

BADASS 1-WEEK MEAL PLAN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Scrambled Eggs with Veggies + Pickles	Egg Tortilla	Stuffed Zucchini (leftovers)	Scrambled eggs + Asparagus	Bolognese Sauce with Zoodles (leftovers)	Baked Avocado Stuffed with Egg and Prosciutto	Sunny Side-Up Eggs + Grilled Zucchini
LUNCH	Salad with Grilled Chicken	Stuffed Zucchini	Broccoli Soup	Salad with Mayo or Simple Olive Oil Dressing	Mixed Salad + Avocado	Beef liver with roasted mushrooms and vegetables	Beef Soup, Grilled Chicken + Vegetables
DINNER	Shrimp with Cauliflower rice	Mixed Salad + Avocado	Salad with a Hard Boiled Egg, Baked Prosciutto + Pickles	Bolognese Sauce with Zoodles	Salmon Cakes + Grilled Vegetables	Salad with Grilled Chicken	Mixed Salad with a Hard Boiled Egg



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