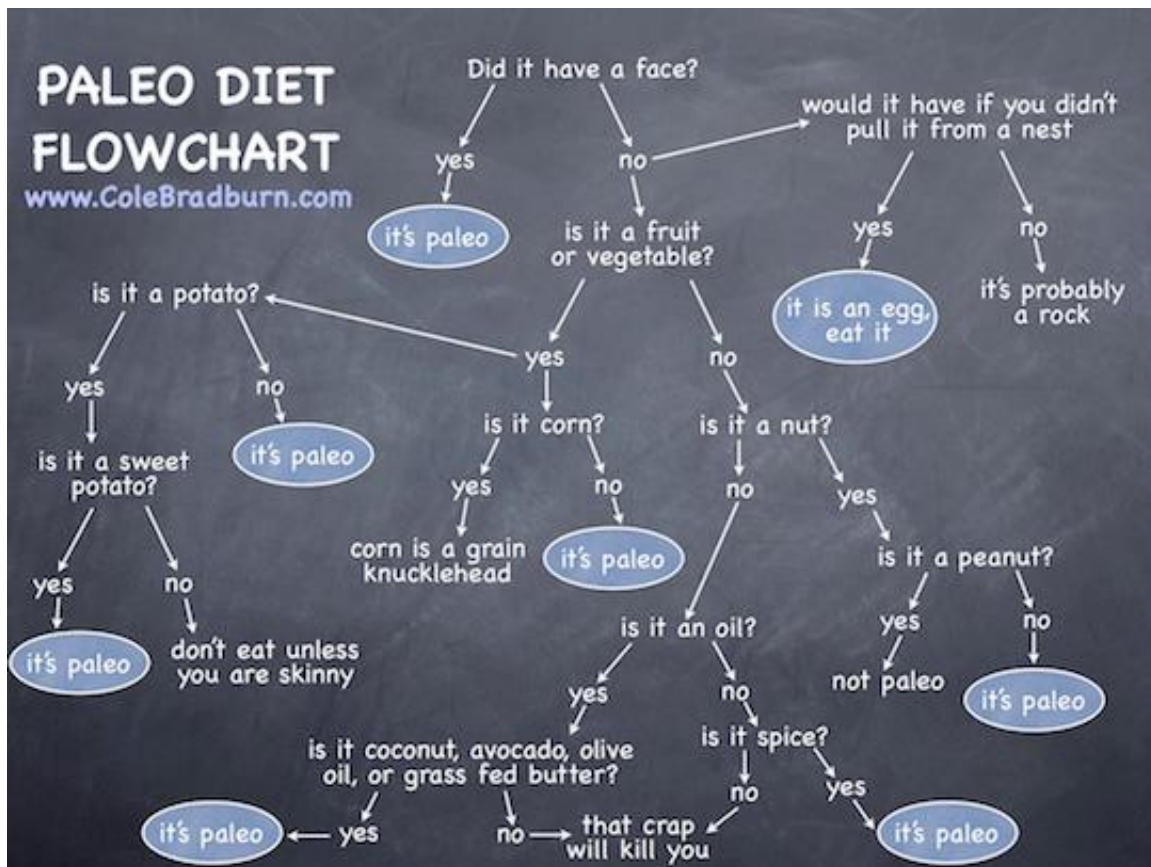


# What Does Eating Paleo Mean?



## Helpful Websites for Self Education and Resources:

Fermented Foods: <http://culturesforhealth.com>

Paleo Food List/Guide: <https://ultimatepaleoguide.com/paleo-diet-food-list>



Check out the phone app *Paleo Food List*!

## General Paleo Foods Allowed: (Not a complete list)

### **MEATS**

- Chicken(free-range preferred)
- Turkey
- Quail
- Goose
- Beef (grass-fed preferred)
- Lamb
- Pork
- Veal

- Wild boar
- Bacon (nitrate-free preferred)
- Moose
- Rabbit
- Duck
- Elk
- Deer

**FISH (Wild-Caught)**

- Salmon
- Sardines
- Anchovies
- Trout
- Bass
- Walleye
- Haddock
- Flatfish
- Tilapia
- Cod
- Herring
- Catfish
- Mackerel
- Tuna
- Turbot

