

■ 7-Day Paleo Starter Meal Plan ■

Whole foods. Real energy. A gentle, beginner-friendly start.

■ Paleo Ground Rules

■ Eat Freely	■■ Occasionally	■ Avoid
Meat, poultry, fish, eggs	Raw honey, maple syrup	Grains (wheat, oats, rice, corn)
Vegetables (all)	Nuts & seeds (moderation)	Legumes (beans, peanuts, soy)
Fruits (berries preferred)	Starchy tubers (sweet potato)	Dairy (milk, cheese, yogurt)
Avocado, olive & coconut oil	Dark chocolate (85%+)	Refined sugar & seed oils
Herbs, spices, bone broth	Dried fruit	Processed/packaged foods

■ Your 7-Day Meal Schedule

Day 1 — Monday

Meal	What to eat
Breakfast	Scrambled eggs (3) with sautéed spinach, cherry tomatoes, and avocado slices
Lunch	Grilled chicken breast over mixed greens, cucumber, walnuts; olive oil + lemon dressing
Dinner	Baked salmon with roasted asparagus and mashed cauliflower (coconut milk + garlic)
Snack	Apple slices with almond butter

Day 2 — Tuesday

Meal	What to eat
Breakfast	Sweet potato hash with ground turkey, bell peppers, and a fried egg
Lunch	Leftover salmon flaked into a big salad with olives, red onion, olive oil vinaigrette
Dinner	Beef stir-fry (grass-fed sirloin) with broccoli, snap peas, carrots, coconut aminos
Snack	Handful of blueberries + macadamia nuts

Day 3 — Wednesday

Meal	What to eat
Breakfast	Paleo smoothie — coconut milk, spinach, frozen berries, banana, chia seeds
Lunch	Tuna salad (olive oil + Dijon) wrapped in butter lettuce with tomato and avocado
Dinner	Roasted chicken thighs with garlic Brussels sprouts and butternut squash cubes
Snack	Carrot sticks with guacamole

Day 4 — Thursday

Meal	What to eat
Breakfast	Veggie omelet (mushrooms, onions, spinach) cooked in ghee
Lunch	Leftover roasted chicken over kale Caesar (olive oil, anchovy, lemon, garlic)
Dinner	Grilled shrimp skewers with zucchini noodles and homemade tomato-basil sauce
Snack	Hard-boiled eggs + cucumber slices

Day 5 — Friday

Meal	What to eat
Breakfast	Chia pudding made with coconut milk, topped with strawberries and slivered almonds
Lunch	Ground beef lettuce wraps with salsa, avocado, and lime
Dinner	Pork tenderloin with roasted rainbow carrots and sautéed Swiss chard
Snack	Orange + a few Brazil nuts

Day 6 — Saturday

Meal	What to eat
Breakfast	Bacon (nitrate-free) + poached eggs + roasted tomatoes and mushrooms
Lunch	Big Paleo Cobb salad — chicken, bacon, egg, avocado, tomato, olive oil dressing
Dinner	Slow-cooked beef stew with carrots, celery, onion, herbs (bone-broth based)
Snack	Frozen grapes + pumpkin seeds

Day 7 — Sunday

Meal	What to eat
Breakfast	Sweet potato pancakes (egg + mashed sweet potato + cinnamon) with berries
Lunch	Leftover beef stew reheated with a side of steamed greens
Dinner	Baked cod with lemon-herb butter (ghee), roasted parsnips, and arugula salad
Snack	Dark chocolate (85%+) square + almonds

■ Starter Shopping List

Proteins	Eggs (2 dozen) • Chicken breast & thighs • Ground turkey • Ground beef • Sirloin steak • Pork tenderloin •
Leafy Greens	Spinach • Kale • Arugula • Mixed greens • Butter lettuce • Swiss chard
Vegetables	Broccoli • Cauliflower • Brussels sprouts • Asparagus • Zucchini • Cucumber • Carrots • Celery • Bell pepper
Starchy Veg	Sweet potato • Butternut squash • Parsnips
Fruits	Avocados (5–6) • Lemons • Limes • Apples • Oranges • Bananas • Berries (fresh + frozen) • Grapes
Fats & Oils	Extra-virgin olive oil • Coconut oil • Ghee • Full-fat unsweetened coconut milk
Nuts & Seeds	Almond butter • Chia seeds • Almonds • Walnuts • Macadamia nuts • Pumpkin seeds • Brazil nuts
Pantry	Coconut aminos • Dijon mustard • Apple cider vinegar • Sea salt • Black pepper • Dried herbs (oregano, ba

■ First-Week Success Tips

- **Meal prep on Sunday** — batch-cook proteins and roast trays of vegetables so weekday meals assemble in minutes.
- **Hydrate generously** — as carbs drop, drink plenty of water and add a pinch of sea salt to ease the low-carb transition.
- **Don't fear healthy fats** — avocado, olive oil, ghee, and coconut are what keep you full and energized on Paleo.
- **Plan your snacks** — hard-boiled eggs, nuts, and pre-cut veggies prevent grain and sugar temptations.
- **Sleep and move** — Paleo is a lifestyle. Target 7–9 hours of sleep and daily walking or light strength work.
- **Track how you feel** — energy, digestion, sleep, and skin often improve within 7–14 days. Journal daily.

Prepared by Genspark AI • Print, post on the fridge, and enjoy the week! • 2026