

Salt & Life Blog 30 Day Paleo Challenge – Week One Meal Plan

Sunday

Breakfast - Eggs & Berries

Lunch - Tuna & Avocado

Dinner - Almond Flour Chicken Nuggets, Sweet potato fries & roasted broccoli

Monday

Breakfast - Sweet Potato Toast, nut butter, banana, cinnamon

Lunch - Chicken salad on thinly sliced Green apples

Dinner - Paleo Taco Salad

Tuesday

Breakfast - Scrambled Eggs, tomato & Avocado

Lunch - Zucchini Nachos w/ leftover taco meat

Dinner - Cauliflower Pizza

Wednesday

Breakfast - Banana Pancakes (omit the oats if you want to be authentic paleo)

Lunch - Kale Salad w/ shredded chicken

Dinner - Zuppa Toscana

Thursday

Breakfast - Eggs & berries

Lunch - Spinach salad with hard boiled eggs, tomatoes, chicken

Dinner - Vegetable Soup

Friday

Breakfast - Sweet Potato Toast with Nut butter, banana & cinnamon

Lunch - Leftover Soup

Dinner - Burger Bowls (hamburger patties over bowl of spinach, tomato, onion, topped with mustard or homemade mayo)

Saturday

Breakfast - banana pancakes

Lunch - leftover soup and/or salad

Dinner - Balsamic Chicken & asparagus (or other veggie)