



Customizable Week Plans

Week of September 30 - October 06 for 2 people.

	BREAKFAST	LUNCH	SNACK	DINNER
SUNDAY	One-Pan Brussels Sprouts with Bacon and Almonds; egg(s); (25 minutes)	Kale Salad with Ham; (15 minutes)	Paleo Trail Mix; (10 minutes)	Chicken, Yam, and Chard Soup; (1 hours)
MONDAY	Leftover: One-Pan Brussels Sprouts with Bacon and Almonds; egg (s); (25 minutes)	Leftover: Chicken, Yam, and Chard Soup; (1 hours)	Leftover: Paleo Trail Mix; (10 minutes)	Taco Salad; (30 minutes)
TUESDAY	Bananas with Almond Butter and Coconut; (5 minutes)	Leftover: Taco Salad; (30 minutes)	Leftover: Chicken, Yam, and Chard Soup; (1 hours)	Lamb Chops with Wilted Arugula and Pistachios; (20 minutes)
WEDNESDAY	Berry Coconut Chia Smoothie; (10 minutes)	Leftover: Lamb Chops with Wilted Arugula and Pistachios; (20 minutes)	Leftover: Paleo Trail Mix; (10 minutes)	Quick and Easy Sausage and Pepper Bowl with Zucchini Noodles; (20 minutes)
THURSDAY	Asparagus and Eggs; (15 minutes)	Leftover: Quick and Easy Sausage and Pepper Bowl with Zucchini Noodles; (20 minutes)	Leftover: Paleo Trail Mix; (10 minutes)	Bunless Burgers; Collard Slaw; (25 minutes)
FRIDAY	Coconut Lime Pancakes; (20 minutes)	Leftover: Collard Slaw; Leftover: Bunless Burgers; (25 minutes)	Salami Stackers; (5 minutes)	Macadamia-Encrusted Halibut; Sautéed Vegetables with Lemon and Basil; (35 minutes)
SATURDAY	Shrimp and Avocado Omelet; (30 minutes)	Graze fridge for leftovers	Graze fridge for leftovers	Danish Meat Loaf; Cauliflower Mashers; (1 hours 30 minutes)