filet Mignon with Red Wine Sauce	Moroccan Chicken Salad	Celeriac and Rutabaga Puree	Jerky	Banana-cado Chocolate Pudding
Sun	Seared Fish with Beets and Broccoli	Slow Cooker Pork Pot Roast	Baked Tilapia with Lemon and Thyme	Cucumber Wakame Salad	Jerky	Coconut Pineapple Upside