



PALEO

KITCHEN STORIES

OUR HOME TO YOURS

EXAMPLE MEAL PLAN

MONDAY

Breakfast:
3 Eggs
1/2 Avocado
1/2 Cup Blueberries
Black Coffee

Lunch:
Spinach Salad
1/2 Avocado
6 oz. Chicken
1/4 Cup Walnuts
Olive Oil
Lemon Juice

Dinner:
6oz. Salmon
Roasted Asparagus

TUESDAY

Breakfast:
Almond/Apple "Oatmeal"
2 Eggs
Black Coffee

Lunch:
Leftover 6 oz. Salmon
Roasted Asparagus
Green Tea

Dinner:
Steak
Roasted Broccoli
with Walnuts

WEDNESDAY

Breakfast:
Pork Sausage
2 Eggs
Black Coffee

Lunch:
Leftover Steak
Roasted Broccoli
with Walnuts

Dinner:
Roasted Chicken
Roasted Cauliflower

THURSDAY

Breakfast:
Spinach and Tomatoes
Omelet
1/2 Avocado
Black Tea

Lunch:
Leftover Roasted Chicken
Roasted Cauliflower

Dinner:
Roasted Tomato and
Cauliflower Soup
Add Pork Sausage
(optional)

FRIDAY

Breakfast:
2 Eggs
Strawberries
Black Coffee

Lunch:
Spinach Salad
1/2 Avocado
6 oz. Chicken
1/4 Cup Walnuts
Olive Oil

Lemon Juice
Leftover Soup
Dinner:
Grass Fed Meatloaf with
Rosemary and Tomato
Paste Sauce

SATURDAY

Breakfast:
Almond/Apple "Oatmeal"
2 Eggs
Black Coffee

Lunch:
Leftover Grass Fed
Meatloaf with
Tomato Soup

Dinner:
Beef Tenderloin Roast
with Red Wine
Reduction
Roasted Cauliflower

SUNDAY

Breakfast:
Pacific NW Brunch
with Scrambled Eggs,
Smoked Salmon
and Chives

Lunch:
Sliced Beef Tenderloin
Over a Bed of
Sautéed Spinach

Dinner:
Leftover Beef Tenderloin
with Roasted Brussels
Sprouts with
Walnuts, Lemon and
Port Sausage

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MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY