

30 Days to Change your Life

MEAL PLAN WEEK 1

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Day	Breakfast Ideas	Lunch Ideas	Dinner
Monday	<p>Scrambled eggs + ham, half an avocado</p> <p>Or smoothie – fruit + coconut oil + coconut milk. Try adding half an avocado to your smoothie, they go well with bananas. You could also add grass-fed gelatin for extra protein.</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><u>Starter:</u> Big bowl of green salad with dressing</p> <p><u>Main:</u> Spaghetti bolognese with courgette spaghetti or paleo shepherds pie</p> <p><u>Pudding:</u> Half a melon</p>
Tuesday	<p>Scrambled/fried/poached eggs, tinned or fresh tomatoes, bacon</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> Chicken legs baked with fresh tomatoes and herbs served with green salad and avocado and cauliflower mash. If you are on a budget you could use chicken wings instead of legs.</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 & avocado salad + chicken/turkey/ham</p>	<p><u>Starter:</u> Green or tomato salad</p> <p><u>Main:</u> Seared tuna steak (or any other fish) served with pico de gallo and asparagus and celeriac chips</p> <p><u>Pudding:</u> Orange</p>
Thursday	<p>Courgette/seed pancakes with avocado salsa + bacon</p> <p>Or smoothie – fruit + coconut oil + coconut milk. Try adding half an avocado to your smoothie, they go well with bananas. You could also add grass-fed gelatin for extra protein.</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><u>Main:</u> Slow cooked lamb stew using diced lamb (or any slow cooked stew of your choice). Serve with mashed root veg and lots of greens like broccoli, cabbage or spring greens</p> <p><u>Pudding:</u> Pear</p> <p>Plus make frittata or courgette, bacon & tomato slice for tomorrow's lunch if you are having that option</p>
Friday	<p>Fried/poached eggs with ham + spinach</p> <p>Or Fruity coconut breakfast bowl</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><u>Main:</u> Steak with lemon and thyme served with rocket salad + sweet potato or celeriac chips</p> <p><u>Pudding:</u> Peach or plums</p> <p>*If you want to eat out this evening see our separate eating out guide</p>

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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><u>Main:</u> Prawns with tomatoes, chilli, garlic, lemon & parsley with courgette spaghetti</p> <p><u>Pudding:</u> Banana – bake in the oven for 20 mins with ghee or coconut oil, cinnamon and nutmeg for more of a “dessert” or drizzle with cashew butter</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> <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>Prawns cooked with chorizo, garlic and lime</p> <p>Or homemade soup or gazpacho + green salad with half an avocado</p>	<p><u>Main:</u> Roast dinner – beef brisket with roasted parsnips and lots of veg</p> <p>Or if the weather is nice, slow cook the brisket and have as pulled meat, or BBQ (make homemade burgers or have gluten-free sausages or chicken drumsticks) and have with lots of salads + sweet potato chips</p> <p><u>Pudding:</u> Paleo fruit crumble + coconut milk</p>