

Dr. Linda's 7-Day Paleo Meal Plan (120g Protein/Day)

This meal plan features simple 1-3 ingredient meals following paleo guidelines with no sugar, grains, or dairy. Each day provides approximately 120g of protein.

Day 1

Breakfast

- 4 eggs scrambled (28g protein)
- 1/2 avocado

Lunch

- 6 oz grilled chicken breast (42g protein)
- Steamed broccoli with olive oil

Dinner

- 6 oz baked salmon (36g protein)
- Roasted sweet potato

Snack

- 2 oz beef jerky (no sugar added) (16g protein)

Daily Protein Total: ~122g

Day 2

Breakfast

- 6 oz ground turkey (42g protein)
- Sautéed spinach

Lunch

- 5 oz canned tuna in olive oil (30g protein)
- Cucumber slices

Dinner

- 5 oz grass-fed steak (35g protein)
- Grilled asparagus

Snack

- 2 hard-boiled eggs (14g protein)

Daily Protein Total: ~121g

Day 3

Breakfast

- 3 eggs (21g protein)
- 1/4 cup walnuts (5g protein)

Lunch

- 6 oz grilled chicken thighs (36g protein)
- Mixed greens with olive oil

Dinner

- 6 oz ground bison (42g protein)
- Roasted zucchini

Snack

- 1 oz almonds (6g protein)
- Apple

Daily Protein Total: ~120g

Day 4

Breakfast

- 4 oz smoked salmon (28g protein)
- Sliced tomato

Lunch

- 6 oz pulled pork (no sugar) (36g protein)
- Sauerkraut

Dinner

- 6 oz cod fillet (36g protein)
- Steamed green beans

Snack

- 3 oz turkey slices (21g protein)

Daily Protein Total: ~121g

Day 5

Breakfast

- 3 eggs (21g protein)
- Sautéed mushrooms

Lunch

- 5 oz grilled shrimp (35g protein)
- Avocado

Dinner

- 6 oz roasted chicken breast (42g protein)
- Roasted Brussels sprouts

Snack

- 3 oz canned sardines (21g protein)

Daily Protein Total: ~119g

Day 6

Breakfast

- 4 oz ground beef (28g protein)
- Sliced bell peppers

Lunch

- 5 oz turkey burger patty (35g protein)
- Mixed greens

Dinner

- 6 oz lamb chops (42g protein)
- Roasted cauliflower

Snack

- 2 hard-boiled eggs (14g protein)

Daily Protein Total: ~119g

Day 7

Breakfast

- 3 oz smoked salmon (21g protein)
- 2 eggs (14g protein)

Lunch

- 6 oz canned tuna (36g protein)

- Cucumber slices

Dinner

- 6 oz pork tenderloin (42g protein)
- Steamed broccoli

Snack

- 1 oz pumpkin seeds (9g protein)

Daily Protein Total: ~122g

Cooking Tips

- Use olive oil or coconut oil for cooking
- Season with herbs, spices, salt, and pepper
- Lemon juice and apple cider vinegar can add flavor without adding ingredients
- Cook in batches to simplify meal prep
- Rotate protein sources for nutritional variety

Shopping List

Proteins:

- Eggs
- Chicken breast and thighs
- Salmon and cod
- Ground beef and ground bison
- Turkey (ground and sliced)
- Shrimp
- Lamb chops
- Pork tenderloin and pulled pork
- Canned tuna and sardines
- Beef jerky (sugar-free)

Vegetables:

- Avocados
- Broccoli
- Sweet potatoes
- Spinach
- Cucumbers
- Asparagus
- Zucchini
- Tomatoes
- Green beans
- Mushrooms

- Brussels sprouts
- Bell peppers
- Cauliflower
- Mixed greens
- Sauerkraut

Nuts and Seeds:

- Walnuts
- Almonds
- Pumpkin seeds

Fruits:

- Berries
- Kiwi

Cooking Essentials:

- Olive oil
- Coconut oil
- Salt and pepper
- Herbs and spices of choice

Simple Meal Templates

1. **Protein + Vegetable:** The foundation of most paleo meals
2. **Protein + Fat:** Satisfying and energy-sustaining combination
3. **Protein + Fruit:** Great for breakfast or post-workout
- 4.

Cooking Methods

Keep preparation simple with these methods:

- Grilling
- Roasting
- Pan-searing
- Steaming
- Slow-cooking (for tougher cuts of meat)

Flavor Enhancers (Still 1-Ingredient)

- Fresh herbs (basil, cilantro, rosemary)
- Spices (cumin, turmeric, cinnamon)
- Citrus zest/juice
- Garlic
- Vinegars (apple cider vinegar is paleo-friendly)