



Simply Paleo's Prep Day Tips!

- Boil 1 dozen eggs
- Sauté 2 bunches kale
- Roast 2 bunches broccoli
- Bake 4 large sweet potatoes (400, 1 hour or until tender)
- Crock pot- 6 chicken breasts, taco seasoning and jar tomatoes
- Brown 2 lbs. ground beef with onions and salt and pepper
- Roast 1 bunch beets
- Prep some tuna- paleo mayo, pickles, mustard and salt and pepper
- Roast 2 small or 1 large spaghetti squash-
- Prep Snack packs
- Create Salad packs in mason jars- layer ingredients
- Invest in glass Tupperware
- Baba Ganoush, salsa or guac for veggie dipping
- Egg muffins
- Package, freeze and thaw when ready! (ex. blanched carrots and broccoli)
- Paleo mayo
- Mustard vinaigrette
- Boil 1 dozen eggs
- Sauté 2 bunches kale
- Roast 2 bunches broccoli
- Bake 4 large sweet potatoes
- Crock pot- 6 chicken breasts, taco seasoning and jar tomatoes (shredded chicken!)
- Brown 2 lbs. ground beef with onions and salt and pepper
- Roast 1 bunch beets
- Prep some tuna- paleo mayo, pickles, mustard and salt and pepper
- Roast 2 small or 1 large spaghetti squash-
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