

Sample Paleo Meal Plan #1

Breakfast	Lunch	Snack	Dinner	Dessert
Green Smoothie (handful of spinach, frozen mixed berries, banana, almond milk, 1 tsp cacao powder)	Chicken Salad w/ red onions, romaine lettuce, artichoke hearts, and mixed bell peppers Dressing: lemon/ olive oil with a hint of garlic	Apple	Dijon mustard pork tenderloin w/ sweet potato	Shaved almonds over 1/4 cup of mixed berries