

30 Day Paleo Challenge Week 1

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	5 egg whites & 1 whole egg, 1/2 avocado, roasted sweet potatoes, jicama, sliced bell peppers	6 egg white omelette, 2 turkey sausage links, small banana, 1 tbsp almond butter, 1/2 avocado	5 egg whites & 1 whole egg, 2 turkey sausage links, 1/2 avocado, roasted sweet potatoes, raspberries	6 egg white omelette, 2 turkey sausage links, small banana, 1/2 tbsp almond butter, 1/2 avocado	6 egg white & spinach omelette, 3 slices of turkey bacon, 1/2 avocado, roasted sweet potatoes, raspberries & strawberries	5 egg whites & 1 whole egg omelette with spinach, 3 slices turkey bacon, 1/2 avocado, spaghetti squash hash browns, raspberries & strawberries	6 egg white omelette, spaghetti squash hash browns, 3 slices of turkey bacon, 1/2 avocado, raspberries & strawberries
AM Snack	raw broccoli, carrots, bell peppers	raspberries	1 tbsp almond butter, small gala apple	raspberries	1 tbsp almond butter, small gala apple		
Lunch	5-5 oz chicken thighs, roasted brussel sprouts & sweet potatoes, butter bliss lettuce, bell peppers, 1/2 avocado	5-5 oz chicken thighs, roasted brussel sprouts & sweet potatoes, butter bliss lettuce, bell peppers, 1/2 avocado	5-5 oz chicken thighs, roasted brussel sprouts & sweet potatoes, butter bliss lettuce, bell peppers, 1/2 avocado	5-5 oz chicken thighs, roasted brussel sprouts & sweet potatoes, butter bliss lettuce, bell peppers, 1/2 avocado	5 oz chicken tenderloin, 1/2 avocado, roasted brussel sprouts, spaghetti squash	5 oz chicken thigh, 3 oz chicken tenderloin, sauteed spinach and spaghetti squash, slice almonds, 1/2	turkey and spinach stuffed acorn squash, 1/2 avocado
PM Snack					2.6 oz tuna, boiled egg white, spicy brown mustard, 1/2	1/2 tbsp almond butter, 1/2 gala apple	
Dinner	5-5 oz salmon, roasted brussel sprout leaves, sauteed kale, 1/2 avocado, sliced bell peppers	5 oz chicken tenderloins, roasted sweet potatoes, sauteed spinach, bell peppers, 1/2 avocado	5-5 oz chicken tenderloins, roasted sweet potatoes, sauteed spinach & spaghetti squash, bell peppers, 1/2 avocado	5-5 oz chicken thighs, roasted brussel sprouts & sweet potatoes, butter bliss lettuce, bell peppers, 1/2 avocado	Ruggles Green: farmers market peach salad with grilled chicken, sliced almonds & pecans, honey mint vinaigrette	1/3 lb turkey burger, 2 slices turkey baco, 1/2 avocado, sauteed kale	5 egg whites & 1 whole egg, 3 slices turkey bacon, spaghetti squash tomato casserole
Post Workout Snack		raspberries, whey protein, almond milk	6 eggs whites, tropical trail mix	2.6 oz tuna, boiled egg white, spicy brown mustard, red bell pepper,		jicama, strawberries, raspberries, Quest Bar	1/2 chocolate chip cookie Quest Bar
Workout	None, meal prep	20 minutes stairmaster, 20 minutes elliptical intervals	60 minute Zumba	60 minute Zumba	None	Legs, 30 minutes stair intervals, 30 minutes elliptical intervals, 40 minute dog walk	Upper Body