



PALEO RESET

7 DAY REAL FOOD CHALLENGE

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
BREAKFAST	Bacon, scrambled eggs, raw spinach leaves, coffee	Applegate chicken and apple sausage, half avocado, sauteed spinach	Fried egg, half avocado, smoked salmon, steamed greens	Green smoothie, applegate sausage, fatty coffee	Mushroom omelette, side of fruit	Applegate chicken and apple sausage, bacon, spinach	½ avocado, 2 scrambled eggs, vegetable hash
LUNCH	Canned fish, massaged kale salad, ½ avocado	Lettuce wrapped turkey burgers	Chipotle	Chicken breast with ½ sweet potato and salad	BLT chicken salad	Canned fish, ½ avocado, roasted vegetables, fruit	Spaghetti squash and meat sauce
DINNER	Stuffed peppers (beef) and salad	Baked salmon and roasted vegetables	Steak with sweet potato and onion hash	Spaghetti squash and meat sauce	Roasted vegetables and lettuce wrapped turkey burgers	Steak fajitas	Baked salmon and roasted vegetables



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