

Gluten Free Paleo Meal Plan

Breakfast	Snacks	Lunch	Dinner
<p><u>DO NOT SKIP!</u> <u>BE CONSISTENT</u> <u>EAT BREAKFAST</u> <u>WITHIN 2 HOURS OF</u> <u>GETTING UP.</u> <u>Egg Scramble</u> 2 eggs organic/cage free Spinach handful Red bell pepper ¼ c Mushrooms 2 sliced 1 Tbsp coconut oil</p>	<p><u>AM Snack</u> Not critical Unless Lunch is later than 1pm 1 Apple Cal. 69 Carbs 17g Fat 0 Protein 0 Sodium 1mg Sugars 13g (Even though this number is over 7g sugar from fruit is healthy)</p>	<p><u>DO NOT SKIP</u> <u>TIME 11:30-1:00</u> <u>Protein and Fiber Power</u> 3 oz Organic chicken breast 1/3 cucumber sliced ½ red bell pepper 1 c spinach ½ c low sodium organic cannellini beans 2 Tbsp. Braggs Apple Cider Vinaigrette Green Tea Iced or Hot Metabolism Booster B complex Vitamin (Mega Food Sprouts)</p>	<p><u>KEEP IT LITE!</u> <u>6-7PM</u> Baked Spicy Turkey Meatballs Serves 12-14 meatballs 1 medium zucchini grated 2 pounds ground turkey 3 cloves garlic diced 2 Tbsp cilantro 1 tsp cumin 1 tsp onion powder Pinch sea salt 1 Tbsp. tomato paste (gluten free) Pinch pepper 1 egg optional Dash olive oil Mix. Bake at 410 degrees 18-20 minutes Green Salad</p>
<p><u>NUTRITIONAL INFO</u> Cal. 314 Protein 14g Carbs 4g (Under 35g) Fat 27g (Allowed 40-60 grams per day) Sugars 2g (under 7g) Sodium 129mg (Under 200mg allowed 1500mg daily) <u>PUSH WATER</u></p>	<p><u>REMINDERS</u> Braags Apple Cider Vinegar 1-2 Tbsp. In 1 c cold water before all meals!! Reduces belly fat Helps the body metabolize protein Has B vitamins <u>PUSH WATER</u></p>	<p><u>NUTRITIONAL INFO</u> Cal. 298 Protein 34 g Carbs 29g Fats 4g Sugars 7g Sod. 321mg <u>PM Snack Critical 3-4pm</u> 1) Deli Turkey Slices 3 Carrots and Celery 2) Hummus 2 Tbsp. + veggies 3) Yoplait Greek 100 yogurt 4) 1 Tbsp peanut butter & banana 5) Kind bar</p>	<p><u>NUTRITIONAL INFO</u> Cal. 295 Protein 29g Carbs 16g Fats 13g Sugars 8g Sod. 564mg Snack After Dinner: Popcorn Sugar Free Jello Laughing Cow Cheese Dark Chocolate 1 oz.</p>

Needed: Garlic Cilantro Eggs Spinach Red Bell Pepper Mushrooms Cumin Onion Powder Gluten free tomato paste Braggs Apple Cider Vinaigrette Zucchini Olive Oil Coconut Oil Cannellini Beans Organic chicken breast Cucumbers Braggs Apple Cider Vinegar Turkey Burger