

# Paleo

## PL Meal Plan - Week 2

	Breakfast	Lunch	Dinner	Snack
SUNDAY	Apple And Onion Scrambled...	Leftover maple braised chuck...	Simple Sausage Casserole	Carrot sticks with mustard an...
MONDAY	Leftover sausage casserole	Portable Salad	Beef and Winter Vegetable S... Oven-roasted eggplant	Frozen berries with drizzle of...
TUESDAY	Breakfast Stuffed Peppers	Leftover beef and winter veg...	Grilled Chicken Breasts With...	Beef jerky
WEDNESDAY	Leftover breakfast stuffed pe...	Leftover grilled chicken Salad greens with vinaigrette	Spicy Pork Chili Recipe Pan-fried Brussels sprouts	Piece of fruit
THURSDAY	Cabbage and onions fried up...	Leftover pork chili Baked sweet potatoes	Pistachio-Crusted Salmon Roasted beets & sweet potat...	Hard-boiled egg
FRIDAY	Leftover pistachio-crusted sal... Spinach	Hard-boiled eggs Leftover roasted vegetables	Spicy Indian Chicken Stir-Fry Riced cauliflower	Handful of nuts or trail mix
SATURDAY	Cherry Tomato And Basil Qui... Fried onions	Leftover chicken stir-fry and c...	Ground Beef And Cabbage S...	Half an avocado