**SHELLFISH (Wild-Caught)**

- Clams
- Lobster
- Shrimp
- Oysters
- Scallops
- Crab
- Mussels

**VEGETABLES**

- Cauliflower
- Broccoli
- Brussels sprouts
- Cabbage
- Bok choy
- Spinach
- Arugula
- Kale
- Mushrooms
- Carrots
- Peppers
- Celery
- Asparagus
- Cucumber
- Radish
- Zucchini
- Onions
- Olives
- Beets\*

- Squash\*, including butternut, acorn, spaghetti
- Sweet Potatoes\*

**FRUITS**

- Apples
- Avocados
- Citrus, including oranges, lemons, limes, mandarins
- Berries, including blueberries, strawberries, raspberries, and blackberries
- Kiwis
- Grapes
- Peaches
- Melons, including watermelon, cantaloupe, and honeydew
- Lychee
- Tomatoes (including sun-dried)
- Figs
- Plums
- Papaya
- Pineapple
- Bananas\*
- Mangos\*

**NUTS/SEEDS**

- Almonds
- Macadamia nuts
- Hazelnuts
- Brazil nuts
- Walnuts
- Almond butter (free of sugar and artificial sweeteners)
- Pine Nuts
- Pumpkin Seeds
- Sunflower Seeds
- Chia Seeds

**OILS/FATS**

- Olive oil
- Avocado oil
- Coconut oil
- Tahini
- Grass-Fed butter
- Grass-Fed ghee
- Macadamia oil

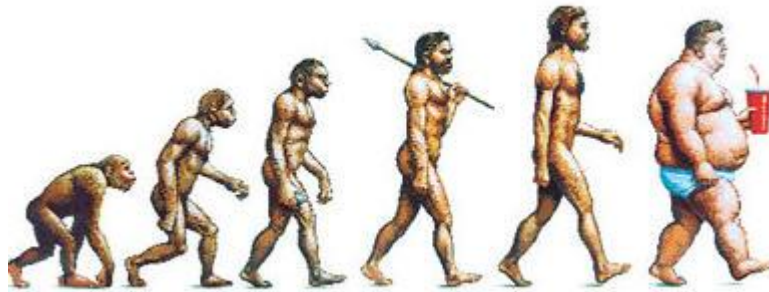
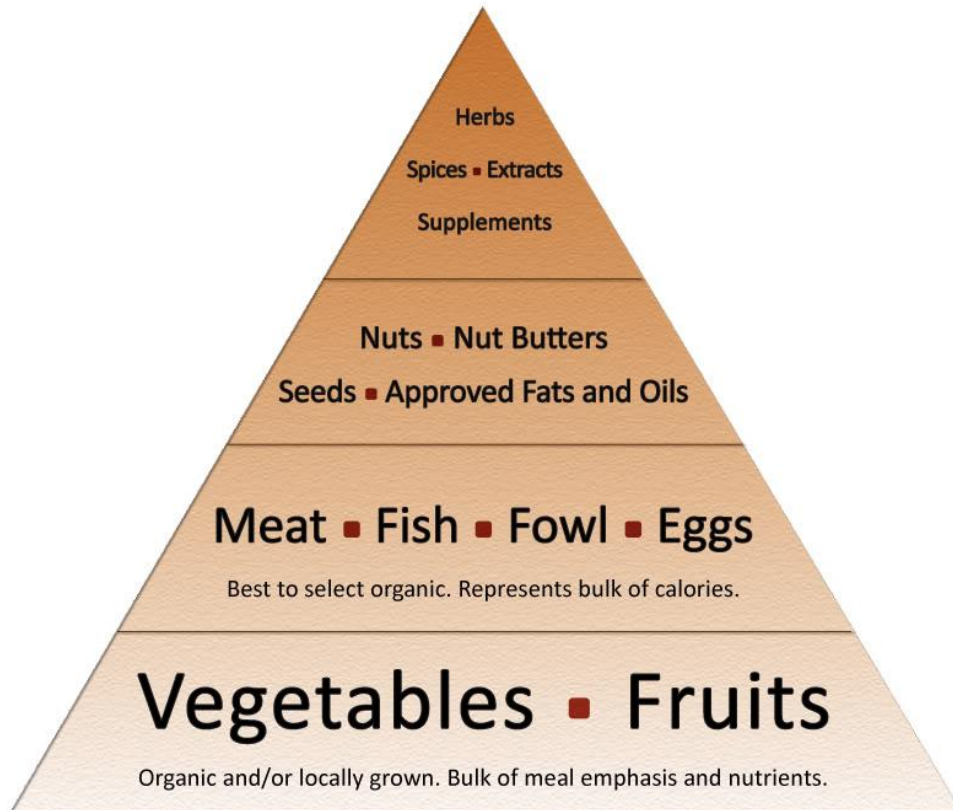
\*Indicates foods higher in carbohydrates

