

30 Days to Change your Life  
MEAL PLAN WEEK 4

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Day	Breakfast Ideas	Lunch Ideas	Dinner
Monday	<p>Scrambled eggs + ham, half an avocado</p> <p>Or green smoothie – spinach + lime juice + banana or mango + avocado + optional soaked cashew nuts</p> <p>Fruit: half a punnet of blueberries</p>	<p>Crudités with guacamole or paleo hummus + ham/chicken/turkey</p> <p>Or any salad with <b>Veg</b> Green leaves, tomatoes, cucumber, radish, peppers, carrot <b>Protein</b> chicken, turkey, tuna, salmon, prawns, ham, boiled eggs <b>Fat</b> Avocado, olives, dressing</p>	<p><u>Main:</u> Moroccan chicken stew in slow cooker or in a pan served with greens using leftover roast chicken</p> <p>Or Mexican-inspired chicken with guacamole, sweet potato wedges and salad using leftover roast chicken</p> <p><u>Pudding:</u> Half a melon</p>
Tuesday	<p>Eggs scrambled with onion and kale served with half an avocado</p> <p>Or courgette/seed pancakes with avocado salsa + bacon</p> <p>Fruit: half a punnet of raspberries or an apple</p>	<p>Soft boiled eggs + grilled asparagus to dip</p> <p>Or baked sweet potato with ham + grated carrot/celeriac/paleo coleslaw + salad + avocado or tuna + paleo mayo</p>	<p><u>Main:</u> Pork medallions with homemade apple sauce (no added sugar) and roasted veg using your pork tenderloin left from last week</p> <p><u>Pudding:</u> Half a melon</p>
Wednesday	<p>Eggs scrambled with spinach, mushrooms and tomatoes, half an avocado</p> <p>Or paleo banana/plantain pancakes with fruit</p> <p>Fruit: half a punnet of blueberries</p>	<p>Homemade chicken liver pâté on seed crackers topped with sliced tomatoes + salad</p> <p>Or soup + tomato &amp; avocado salad + chicken/turkey/ham</p>	<p><u>Main:</u> Pan fried and grilled fillet of salmon with cauliflower mash and kale cooked with fresh lemon juice &amp; zest</p> <p><u>Pudding:</u> fresh pineapple</p>
Thursday	<p>Courgette/seed pancakes with avocado salsa + bacon</p> <p>Or smoothie bowl – blend just the creamy part of a can of coconut milk with 1 banana and a handful of cashews to make a thick yogurt-type consistency then top with fruit/nuts/seeds</p> <p>Fruit: half a punnet of raspberries or an apple</p>	<p>Smoked mackerel pate or sardine pate on seed crackers with green salad</p> <p>Or any salad with <b>Veg</b> Green leaves, tomatoes, cucumber, radish, peppers, carrot <b>Protein</b> chicken, turkey, tuna, salmon, prawns, ham, boiled eggs <b>Fat</b> Avocado, olives, dressing</p>	<p><u>Main:</u> Gluten-free pure pork sausages and ratatouille</p> <p><u>Pudding:</u> plums or pear</p>
Friday	<p>Fried/poached eggs with ham + spinach</p> <p>Or mixed fruit platter + boiled eggs and avocado</p> <p>Fruit: Orange or apple</p>	<p>Frittata or courgette, bacon &amp; tomato slice with paleo coleslaw + salad</p> <p>Or baked sweet potato with grated carrot/celeriac/paleo coleslaw + salad + avocado or tuna + paleo mayo</p>	<p><u>Main:</u> Homemade meatballs/burgers or paleo lasagna with sweet potato chips and salad</p> <p><u>Pudding:</u> Peach</p> <p><b>*If you want to eat out this evening see our separate eating out guide</b></p>

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<p>Saturday</p>	<p>Omelette made with your choice of mushrooms/onions/spinach/tomato/ham/bacon + half an avocado</p> <p>Or paleo porridge topped with fruit/nuts/seeds</p> <p>Fruit: Grapefruit or orange</p>	<p>Chicken goujons (ground almond and spices for coating) with paleo coleslaw and green salad</p> <p>Or frittata or courgette, bacon &amp; tomato slice with paleo coleslaw + salad</p>	<p><u>Main:</u> White fish with olive tapenade wrapped in parma ham (optional) with celeriac &amp; parsnip mash and greens</p> <p><u>Pudding:</u> Baked banana drizzled with cashew butter</p> <p><b>*If you want to eat out this evening see our separate eating out guide</b></p>
<p>Sunday</p>	<p>Big pan-cooked breakfast or breakfast out in a nice pub/café</p> <p>Choose from</p> <p>Eggs</p> <p>Bacon</p> <p>Gluten-free sausages</p> <p>Mushrooms</p> <p>Tomatoes</p> <p>*If eating out be aware that sausages may not be gluten-free</p> <p>Or fruit salad (you could drizzle your fruit with a little nut butter) + avocado slices on the side for extra healthy fats</p> <p>Or any other breakfasts you have enjoyed this week</p>	<p>Lemony prawn salad</p> <p>Or homemade soup or gazpacho + green salad with half an avocado</p>	<p><u>Main:</u> Crispy roast pork belly with greens and roasted sweet potato</p> <p><u>Pudding:</u> Chopped dates and nuts with cubes of fresh apples and whipped coconut milk.</p>