

Sample Paleo Meal Plan #2 (Workout Day)

Pre-Training Snack	Breakfast	Lunch	Snack	Dinner	Dessert
1 cup blueberries or 1/2 banana	Green Smoothie (handful of spinach, frozen mixed berries, banana, almond milk, 1 tsp maca powder)	Large green salad w/ mixed vegetables and grilled chicken Dressing: lemon/ olive oil with a balsamic vinegar	1-2 boiled eggs	Grilled salmon w/ grilled asparagus	Shaved almonds over 1/4 cup of mixed berries