7-DAY PALEO MEAL PLAN

	BREAKFAST	LUNCH	SNACK	DINNER
DAY 1	Egg frittata with vegetables, fresh fruit, almond milk	Entrée salad with grilled steak strips	Caveman Foods Collagen Bar with fresh fruit	Grain Free Paleo burgers, sweet potato fries, arugula salad
DAY 2	Leftover egg frittata, fresh fruit, almond milk	Leftover Paleo burger, sweet potato fries	Almond milk, yogurt, nuts & fruit	Foil-wrapped chicken, Roasted broccoli
DAY 3	Smoothie: almond milk + frozen fruit + egg white protein	Entrée salad with leftover foiled wrapped chicken	Caveman Foods Meat Snacks with fresh VEGGIES	Pan-seared salmon, mock mashed potatoes, roasted broccoli
DAY 4	Egg and sausage cups, fresh fruit, almond milk	Entrée salad with leftover pan-seared salmon	Caveman Foods Nutrition Bar, apple slices with almond butter	Cauliflower rice bowl with chicken
DAY 5	Almond milk yogurt with nuts & berries	Leftover chicken & vegetable "rice" bowl	Caveman Foods 10g Protein Bar with fresh fruit	Beef - vegetable skillet, sweet potato, arugula salad
DAY 6	Egg & sausage muffin cup, fresh fruit, almond milk	Leftover beef - vegetable skillet, sweet potato	Banana with cashew butter	Low-carb chicken fajitas, roasted carrots
DAY 7	Mushroom & spinach omelet, fresh fruit, almond milk	Leftover chicken fajitas	Yogurt parfait with Caveman Foods Grain Free Granola Bar	Zucchini noodles & meatballs, spinach salad