



• WEEKLY MEAL PLAN •

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	1/2 Grapefruit, Apple and Almond Butter	1/2 Grapefruit, Apple and Almond Butter	<u>Rise and Shine Smoothie</u>	Rise and Shine Smoothie	Carnitas Scramble with Diced Green Chiles
LUNCH	<u>Ham Roll Ups</u>	Ham Roll Ups	Leftover Turkey Fritter and Cucumber Salad	Leftover Carnitas Wraps	Leftover Turkey Fritter with Hot Sauce
DINNER	<u>Paleo Turkey Fritters with Cucumber Salad</u>	<u>Paleo Turkey Fritters with Cucumber Salad</u>	<u>Carnitas Tacos with Paleo Wraps or Sprouted Corn Tortillas</u>	Leftover <u>Carnitas Tacos</u>	FREE NIGHT!
SNACKS	<u>Rise and Shine Smoothie</u>	Apple and Almond Butter	Dried Fruit with Raw Almonds	<u>Ham Roll Ups</u>	Watermelon!

• GROCERY LIST •

MEATS

- Ham (1/2 lb)
- Cooked Turkey Breast (1.5 lbs)
- Bacon (4 slices)
- Eggs (6)
- Pork Butt/Shoulder (4 lbs)

VEGGIES

- Grapefruit (1)
- Apple (4)
- Spinach (1 bunch)
- Red Bell Pepper (2)
- Cucumber (5)
- Green Onion or Chives (1 bunch)
- Jalapeno (2)
- Red Onion (1)
- Bananas (4)
- Naval Oranges (3)
- Avocado (1)
- Limes (2)
- Radishes (1 bunch)
- Watermelon

OTHER

- Almond Butter
- Mustard
- Artichoke Hearts (1 can)
- Diced Green Chiles (1 can)
- Coconut Oil
- Apple Cider Vinegar
- Raw Honey
- Almond Milk
- Frozen Mango (1 bag)
- Chicken Broth (1 qt)
- Cumin, Cinnamon, Clove, Coriander
- Bay Leaves
- Dried Ancho Chiles (4)
- Salsa
- Paleo Wraps or Sprouted Corn Tortillas
- Dried Mangos
- Raw Almonds
- Hot Sauce



• PREP DAY TIPS •

- Slice up 1 cucumber for Tuesday's lunch and 3-4 more for Tuesday's dinner and store.
- Shred the cooked turkey breast with two forks and store for Tuesday's dinner.
- Cook the pork butt in the crock pot.
- Create your ham roll ups.
- Prep your smoothie ingredients, store them in Tupperware (2).
- Cut up your watermelon.

• WEEKLY INSPIRATION •

PRIMARY FOOD SERIES: INSPIRATION

Finding inspiration in live can be one of the most rewarding things. It teaches us that we can be creative, express ourselves and create big dreams in a safe environment. Creating a vision board brings together many aspects of inspiration, including having a visual representation of what you desire as well as allowing yourself to reconnect with your goals. Your task this week is to create a vision board! Check out these links to get you started. I'd love to see what you come up with! Snap a photo of your board and email me! lauren@simplypaleo.com

[What is a Vision Board](#)

[Lauren's How to Create a Vision Board](#)

[10 Steps to Creating an Inspiring Vision Board](#)

REMINDER: Saturday and Sunday aren't included because Saturday should be your cheat meal/leftover day and Sunday should be prep day-eat as you go! Every time I plan for every single day, I have WAY too much food and the grocery bill is too high. Try this!