

# 30 Day PALEO Challenge

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Avocado & Bacon Bites	2 eggs, 3 pieces bacon	Assorted Fruit Bowl	Avocado & Bacon Bites	2 eggs, 3 pieces bacon	Assorted Fruit Bowl	Avocado & Bacon Bites
Snack	Choose 1 snack from snack list.	Choose 1 snack from snack list.	Choose 1 snack from snack list.	Choose 1 snack from snack list.	Choose 1 snack from snack list.	Choose 1 snack from snack list.	Choose 1 snack from snack list.
Lunch	Turkey BLT Roll Ups	Strawberry & Spinach Salad	Chipotle Bowl	Turkey BLT Roll Ups	Strawberry & Spinach Salad	Chipotle Bowl	Turkey BLT Roll Ups
Snack	Choose 1 snack from snack list.	Choose 1 snack from snack list.	Choose 1 snack from snack list.	Choose 1 snack from snack list.	Choose 1 snack from snack list.	Choose 1 snack from snack list.	Choose 1 snack from snack list.
Dinner	1 Salmon filet 10 Asparagus 1 Sweet Potato	Stuffed Bell Peppers	Dijon Pork Chops	1 Salmon filet 10 Asparagus 1 Sweet Potato	Stuffed Bell Peppers	Dijon Pork Chops	1 Salmon filet 10 Asparagus 1 Sweet Potato

WEEK ONE

# Paleo Solution 30 Day Meal Plan

**L Darling-Hammond**



## **Paleo Solution 30 Day Meal Plan:**

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