

# PALEO DIET

**Recommended Food Options:** Meat of all kind, sea food of Any kind, eggs, Green Vegetables, Fruits, potatoes, sweet potatoes, nuts or all kind, healthy oil, salt in less amount.

**Touch Me Not Food:** pasta, bread, rice, oats, beans, dairy products, artificial sugar, trans fats.



Days	Breakfast	Lunch	Dinner
Monday	Eggs of any kind with veggies.	Light Meat Meal with nuts	Meat with veggies and some oil.
Tuesday	Eggs of any kind with meat and Fruits.	Meat with veggies.	Fish of any kind with veggies.
Wednesday	Meat of any kind with veggies.	Meat of any kind with veggies.	Meat of any kind with Fruits.
Thursday	Eggs of any kind with fruits.	Meat of any kind with nuts.	Meat of any kind with veggies.
Friday	Eggs of any kind with veggies and some oil.	Light Meat with nuts.	Meat of any kind with potatos.
Saturday	Eggs and Meat of any kind with fruits.	Meat of any kind with veggies.	Fish of any kind with veggies.
Sunday	Meat of any kind with veggies.	Meat of any kind with veggies.	Light Meat with veggies.

