



3 Day Easy Meal Plan

Paleo, Whole30, Anti-Inflammatory

DAY 1

breakfast

Plain cashew yogurt + 1 tsp chia seeds + 1 tbsp almond butter + swirl of honey. Tea or coffee.

Later: Grass-fed beef stick and carrot sticks.

lunch

BLT Salad: mixed greens, tomatoes, boiled eggs, avocado, chunks bacon with sriracha mayo dressing.

Later: Raspberries with dark chocolate drizzle.

dinner

Tilapia cooked in tomato sauce on the stovetop.

Side of green bean and potato salad, german style.

DAY 2

breakfast

Scrambled eggs with salsa and avocado slices. Tea or coffee.

Later: Strawberries and handful of almonds.

lunch

Organic Polish sausage, fermented sauerkraut, cucumber salad with oil & vinegar.

Later: Simple Mills crackers & olives.

dinner

Sweet potato, onion and bacon fritatta or quiche.

Side of roasted cauliflower and purple onions.

DAY 3

breakfast

Smoothie: unsweetened cashew milk, frozen berries, 1/2 avocado, grass-fed collagen powder.

Later: Apple slices & nut butter of choice.

lunch

Tuna salad with carrot sticks as utensils. Simple side salad.

Later: Guacamole and radish slices for "chips".

dinner

Sheet pan fajitas:

<https://nomnompaleo.com/2017/06/13/20170613sheet-pan-chicken-fajitas-avocado-crema>

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.