

Paleo gluten and grain free plan

Water – 2 litres a day

Green tea and decaffeinated coffee twice a day

On the weekends almond/Turmeric chai as a snack or a treat

Days	Breakfast	snack	Lunch	snack	Dinner
Monday	Eggs with spinach, mushrooms and vegetables	Paleo snack or fruit	Vegetable Salad with canned Tuna	Paleo snack or fruit	Paleo dinner Chicken +fresh vegetables and Kumara or roast steamed veg
Tuesday	Shake from berries +boiled egg	Paleo snack or fruit	Grilled fish with Salad (salmon, fresh tuna, white fish)	Paleo snack or fruit	Paleo dinner Vegetarian main +fresh vegetables and Kumara or roast steamed veg
Wednesday	Nuts seeds almond milk +fruit	Paleo snack or fruit	Cesar salad with chicken and anchovies and pouched egg	Paleo snack or fruit	Paleo dinner Meat +fresh vegetables and Kumara or roast steamed veg
Thursday	Shake from berries Almond milk +tuna on Paleo Toast	Paleo snack or fruit	Egg foo young fritters with salad	Paleo snack or fruit	Paleo dinner chicken +fresh vegetables and Kumara or roast steamed veg
Friday	Omelette with two eggs and fruit	Paleo snack or fruit	Grilled fish with Salad	Paleo snack or fruit	Paleo dinner fish +fresh vegetables and Kumara or roast steamed veg
Sat	French toast from 2 pieces Paleo bread + berries+ eggs and smoked Salmon	almond chai	Beetroot salad with Tuna and Roast vegetables - Kumara, carrot pumpkin	Paleo snack or fruit Dessert of my choice	Paleo dinner Meat +fresh vegetables and Kumara or roast steamed veg
Sun	Paleo pancakes +fruits + eggs and smoked Salmon	turmeric chai	Grilled chicken Salad +steamed veg	Paleo snack or fruit	Paleo dinner Chicken +fresh vegetables and Kumara or roast steamed veg