### Portion Sizes

3 Cups of Vegetables  
1-2 Fruits  
3-4 Servings of Protein  
4 Tbs Good Fat & Nuts

### Additional Info

2Tbs Nut Butter = 1 Serving of Fat  
20 Nuts = 1 Serving of Fat & 1 Serving of Protein  
½ an Avocado = 1 Serving of Fat  
4-5oz of Meat/Fish = 1 Serving of Protein



### General Foods Not Allowed: (Not a complete list)

- Dairy
- Soft Drinks
- Fruit Juices
- Legumes
- Grains
- Fatty Meats
- Starchy Vegetables
- Energy Drinks
- Sweets
- Alcohol

# WK 01

  
CAVEMAN STRONG

## TWO WEEK PALEO MEAL PLAN

	Breakfast	AM Snack	Lunch	PM Snack	Supper
MONDAY	3 Egg Omelette add vegetables of choice fried in coconut oil.	<b>Only if hungry!</b> Celery and nut butter <small>*NOT peanut butter</small>	Tuna salad in a lettuce wrap. substitute mayo for avocado.	Green Tea	Steak and Mushrooms w/ small spinach salad
TUESDAY	Meat (left over steak) and Nuts. Have a 4-6oz of protein along with 1/4 cup of nuts.	<b>Only if hungry!</b> 2 hard boiled egg, handful of berries	Salad w/ chicken, with olive oil and lemon juice vinaigrette	Green Tea	Pork chops, sauteed zucchini, onions and mushrooms.

# WEDNESDAY

Breakfast	AM Snack	Lunch	PM Snack	Supper
2-3 Eggs fried in coconut oil 1/2 of an avocado.	<b>Only if hungry!</b> Beef Jerky 2-3 ounces w/ handful of berries	Club sandwich in a romaine lettuce leaf wrap. Use avocado instead of mayonnaise	Green Tea	CHEAT MEAL! (gluten free)

# THURSDAY

Breakfast	AM Snack	Lunch	PM Snack	Supper
Pork sausage 1-2 cups of cooked green vegetables	<b>Only if hungry!</b> Celery and nut butter <small>*NOT peanut butter</small>	2 Beef patties with 1/2 avocado and a fresh tomatoes	Green Tea	Roast Beef Steamed broccoli. Small spinach salad

# FRIDAY

Breakfast	AM Snack	Lunch	PM Snack	Supper
2-3 Hard boiled eggs 1/2 avocado Leftover pork Sausage	<b>Only if hungry!</b> 1/4 cup of nuts	4-5 Salmon patties with steamed broccoli.	Green Tea	Sausage and pepper sautee. (add spinach and spices)

# SATURDAY

Breakfast	AM Snack	Lunch	PM Snack	Supper
Bacon and Eggs w/ grapefruit	<b>Only if hungry!</b> Raw vegetables with guacamole	Steak salad with caramelized onions and sundried tomatoes. garlic, balsamic and olive oil vinaigrette	Green Tea	Bowl of chili Small salad. Olive oil dressing.

# SUNDAY

Breakfast	AM Snack	Lunch	PM Snack	Supper
Left over meat and eggs scramble. Be creative.	<b>Only if hungry!</b> Beef Jerky 2-3 ounces w/ handful of berries	Mexican chili salad.	Green Tea	Salmon with asparagus and mashed cauliflower.



WK 02

  
CAVEMAN STRONG

# TWO WEEK PALEO MEAL PLAN

MONDAY

## Breakfast

2 poached eggs  
1/2 cup of chilli  
and Green Tea

## AM Prep

## Lunch

Chicken with fried  
mushrooms and  
zucchini  
(add garlic and spices)

## PM Prep/Snack

Make Paleo  
Cookies/Muffins  
and freeze them.  
Easy to grab  
snacks.

