

MEAL PLAN EXAMPLES

BREAKFAST

- 2 eggs, 1 oz. mozzarella cheese and tomato slices with basil
- 1 slice Ezekiel bread, 1 egg, 1 oz cheese and slice of tomato
- 1 cup steel cut oats with 1 scoop PaleoMeal and 2 tbsp flaxseed meal added after cooking
- 1 cup cottage cheese, 1/2 cup berries and 2 tbsp flaxseed meal
- 1 slice Ezekiel bread with almond butter, hardboiled egg
- Breakfast Burrito - Low-carb tortilla, salsa, scrambled eggs, 1 oz mozzarella
- PaleoMeal Shake with flaxseed meal and berries

LUNCH/DINNER

- Whole wheat pita stuffed with tuna salad, avocado and veggies, side salad with olive oil vinaigrette
- Grilled chicken salad with olive oil vinaigrette, raw nuts, feta and garbanzo beans
- Sautéed shrimp and veggies in olive oil with brown rice
- Grilled steak, veggies, sweet potato and side salad with olive oil vinaigrette

SNACKS

- 2 pieces string cheese and 1 piece fruit
- 1 cup berries and 1/4 cup raw nuts
- Apple with almond butter
- Celery with tuna or egg salad or almond butter
- PaleoMeal shake
- PaleoBar
- 1 slice Ezekiel bread with almond butter or mozzarella cheese
- Low-carb tortilla rolled up with almond butter & whipped cream cheese
- Hardboiled egg slices and tomato slices
- Mozzarella, basil & tomato
- Berry & nut mixture
- Yogurt, PaleoMeal and berry parfait
- Raw nuts
- Edamame - 1 cup in shell

DESSERT

- Berries & sliced almonds with whipped real cream sweetened with Xylitol