

## 7 Day Paleo Diet Meal Plan

|                  | <b>Breakfast</b>  | <b>Lunch</b>  | <b>Dinner</b>   |
|------------------|---|---|---|
| <b>Monday</b>    | Scrambled Eggs with<br>Smoked Salmon<br>+<br>One fruit                          | Chicken Salad with<br>Olive Oil<br>+<br>Mix of nuts                 | Ground Beef and<br>Vegetables Stir Fry<br>+<br>Mixed berries                            |
| <b>Tuesday</b>   | Paleo Apple Cinnamon<br>Pancakes<br>+<br>One boiled egg                         | Sandwich in a<br>lettuce leaf, with<br>meat and fresh<br>vegetables | Roasted chicken thighs<br>and veggies   |
| <b>Wednesday</b> | Two poached eggs with<br>spinach and mushrooms                                  | Paleo Kung Pao<br>Shrimp  | Paleo Minestrone Soup   |
| <b>Thursday</b>  | Carrot Apple Smoothie<br>Recipe (Paleo & Dairy-<br>Free)<br>+<br>One boiled egg | Thai Inspired<br>Coconut Chicken<br>Curry &<br>Cauliflower Rice     | Paleo Stuffed Peppers   |
| <b>Friday</b>    | Bacon and eggs, with a<br>piece of fruit  | Paleo Sauteed<br>Shrimp Fried<br>Cauliflower Rice                   | Pan-fried Chicken<br>Tenders with Honey<br>Mustard Dip with<br>sauteed brussels sprouts |
| <b>Saturday</b>  | Coconut milk, mixed<br>berries, and spinach<br>smoothie                         | Salmon Stir Fry<br>with Vegetables                                  | Slow-cooked beef stew<br>with mixed vegetables  |
| <b>Sunday</b>    | Bacon Aubergine<br>Quiche (Dairy-Free)  | Paleo Orange<br>Chicken with<br>Cauliflower Rice                    | Roast chicken with a<br>stuffing of onions,<br>carrots, and rosemary                    |

**Paleo Diet Grocery List for Day 1** - Eggs, Salmon, Coconut milk, Chives, Fruit (of your choice), Chicken, Olive Oil, Nuts, Ground Beef, Vegetables (of your choice), Salt, Pepper, and Mixed Berries.

**Paleo Diet Grocery List for Day 2** - Eggs, Chicken, Vegetables (of your choice), Salt, Pepper, Almond/Coconut/Tapioca flour, Iceberg lettuce, Apple sauce, Honey, Olive Oil, Clarified butter, Cinnamon powder.

**Paleo Diet Grocery List for Day 3** - Eggs, Shrimp, Spinach, Mushroom, Ground Pork Sausage, Vinegar, Tapioca starch, Olive Oil, Yellow Sweet Potato, Carrots, Celery Stalks, Zucchini Squash, Garlic, Chicken or Vegetable Broth, Tomatoes, Spinach, Bay Leaves, Dried Oregano, Dried Basil, Dried Parsley, Cayenne Pepper, Sea Salt.

**Paleo Diet Grocery List for Day 4** - Eggs, Carrot, Apple, Coconut milk, Cinnamon, Nutmeg, Coconut oil, Olive Oil, Garlic, Onion, Chicken breast, Bell peppers, Tomatoes, Coconut milk, Almond milk or cashew milk, Red curry paste, Fish sauce, Cauliflower, Turmeric, Cayenne, Cilantro, Onion, Ground Beef, Ground Cumin, Smoked Paprika, Parsley, Salt, Pepper, Jalapenos, Black Olives.

**Paleo Diet Grocery List for Day 5** - Eggs, Bacon, Fruits of your choice, Almond Flour, Olive oil, Carrots, Onions, Cauliflower rice, Soy sauce, Honey mustard dip, Lemon, Cayenne pepper, Garlic powder, Salt, and Pepper.

**Paleo Diet Grocery List for Day 6** - Coconut milk, Mixed berries, Ground beef, Salmon, Vegetables of your choice, Spinach, Carrots, Onion, Garlic, Parsley. Tomato paste, Beef broth, Peas, Arrowroot flour, Salt, and Pepper.

**Paleo Diet Grocery List for Day 7** - Almond Flour, Potato Starch, Tapioca Starch, Maple Sugar, Egg, Carrots, Onion, Garlic, Aubergine, Uncured Bacon, Almond Milk, Yeast, Chicken, Arrowroot starch, Oranges, Vinegar, Fish sauce, Honey, Ginger, Olive oil, Rosemary, Salt, Pepper.

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