## Supper

4 oz curried salmon  
fillet on a  
spinach salad

TUESDAY

## Breakfast

3 oz Salmon  
1/2 cup broccoli  
and Green Tea

## AM Prep

## Lunch

Leftovers!  
(Use up the fresh produce.  
Toss it in a pan with protein  
and herbs and spices.)

## PM Prep/Snack

Make your  
own beef jerky

## Supper

Rotisserie chicken  
stir-fry.  
(Use Bragg - or other soy  
substitute - and chicken  
broth as a sauce)

# WEDNESDAY

Breakfast	AM Prep	Lunch	PM Prep/Snack	Supper
3x mini quiche and Green Tea		Chicken Basil salad  (garden salad add fresh chopped basil and olive oil)	<b>Craving sweets?</b>  2 pieces of 75% dark chocolate with 1/4 cup of almonds	Cheat Meal.  <b>Don't go crazy!</b>

# THURSDAY

Breakfast	AM Prep	Lunch	PM Prep/Snack	Supper
2 hard boiled eggs  1/4 avocado  1 tomato and Green Tea	Put Roast beef in the slow cooker on low.	Garlic Shrimp salad  with 1 cup of raw veggies	Fresh or frozen blueberries with 1/4 of sliced almonds	Roast beef with fried beets and turnip and a small salad

# FRIDAY

Breakfast	AM Prep	Lunch	PM Prep/Snack	Supper
2 Pancakes with berries and Green Tea		Chicken Caesar salad  (With Homemade Caesar dressing.)	Carrot and celery sticks with almond butter	Steak and mushrooms with asparagus

# SATURDAY

Breakfast	AM Prep	Lunch	PM Prep/Snack	Supper
Veggie omelette, 2 slices bacon	Prep chilli (simmer on low for 2-3 hours)	Cheat Meal.  <b>Don't go crazy!</b>	Bake Paleo brownies and freeze them.  <b>Kids love these!</b>	Chilli on a spinach salad  <b>Be creative and try it Mexican-style!</b>

# SUNDAY

Breakfast	AM Prep	Lunch	PM Prep/Snack	Supper
Veggie omelette, 2 slices Bacon	Roast a chicken for the week	Spinach salad with 4-5oz of protein  (chicken, fish)	Snack on homemade trail mix instead of store bought	Steak with steamed broccoli

# TWO WEEK PALEO SHOPPING LIST



- ☐ Green Tea
- ☐ 2 dozen eggs (organic, free range is best)
- ☐ Nut butter (cashew, almond...)
- ☐ Mixed nuts (brazil. cashew and macadamia nuts are best)
- ☐ Olive oil extra virgin organic
- ☐ Coconut oil
- ☐ 1 can of diced tomatoes (organic)
- ☐ 1 can of crushed tomatoes (organic)
- ☐ 1 can of tomatoes paste (organic)
- ☐ 1 can of tuna
- ☐ Garlic
- ☐ Sundried tomatoes
- ☐ 3-4 peppers (red and green)
- ☐ Celery
- ☐ 4-5 lemons
- ☐ 4-5 avocados
- ☐ Romaine lettuce
- ☐ Spinach
- ☐ Mushrooms
- ☐ 1 red onion
- ☐ plum tomatoes or cherry tomatoes
- ☐ 1 bunch of asparagus
- ☐ 1-2 heads of broccoli
- ☐ 1-2 heads of cauliflower
- ☐ Onions
- ☐ 2 Zucchini
- ☐ 2-3 Tomatoes
- ☐ Berries (raspberries, blueberries, strawberries, mulberries)
- ☐ Grapefruit
- ☐ 3-4 steaks (cut of choice)
- ☐ 2 pork chops
- ☐ Beef Jerky (Farm Boy deli or make your own)
- ☐ 2-3 Chicken breast (free range, organic is best)
- ☐ 1 or 2 pkges of Pork sausage
- ☐ 5 pounds of Ground beef
- ☐ 2 Salmon Filet (organic is best)
- ☐ 1 Pound of bacon
- ☐ 1 Roast Beef or pork