



## Mountain Home Athletic Club 30-Day Paleo Meal Plan

### **DAY 1**

Breakfast- bacon & eggs

Lunch- large salad with grilled chicken breast, Extra Virgin Olive Oil and balsamic vinegar dressing

Dinner- grilled skirt steak, marinated in lime juice, EXTRA VIRGIN OLIVE OIL & spices, string beans sautéed in EXTRA VIRGIN OLIVE OIL with shallots and sliced almonds

### **DAY 2**

Breakfast- egg “muffins” with shredded zucchini & carrots

Lunch- leftovers or lettuce wrapped beef burger

Dinner- baked wild salmon with spice rub, steamed broccoli, baked sweet potato

### **DAY 3**

Breakfast- sweet potato hash with sausage and scrambled eggs

Lunch- salmon cakes over salad greens

Dinner- paleo “tacos” in lettuce boats with guacamole

### **DAY 4**

Breakfast- paleo “western” omelet with mushrooms, onions & peppers

Lunch- sardine pate with vegetable cruites

Dinner- roast chicken with onions, parsnips and butternut squash

### **DAY 5**

Breakfast- leftovers or paleo nut-based porridge/granola

Lunch- lamb burgers over salad greens with olives and tomatoes

Dinner- Jamaican beef with sautéed greens

### **DAY 6**

Breakfast- sweet potato hash with ground pork

Lunch- leftovers or spaghetti squash with meat sauce

Dinner- grilled lamb kabobs with onions, peppers and mushrooms

### **DAY 7**

Breakfast- fried eggs with avocado and sauerkraut

Lunch- seared flank steak over mixed baby greens, fresh or sautéed

Dinner- Braised pork tenderloin with cabbage and apples

**DAY 8**

Breakfast- smoked salmon and avocado

Lunch- sliced deli meat with apple, almond butter

Dinner- bacon wrapped chicken thighs

**DAY 9**

Breakfast- mixed nuts and fruit smoothie with full-fat coconut milk

Lunch- seared scallops with bacon wrapped asparagus spears

Dinner- baked pork chops with braised kale or collard greens

**DAY 10**

Breakfast- salmon cakes

Lunch- curried chicken salad with paleo mayonnaise, dried cranberries, apples & pistachios

Dinner- paleo stuff cabbage

**DAY 11**

Breakfast- bacon & eggs

Lunch- sardines with artichoke hearts, roasted red peppers and olives, EXTRA VIRGIN OLIVE OIL dressing

Dinner- pot roast with cauliflower “mashed potatoes” and braised spinach

**DAY 12**

Breakfast- pumpkin pancakes

Lunch- seared rib eye steak with braised greens

Dinner- orange glazed baked chicken legs/thighs with brussel sprouts and roasted pecans

**DAY 13**

Breakfast- leftovers or paleo zucchini muffins

Lunch- hard boiled eggs with sliced apples and almond or cashew butter

Dinner- acorn squash bowls with ground beef filling

**DAY 14**

Breakfast- curried coconut chicken soup

Lunch- chicken liver pate with cruites

Dinner- slow-cooked braised short ribs

**DAY 15**

Breakfast- ham and egg cups

Lunch- chicken wings with celery sticks

Dinner- stuffed mushrooms with kale salad

**DAY 16**

Breakfast- roasted root vegetables with poached eggs

Lunch- salmon & zucchini "sushi" rolls

Dinner- Paleo chili

**DAY 17**

Breakfast- grain-free granola

Lunch- deviled eggs with Paleo mayonnaise

Dinner- roast duck breast, baked beets with fennel

**DAY 18**

Breakfast- coconut flour waffles/pancakes

Lunch- butternut squash soup and leftovers

Dinner- BBQ chicken with grilled squash & pineapple

**DAY 19**

Breakfast- crustless veggie quiche

Lunch- simple shrimp ceviche

Dinner- turkey loaf, sautéed red cabbage with onions & apples

**DAY 20**

Breakfast- zucchini pancakes

Lunch- pork meatballs and veggie chowder with bacon

Dinner- Paleo lasagna with zucchini noodles

**DAY 21**

Breakfast- carrot gingerbread muffins with coconut flour

Lunch- lamb chops and asparagus wrapped in bacon

Dinner- pecan crusted wild salmon filets and roasted squash

**DAY 22**

Breakfast- coconut-almond butter porridge

Lunch- curried egg salad

Dinner- braised beef shanks with kale or collard greens

**DAY 23**

Breakfast- apple- streusel egg muffins

Lunch- greek-style lamb kabobs

Dinner- mustard glazed chicken thighs, green beans with shallots

**DAY 24**

Breakfast- fried eggs with avocado & sauerkraut

Lunch- spinach salad with walnuts & artichokes, topped with lemon-herb chicken

Dinner- beef stew

**DAY 25**

Breakfast- coconut and almond butter smoothie with fruit

Lunch- chicken gumbo

Dinner- buffalo burgers with curried sweet potato fries or slices

**DAY 26**

Breakfast- eggs scrambled with spinach & mushrooms

Lunch- sesame buttered chicken wings

Dinner- seared ahi tuna steaks, red cabbage salad

**DAY 27**

Breakfast- sweet potato pancakes

Lunch- rustic country pate

Dinner- beef and mixed veggie stir-fry

**DAY 28**

Breakfast- sweet-potato hash

Lunch- tuna-tahini salad

Dinner- slow-cooked lamb roast, sautéed spinach with pine nuts & currants

**DAY 29**

Breakfast- veggie frittata

Lunch- greek salad, with grilled chicken breast

Dinner- paleo Shepherd's pie

**DAY 30**

Breakfast- eggs in a basket with grilled eggplant-sliced 'baskets'

Lunch- baked salmon on bed of sautéed kale

Dinner- pesto shrimp with zucchini-noodle fettuccine

**Beverages:**

Water with lemon, unsweetened tea, red wine, coffee no dairy or sugar.

Give yourself a free day to eat 1 meal of whatever you love once a week, but only once per week and only one meal preferably in the evening.