

	BREAKFAST	LUNCH	SNACK	DINNER
SUNDAY	baked eggs in bacon rings ①	graze fridge for leftovers ②	graze fridge for leftovers ③	almond crusted salmon (1/2 recipe) with rosemary green beans ④
MONDAY	leftover baked eggs in bacon rings ⑤	cilantro turkey burgers (1/2 recipe) with mixed green salad and Paleo-friendly dressing ⑥	berries with balsamic vinegar ⑦	chicken & sweet potatoes with shallots ⑧
TUESDAY	eggs with salsa PREP: Paleo candy bars ⑨	leftover chicken & sweet potatoes with shallots ⑩	Paleo candy bars ⑪	crusty chicken with collard greens ⑫
WEDNESDAY	breakfast smoothie ⑬	leftover crusty chicken with collard greens ⑭	jerky & veggies ⑮	steak of the caveman with zucchini and squash saute ⑯
THURSDAY	almost oatmeal with bacon ⑰	leftover steak of the caveman with mixed greens and Paleo friendly dressing ⑱	pb&j ⑲	spicy breaded pork chops with grilled pineapple and red pepper chutney ⑳
FRIDAY FLEX	sausage stir fry breakfast ㉑	leftover spicy breaded pork chops ㉒	jerky & fruit ㉓	garlic chicken, red peppers and mushroom sauce ㉔
SATURDAY	western omelet ㉕	graze fridge for leftovers ㉖	graze fridge for leftovers ㉗	turkey carrot quiche with balsamic asparagus salad ㉘