

Paleo Diet 7-Day Meal Plan

Day 1

- **Breakfast:** Banana avocado smoothie with almond milk
- **Lunch:** Tuna salad with kale and pumpkin seeds
- **Dinner:** Paleo stuffed roast chicken

Day 2

- **Breakfast:** Scrambled eggs with smoked salmon
- **Lunch:** Chicken lettuce wraps
- **Dinner:** Greek meatballs with roasted cauliflower

Day 3

- **Breakfast:** Mushroom spinach omelette
- **Lunch:** Grilled shrimp salad with lemon vinaigrette
- **Dinner:** Turkey meatball zoodles

Day 4

- **Breakfast:** Bacon and eggs skillet
- **Lunch:** Chicken Waldorf salad
- **Dinner:** Grilled steak with sweet potato fries and broccoli

Day 5

- **Breakfast:** Coconut almond chia seed pudding
- **Lunch:** Tuna-stuffed avocados
- **Dinner:** Baked salmon with cauliflower mash

Day 6

- **Breakfast:** Roasted sweet potatoes with eggs
- **Lunch:** Sheet pan chicken and brussels sprouts
- **Dinner:** Paleo beef stir-fry with veggies

Day 7

- **Breakfast:** Yogurt parfait made with coconut milk
- **Lunch:** Shrimp and avocado salad
- **Dinner:** Roasted lamb chops with a cucumber mint salad