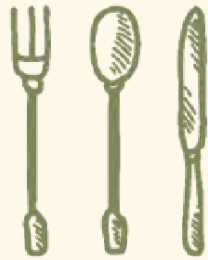


# 7 Day Paleo Meal Planner



LIVING  
DELISH &  
NUTRISH  
*with tina wells*



# Welcome

Hey there! I'm so glad you're here. I'm a professional chef and National Board Certified Health and Wellness Coach.

This meal idea guide is merely an introduction to all of the delicious and nutritious options you have - no restrictions here! You're eating whole, unprocessed, flavorful meals. You'll wonder how you lived without this lifestyle for so long!

Simply tap on each photo to go to the recipes. Prep in advance, make extras or cook on the fly. As long as you're stocked with good quality ingredients, you can always eat well.

I hope you'll discover how anti-inflammatory ingredients improve how you feel, help you to break free from diet culture, learn what fuels your body and make sustainable changes. This could be your first step!

My program, **The Paleo Protocol**, has you not only eating more delicious and nutritious meals, it also incorporates stress management, sleep and movement. You experience a gain in energy throughout the day, less brain fog, more restful sleep and no more cravings. I would be happy to be your coach, help you set goals, cheer your progress and guide you to discover how changing your mindset can change your health.

Discovering that certain foods can have either a positive or negative impact on my health inspired me to adapt a paleo lifestyle. Growing up in a Greek family meant I ate the most flavorful, traditional, fresh meals made from delicious ingredients, and it's inspired me throughout my life to eat well. Whether you're here to just try a few recipes, or adopt a new lifestyle, simply changing up a few ingredients can have big benefits.

As we say in Greek, Kali Orexi! *tina*





# Day 1

## BREAKFAST

### Sausage, Potato and Apple Hash

Start off your day by reheating this pre-prepped breakfast and adding a quick-fried egg, or eat just like this!



## LUNCH

### Fruity Nutty Chicken Salad

A favorite for packing on-the-go, wrapping in romaine leaves or an almond flour tortilla.



## DINNER

### Egg Roll in a Bowl

This version includes lots of veggies and Asian-inspired flavors. Make extras for tomorrow's lunch.





## Day 2

### BREAKFAST

#### Cinnamon Apple Overnight N'Oats

It's Not Oats! Get it? But the flavor and texture will remind you of your favorite overnight oats recipe. And it keeps in the fridge for several days



### LUNCH

#### Leftover Egg Roll in a Bowl

Delish warmed up and topped with extra coconut aminos. Perfect for an on-the-go or office lunch "al desko".



### DINNER

#### Tex-Mex Enchilada Casserole

Double the recipe, or make two smaller casseroles from one recipe and freeze. If you don't want to make the salsa, simply use your favorite jarred salsa (with no sugar or sweeteners, of course.).





# Day 3

## BREAKFAST

Cinnamon Apple Overnight N'Oats

So good you'll want it again



## LUNCH

Street Food Chicken Satays

Prep a bunch on the weekend to re-heat and eat. So good over a salad or cauliflower rice.



## DINNER

Chicken Parmesan-No

Use the classic 3-step breading method and change up the ingredients for a crispy, juicy result. Give yourself (or your guests) a variation of sauce toppings with either marinara or pesto.





# Day 4

## BREAKFAST

### Gut Healing Smoothie

When your smoothie has a variety of sweet vegetables as well as fruits, it's less sweet, has more fiber and keeps you full until lunch.



## LUNCH

### Fruity Nutty Chicken Salad

So good you can put it on repeat.



## DINNER

### Biftekia - Feta-Stuffed Turkey Burger

Use this simple method to stuff seasoned ground turkey with plant-based feta, grill and top with this delish sauce. Make extra and freeze.





# Day 5

## BREAKFAST

### Chia Pudding

So basic, this will be a staple in your kitchen. Add lemon zest, 1 Tablespoon cocoa powder or any other flavors you prefer, and top with fresh fruit. (Or jump ahead and add tomorrow's granola)



## LUNCH

### Creamy Cashew Caesar Salad

Make extra of this dressing for tomorrow's dinner, it's a tasty alternative to tired old ranch!



## DINNER

### Veggie-Packed Zesty Chili

No one can detect the hidden vegetables because the zesty seasoning makes them so flavorful.





# Day 6

## BREAKFAST

### Chunky, Chocolatey Grain-Free Granola

Sweet and chocolatey and crunchy and so satisfying! Use it to top your favorite plant-based yogurt or yesterday's chia pudding.



## LUNCH

### Leftover Zesty Chili over Salad

Forget those empty-calorie ridden taco salads at the fast food chains, this chili over romaine, or your favorite lettuce blend, makes a hearty, tasty lunch. Don't forget a sprinkle of plant-based cheddar!



## DINNER

### Buttery Lemon Fish

Any white fish will work with this interpretation of the classic French Sole Meunière.







# Day 7

## BREAKFAST

### Weekend Breakfast Casserole

Use up all those leftover veggies from all week and have breakfast for next week too. Slice into portions to quickly reheat and eat. Delish cold too.



## LUNCH

### Asian Inspired Air-Fryer Wings

If it's the weekend, you might be tailgating or otherwise entertaining, feed a crowd with these wings. The sauce is yum!



## DINNER

### Lamb and Beef Kofta

It's a spicy meatball made with a unique blend of proteins and seasoned Mediterranean style. As with most of these recipes, they freeze well too.



*wishing you the best in health*

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