

30 Day PALEO Challenge

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Breakfast	Avocado & Bacon Bites	2 eggs, 3 pieces bacon	Assorted Fruit Bowl	Avocado & Bacon Bites	2 eggs, 3 pieces bacon	Assorted Fruit Bowl	Avocado & Bacon Bites	WEEK ONE
Snack	Choose 1 snack from snack list.	Choose 1 snack from snack list.	Choose 1 snack from snack list.	Choose 1 snack from snack list.	Choose 1 snack from snack list.	Choose 1 snack from snack list.	Choose 1 snack from snack list.	
Lunch	Turkey BLT Roll Ups	Strawberry & Spinach Salad	Chipotle Bowl	Turkey BLT Roll Ups	Strawberry & Spinach Salad	Chipotle Bowl	Turkey BLT Roll Ups	
Snack	Choose 1 snack from snack list.	Choose 1 snack from snack list.	Choose 1 snack from snack list.	Choose 1 snack from snack list.	Choose 1 snack from snack list.	Choose 1 snack from snack list.	Choose 1 snack from snack list.	
Dinner	1 Salmon filet 10 Asparagus 1 Sweet Potato	Stuffed Bell Peppers	Dijon Pork Chops	1 Salmon filet 10 Asparagus 1 Sweet Potato	Stuffed Bell Peppers	Dijon Pork Chops	1 Salmon filet 10 Asparagus 1 Sweet Potato	