

# PALEO PANTRY MEALS

MON

## FRITATTA AND FRUIT

requires: eggs, vegetables and fruit  
optional: milk (nut or dairy), cheese,  
sausage or bacon

TUE

## BURGERS & FRIES + A VEG

requires: ground meat, potatoes and a  
vegetable  
optional: toppings like bacon, mushrooms,  
onions, sauces like ketchup

WED

## SPAGHETTI AND SALAD

requires: pasta sauce, gluten free pasta or  
vegetable noodle, any salad ingredients  
optional: meat for sauce, cheese

THU

## GRILLED CHICKEN & ROASTED VEG

requires: chicken (bone in, bone out, white  
meat, dark meat), vegetables, cooking oil,  
herbs and spices

FRI

## TUNA SALAD LETTUCE CUPS

requires: canned tuna (or salmon), mayo or  
olive oil, lettuce  
optional: extra veggies like celery and  
onion

SAT

## PIZZA BOWLS

requires: pepperoni or sausage, vegetables,  
tomato sauce, oregano, basil, garlic  
optional: cheese

SUN

## SOUP

requires: anything! clean up the scraps of  
meat, vegetables, broth, nut milks, season  
well and you have soup!