



MEAL PLAN Week 26 (06/21 - 06/27)



PREP NOTES	<p>SUNDAY: Make Turkey Carrot Quiche for Meal 5; Hard-boil eggs for Meal 9 and 11; Make Simple Salad Dressing ahead for Meal 12 (if needed)</p> <p>MONDAY: Make Paleo Applesauce for Meal 10; Make Baked Sweet Potatoes ahead for Meal 12 (optional)</p>			
	BREAKFAST	LUNCH	SNACK	DINNER
SUNDAY	Steak and Eggs; (20 minutes) ①	Graze fridge for leftovers ②	Graze fridge for leftovers ③	New England Chuck Roast ; (7 hours) ④
MONDAY	Turkey Carrot Quiche; (45 minutes) ⑤	<u>Leftover New England Chuck Roast</u> ⑥	<u>Prosciutto Melon Wrap-Ups</u> ⑦	<u>Sirloin Steaks with Creamy Mushrooms; Celeriac Fries; Easy Side Salad with Lemon;</u> (30 minutes) ⑧
TUESDAY	<u>Leftover Prosciutto Melon Wrap-Ups;</u> eggs, hard-boiled ⑨	<u>Paleo Applesauce;</u> (6 hours) <u>Leftover Turkey Carrot Quiche</u> ⑩	<u>Guacamole Deviled Eggs;</u> (25 minutes) ⑪	<u>Louisiana Fish Fillets; Baked Sweet Potatoes; Simple Salad Dressing;</u> (1 hours) mixed greens ⑫
WEDNESDAY	<u>Breakfast Smoothie;</u> (10 minutes) ⑬	<u>Leftover New England Chuck Roast; Leftover Baked Sweet Potatoes; Leftover Simple Salad Dressing;</u> mixed greens ⑭	<u>Paleo Candy Bars;</u> (15 minutes) ⑮	<u>Chicken Cutlets with Olives and Tomatoes;</u> (1 hours) ⑯
THURSDAY	<u>Myra's Chopped Mushrooms, Eggs and Onion;</u> (30 minutes) <u>Leftover Paleo Applesauce</u> ⑰	<u>Leftover Chicken Cutlets with Olives and Tomatoes</u> ⑱	<u>Leftover Paleo Candy Bars</u> ⑲	<u>Lamb and Spaghetti Squash;</u> (1 hours) <u>Leftover Simple Salad Dressing;</u> mixed greens ⑳
FRIDAY	<u>Leftover Myra's Chopped Mushrooms, Eggs and Onion</u> ㉑	<u>Leftover Lamb and Spaghetti Squash</u> ㉒	<u>Leftover Paleo Applesauce;</u> almonds ㉓	<u>Chef Salad</u> ㉔
SATURDAY	<u>Sausage Stir-Fry Breakfast</u> ; (20 minutes) ㉕	Graze fridge for leftovers ㉖	Graze fridge for leftovers ㉗	<u>Sloppy Joes; Paleo Burger Buns;</u> (30 minutes) ㉘