

Ninja Nutrition Sample 3-Day Meal Plan

	Breakfast	Lunch	Dinner	Snacks
Day 1	<p>3-4 egg omelet with spinach and cheese</p> <p>Bacon on the side</p>	<p>Mixed greens salad with grilled chicken and walnuts.</p> <p>Extra virgin olive oil and apple cider vinegar</p>	<p>Grass-fed steak</p> <p>Asparagus</p> <p>Sweet potato with butter and cinnamon</p>	<p>Apple with almond butter</p>
Day 2	<p>Paleo "Oatmeal"</p> <ul style="list-style-type: none"> ▪ 3 Eggs ▪ 1 Banana (mashed) ▪ 1 Tsp Vanilla Extract ▪ 1 Tsp Pure Maple Syrup (optional) ▪ 1 Tsp Cinnamon ▪ 1 Tbsp. Organic Shredded Coconut (I seem to put this on everything!) ▪ Handful Crushed Almonds or Walnuts ▪ Organic Raspberries, Blueberries, or Blackberries <p>Mix eggs, banana, vanilla, and maple syrup in a bowl. Melt organic butter or coconut oil in skillet. Add mixture to skillet and cook. Pour "oatmeal" into a bowl and top with cinnamon, coconut, nuts, and berries(s) of your choice.</p>	<p>Spicy Tuna Lettuce Wraps</p> <ul style="list-style-type: none"> • Make tuna fish with spicy guacamole instead of mayonnaise • Add chopped onions • Wrap in romaine lettuce leaves 	<p>Salmon fillet (no farm raised fish!)</p> <p>Mixed greens salad</p> <p>Wild rice or quinoa</p>	<p>Raw milk or organic cheese with mixed nuts and fruit</p>
Day 3	<p>Protein Smoothie</p> <ul style="list-style-type: none"> • 1 Scoop natural whey protein powder • 2 Tbsp. Pine Pollen • 1 Scoop Amazing Grass or other greens drink • 1 Tablespoon almond butter • 1 Cup frozen blueberries • 1 Teaspoon cinnamon 	<p>Grass-fed Beef Cheeseburger (no roll!)</p> <p>Side salad or sautéed mixed veggies (broccoli, cauliflower, etc.)</p>	<p>Stir fried chicken and broccoli (cook in organic butter or coconut oil)</p> <ul style="list-style-type: none"> • Add in diced onions, garlic, and mushrooms • Organic soy sauce 	<p>Mixed berries with full fat cream</p>

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	<ul style="list-style-type: none">• 1/2 Cup plain Greek yogurt• 1 Cup coconut milk or organic whole milk (depending on preference) <p>Put all the ingredients in a blender. Mix it up!</p>			
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Need more recipe ideas???

I suggest the [PaleoHacks Cookbook](#) or [Paleo Cookbooks: Complete Paleo Recipe Guide to Healthy Eating](#) for all your paleo meal planning and recipe needs!

Enjoy!