

Colour My Plate Lowcarb/Paleo Weekly Menu

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Breakfast	the best protein pancakes	scrambled eggs with red bell pepper and mushroom	boiled egg with mashed avocado	mushroom omelet with sirracha sauce	kale and butternut fritatta	sweet potato waffles with maple syrup
Snack	fruit	fruit	fruit	fruit	fruit	fruit
Appetizer	mixed green salad with lemon oil	fattoush salad	mixed greens salad	lettuce corn bell pepper salad	lettuce and beetroot salad with lemon mustard	roasted caramelized carrots
Lunch	creamy chicken in mushroom sauce with root veggies	tahina seabass with charred veggies	taco stuffed sweet potato	mexican chicken with green caulirice	spanish chicken caldaretta with string beans	Asian beef with turmeric cauli rice
Afternoon Snack	jalapeno egg cups	almond and cacao energy balls	low carb caulihummus with carrot sticks	salted caramel bites	chocolate flavored mocha mousse	lemon roasted nuts
Appetizer	green beans adobo style	baked veggies	sweet asian soup	turmeric roasted zucchini	sweet potato soup	green salad with sliced green apple in vinaigrette
Dinner	paleo beef lasagna	Asian chicken in lettuce wraps	stir fry prawns with vegs	beef burger with vegetable ratatouille	jerk chicken with root veggies and pineapple salsa	mexican shrimp cakes with coleslaw salsa pignate