



3 Day Meal Plan

Lisa Mislevy MS, RD

DAY 1

breakfast

Sweet potato pancakes, 2-3 hard boiled eggs, green tea or coffee.

Later: celery with nut butter and raisins.

lunch

Tuna salad with celery & carrots stuffed in 2 halves of an avocado.

Later: tomato & cucumber salad with seasonings, oil and vinegar.

dinner

Almond flour breaded chicken dipped in honey-mustard sauce.

Roasted green beans in avocado oil and pine nuts.

DAY 2

breakfast

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

Later: Blackberries & roasted pistachios

lunch

Homemade sloppy joe's on zoodle pasta. (primalpalate.com)

Later: Guacamole & radish slices

dinner

Sweet potato rounds used as buns for a grass-fed burger with bacon & tomato.

Coconut oil fried brussel sprouts.

DAY 3

breakfast

Paleo Apple Muffin with butter (texanerin.com) & sausage. Tea or coffee.

Later: Apple slices & nut butter of choice

lunch

Baked tilapia fillets (season & add olive oil) with artichoke pesto on top. Side salad.

Later: raw veggies and handful seasoned nuts.

dinner

Bolognese sauce over roasted spaghetti squash. Add parmesan if tolerated.

Sauteed dark leafy greens of choice with garlic and oil.

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.