

30 Days to Change your Life

MEAL PLAN WEEK 3

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Day	Breakfast Ideas	Lunch Ideas	Dinner
Monday	<p>Scrambled eggs + ham, half an avocado</p> <p>Or paleo porridge topped with fruit/nuts/seeds</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</p> <p>Veg Green leaves, tomatoes, cucumber, radish, peppers, carrot</p> <p>Protein chicken, turkey, tuna, salmon, prawns, ham, boiled eggs</p> <p>Fat Avocado, olives, dressing</p>	<p>Main: Leftover roast chicken with chorizo and tomato salad</p> <p>Or thai green curry with leftover roast chicken</p> <p> pudding: Apple or pear</p>
Tuesday	<p>Scrambled/fried/poached eggs, tinned or fresh tomatoes, 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 salmon with chopped shallot, salad and gherkins/capers plus lemon juice and black pepper</p> <p>Or baked sweet potato with ham + grated carrot/celeriac/paleo coleslaw + salad + avocado or tuna + paleo mayo</p>	<p>Main: Simple plaice or any white fish baked in butter lemon and fresh herbs served with roasted sweet potato and veg</p> <p> pudding: Banana</p>
Wednesday	<p>Eggs scrambled with onion and kale served with 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 raw courgette spaghetti with avocado dressing, chicken and olives</p>	<p>Starter: Soup or green/tomato salad</p> <p>Main: Using your pork tenderloin fillet make pork fillet medallions with caramelized mushrooms and onions served with lots of greens. Save half the tenderloin for next week.</p> <p> pudding: Orange</p>
Thursday	<p>Courgette/seed pancakes with avocado salsa + bacon</p> <p>Or green smoothie – spinach + lime juice + banana or mango + avocado + optional soaked cashew nuts</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</p> <p>Veg Green leaves, tomatoes, cucumber, radish, peppers, carrot</p> <p>Protein chicken, turkey, tuna, salmon, prawns, ham, boiled eggs</p> <p>Fat Avocado, olives, dressing</p>	<p>Main: Lamb steaks with tomatoes and a minty sauce and root veg chips</p> <p> pudding: Dates</p>

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Friday	<p>Fried/poached eggs with ham + spinach</p> <p>Or Baked sweet potato slices topped with mashed avocado, tomatoes and ham</p> <p>Fruit: Orange or apple</p>	<p>Frittata or courgette, bacon & 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>Main: Steak with parsnip chips and a big green/tomato salad.</p> <p> pudding: Fresh pineapple</p> <p>*If you want to eat out this evening see our separate eating out guide</p>
Saturday	<p>Omelette made with your choice of mushrooms/onions/spinach/tomato/ham/bacon + half an avocado</p> <p>Or paleo granola + coconut milk/homemade nut milk or homemade paleo granola bar</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 & tomato slice with paleo coleslaw + salad</p>	<p>Main: Duck confit with stir-fried greens and shiitake mushrooms</p> <p> pudding: Dates</p> <p>*If you want to eat out this evening see our separate eating out guide</p>
Sunday	<p>Big pan-cooked breakfast or breakfast out in a nice pub/café</p> <p>Choose from</p> <ul style="list-style-type: none"> Eggs Bacon Gluten-free sausages Mushrooms Tomatoes <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>Main: Roast chicken with veg</p> <p>Or BBQ with salad or veg</p> <p> pudding: Oven baked banana drizzled with cashew butter</p>