



Customizable Week Plans

Week of August 12 - August 18 for 2 people.

	BREAKFAST	LUNCH	SNACK	DINNER
PREP STEPS	<p>SUNDAY: Start Three Pepper Pork Stew 3 hours ahead for Meals 4 & 6.; Optional: place a can of coconut milk in the refrigerator overnight for Meals 7 & 11. (for Coconut Whipped Cream); Optional: wash, chop and portion veggies for Meals 8, 10, 13 & 15. (for Spicy Sesame Almond Zucchini Noodles); Make Almond Macaroons for Meals 15, 19 & 23.</p> <p>WEDNESDAY: Optional: Make Arugula and Leek Frittata ahead for Meals 17 & 21 and do any meal prepping for the rest of the week that you didn't get to on Sunday.</p>			
SUNDAY	Paleo Spaghetti Squash Breakfast Bake; (50 minutes)	Mediterranean Tuna Salad; (15 minutes)	Blackberry Thyme Smoothie; (10 minutes)	Three Pepper Pork Stew; (3 hours)
MONDAY	Leftover: Paleo Spaghetti Squash Breakfast Bake; (50 minutes)	Leftover: Three Pepper Pork Stew; (3 hours)	Coconut Whipped Cream; berries, fresh; (10 minutes)	Quick Pan Seared Scallops; Spicy Sesame Almond Zucchini Noodles; (20 minutes)
TUESDAY	Green Smoothie Bowls; (10 minutes)	Leftover: Quick Pan Seared Scallops; Leftover: Spicy Sesame Almond Zucchini Noodles; (20 minutes)	Leftover: Coconut Whipped Cream; berries, fresh; (10 minutes)	Chipotle Burgers with Grilled Sweet Potatoes; (25 minutes)
WEDNESDAY	Leftover: Green Smoothie Bowls; (10 minutes)	Leftover: Chipotle Burgers with Grilled Sweet Potatoes; (25 minutes)	Almond Macaroons; (45 minutes)	Lamb Fried Rice; (30 minutes)
THURSDAY	Arugula and Leek Frittata; (30 minutes)	Leftover: Lamb Fried Rice; (30 minutes)	Leftover: Almond Macaroons; (45 minutes)	Apple Glazed Turkey Breast; Baked Sweet Potato Fries; (40 minutes)
FRIDAY	Leftover: Arugula and Leek Frittata; (30 minutes)	Leftover: Apple Glazed Turkey Breast; Leftover: Baked Sweet Potato Fries; (40 minutes)	Leftover: Almond Macaroons; (45 minutes)	Salmon with Spring Pea and Citrus Salad; (45 minutes)
SATURDAY	Scrambled Eggs with Bacon and Vegetables; (20 minutes)	Graze fridge for leftovers	Graze fridge for leftovers	Paleo Shepherd's Pie; (1 hours)