



3 Day Meal Plan

Lisa Mislevy MS, RD

DAY 1

breakfast

Sweet potato "toast" with almond butter & banana slices. Tea or coffee.

Later: grass-fed beef stick and raw peppers

lunch

Cobb salad: uncured bacon, tomatoes, boiled egg, avocado & dairy free ranch.

Later: avocado slices with tobasco sauce

dinner

Salmon baked with grass-fed butter, dill and lemon.

Side of green beans roasted with coconut oil at 425 degrees till soft.

DAY 2

breakfast

Bulletproof coffee (part of intermittent fasting- first meal is lunch).

www.blog.bulletproof.com/bulletproof-fasting/

lunch

Curry chicken salad with avocado mayo and celery in double lettuce wraps.

Later: Kiwi and olives

dinner

Steaks grilled with mushrooms sauteed in grass-fed butter.

Salad: romaine, artichoke hearts, kalamata olives, cukes and tomatoes with olive oil and vinegar.

DAY 3

breakfast

Smoothie: unsweetened cashew milk, frozen berries, 1/2 avocado, grassfed collagen powder.

Later: Apple slices & nut butter of choice

lunch

Organic lunch meat wrapped around avocado wedges. Cucumber tomato salad on the side.

Later: Justin's nut packet and strawberries

dinner

Salisbury steaks over mashed cauliflower "potatoes".

meat: paleorunningmomma.com

DAILY MEAL PLAN TEMPLATE

50% veggies
25% protein
25% carbs

Breakfast

fat
fruit

Snack

50% veggies
25% protein
25% fat

Lunch

fat
veggies

Snack

50% veggies
25% protein
25% carbs

Dinner

All of these meals qualify as: Paleo, Whole30, Anti-Inflammatory, Low-Carb. If you are low FODMAP, substitutions or quantity adjustments can be made on high FODMAP foods.