

Paleo Meal Ideas

Breakfast

- Omelets with veggies, bacon, roast beef and/or ham
- Sweet potato pancakes
- Green smoothies
- Yogurt with almonds, berries, cacao nibs and cinnamon
- Poached, scrambled or fried eggs with bacon, sausage, grilled onions, cherry tomatoes...

Lunch

- Creamy pork chops with grilled mushroom and onion
- Shrimp-macadamia nut-avocado salad with crisp romaine and baby spinach
- Grass-fed T-bone steak with steamed kale and roasted sweet potato fries
- Pork sausage and sauerkraut with buttery broccoli
- Lemon and herb grilled tilapia with cold cucumber soup

Dinner

- Crock pot beef burgundy over creamed sweet potatoes
- Chicken fajita salad with guacamole
- Ribeye steak with roasted carrots, onions, red peppers and mixed greens
- Half a rosemary rotisserie chicken with lemon pepper asparagus
- Barbecue with bacon and shrimp-stuffed large peppers
- Venison chili
- Grilled bison and pan-crisped Brussels sprouts with hazelnuts
- Spaghetti squash with Bolognese sauce

Snacks

- Buffalo, beef or venison jerky
- Almonds, Brazil nuts, pecans, walnuts, cashews
- Blueberries, raspberries, blackberries, strawberries
- Grapefruit, oranges, mandarins
- Celery, Swiss chard or carrots with guacamole