PALEO On a Budget

Weekly Meal Plan

FOR RECIPES, STORE DEALS, AND MORE INFORMATION VISIT THE BLOG!

www.paleoonabudget.com

Meal Plan

6/15-6/21

Day 1:
1.) coffee
2.) LaraBar and Turkey {not super hungry today!}
3.) Gluten Free Pizza + Salad

Day 2:
1.) Coffee + Eggs
2.) Turkey + Veggies
3.) Tuna Salad over salad

Day 3:
1.) Coffee, Eggs, Bacon
2.) LaraBar {*we have shoot in Boston!*}
3.) At Mom + Dad's for Toriee's Birthday!!!!

Day 4:
1.) Coffee
2.) Cilantro Roasted Potato Chicken Salad
3.) Leftovers from Lunch

Day 5:
1.) probably just Coffee
2.) WEDDING
3.) WEDDING

Day 6:
1.) Sleep + Smoothie
2.) Summer Salad
3.) Sausage + Veggie Stir Fry

Day 7:
1.) Coffee
2.) Leftovers from the week :)
3.) Tomato sauce w/sausages + peppers w/Rice

This is more of a guide than a strict meal plan, as we both strive to eat only when we're hungry, so we might skip meals or add something extra in!

For the shopping list, the symbol * = already have it and don't need to buy it!

- SHOPPING LIST -

Meat:
- Chicken Sausages
- Bacon*
- Chicken Breast

Fresh:
- Eggs
- Kerry Gold Butter
- Cherry Tomatoes
- Onions
- Peppers
- Potatoes
- Cilantro
- Salad
- Lemons {2-3}
- Applegate Farm Deli Meats
- Avocados {2-3}
- Cucumber
- Any on-sale, looks good veggies for snacks + lunch!

Frozen:
- Veggies
- GF Pizza

Other:
- Favorite Dried Herbs + Spices*
- Olive Oil*
- Apple Cider Vinegar
- Mustard
- Light Olive Oil*
- Jasmine Rice*
- LaraBars
- Wild Caught Tuna*
- Pickles*

Stocking Up On:
- Frozen Veggies
- Any on sale meat
- Frozen Veggies that are on sale

SUPER BIG NOTES:

- I haven't been super hungry this last week so my meals might look light but it's just because I'm listening to my body! :)

- Weddings + Shoots still make me a little jittery so I tend not to eat a lot those days!

Check out my newest book: Paleo Meal Planning on a Budget!