

PALEO PLUS HIIT

FOR THOSE WHO HATE DIETS
AND EXERCISE



A Personal Trainer's Journey
to Quick Weight Loss

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FOREWORD

Let me begin by saying that I am no doctor. I'm not here to tell you about some sort of a magic pill that'll give you the well-toned lead and fit body you want – I stand guilty as charged too – but there's something else I want to share with you today, tomorrow, and for the rest of your lives. Most of you might have guessed it already from the cover what this is all about.

From spot-reducing exercises to toning down the entire body, I'm not here to preach something just because I've experimented on myself. In fact, what worked for me might not even work on you! And yet I'm still here. And you are still reading.

So, I take it that you are interested in knowing all about the moment, that tiny instant in time, when my life changed, when despite having been a personal trainer and a health club owner, how I had to and was able to overcome the difficulty I was facing to lose weight with growing age. Yes, even though I was *that* girl, I couldn't exactly boast ideal fitness; if anything, I was losing the perfect balance of socially-acceptable active and healthy person. Until last year. When the new plan worked, when Paleo and 12 minutes of HIIT for four days every week had the desired effect and I started to lose weight. Surprisingly, it was the simplest and easiest of anything I'd done these last 20 years as a trainer.

To say that I was happy would be an understatement.

But even too much of a good thing can be a bad thing, and I was to learn the hard way that concentrating on my diet and exercise wasn't enough. This book's just my way of teaching you what works and what won't among the Paleo and HIIT workout. This book's meant to practically help you to work out and eat according to your fitness goals and according to your body type only. Therefore, before you close it shut thinking it's just another book on weight loss, you'd do well reconsidering it.

Are you ready? Shall we begin then? Turn over if you said exdaimed "yes!"

1. THE ABCs OF PALEO

There are millions of people worldwide who're following the Paleo diet, whether advised or based on their own search online, to burn fat, to prevent and/or reverse otherwise chronic diseases, and to discover renewed energy without being dependent on any drug. In other words, there are millions of people around the world who are lean and living as disease-free and energetic individuals they are meant to be.

But what is the Paleo Diet in itself? Is it a fad? Is it legit? Despite increasing popularity and conversions though, there are questions abound on how it encourages consumption of fatty foods and meat. But where the starvation had not been helping the serial dieters much, eating like our ancestors did.

How about we read the next section and know it for sure?

1.1 What is Paleolithic Diet

Since there are already millions of people referring to it, chances are you've heard the phrase "I've started the Paleo diet and am now living off fish, seasonal fruits and vegetable," or "I've started the Paleo and given up caffeine drinking," quite frequently.

The 'healthy diet' asked people to give up eating not only processed food but also legumes and grains. In exchange, they were happy recipients of a figure and energy levels that stuck around far longer than these did for the envious ones around them.

I guess it's probably the term 'diet' that leads to such exasperated and dumbstruck expressions for it makes people think that Paleo was nothing more than a temporary program for weight loss. If you've ever gone on a diet before somehow, all its results are short-term and you end up back at square one, or weighing more than what you did in the first place.

Paleo diet is definitely not just another diet. You aren't counting your calories, unlike the traditional mantra "eat less, exercise more". It's a lifestyle – you don't get to stop just because you've reached your weight goal or are feeling better now, but stick to it. The only rule, you're following here is that if, "a caveman couldn't eat something, then you can't either." Now, don't you go and regard it as weird just because it's been labeled a "caveman's diet"! You eat, in a nutshell, all the whole, unprocessed foods that you can get your hands on simply because they don't harm your body, including

- Fresh fruits and vegetables

- Animal products (honey, eggs etc)
- Animals (fish, etc)
- Seeds and nuts that you can eat raw

Your body's evolved to thrive on it and not on the sugar or other chemically processed stuff, which incidentally breeds most of the modern diseases including CVD, obesity, and type 2 diabetes.

But there's a catch to this fusion of the new and the old. Associating it fondly with tags like hunter-gatherer diet, the Stone Age diet, and primal diet, there's no saying you'd like everything mindmapping the answer to "what would a caveman eat?" And that's precisely my point here as well.

I wasn't trying to truly replicate their diet, and in the same way, I'm not asking you to replicate mine either. What if you can't live without treating yourself to a bowl of white rice on some days? Or what if you liked your food better when it included dairy? The good news is that you don't have to compromise on one or the other. You can be a Paleo eater, with different approaches to the diet as long as their fundamentals remain the same. Diets vary according to your geographical location; from Arctic to tropics, your diet's based mostly on animal and plant and everything in between is going to reflect it. Bottom line is: **there's no single Paleo diet.**

It's effortless when you compare the two in this manner; you aren't driven mad on why months and months of your dedication and hard work was a failure and why weight loss still looked as if it's part of Neverland. And it fetches results like it claims.

1.2 How it affects Your Health

The low-carb, protein-rich principles of our ancestors have carved themselves a modern following from celebrities like Kobe Bryant and Miley Cyrus, to normal everyday folks like us. We see Paleo-inspired products hitting the shelves and coming up in restaurants down the street. Seeing that, we can imagine how many people think it's the best way to reduce inflammation within their body and maintain a healthy metabolism, to enjoy the quality of life (including mental attitude, sleep quality), to lower if not eliminate the risk of lifestyle diseases, and finally to reestablish a healthy relation with food.

Following the 2014 rankings of "Best Diets Overall" in the U.S. News, the health experts make the exception though. According to one body, the dieters preferring to eat like hunter-gatherers do because they want and can do so; that makes the diet more about privilege than logic. Add to it the fact that there's no scientific evidence to suggest these people live healthier or longer than the rest. The devotees say otherwise.

1.2.1 The Pros

According to the author of *The Paleo Diet*, Loren Cordain, the diet has

- A healthy ratio of saturated to unsaturated fatty acids
- Reduced the glycemic load on the body
- An optimal balance of carbohydrates, protein, and fat
- Increased vitamin and nutrient consumption

In particular, it's rich in antioxidant vitamins, soluble fiber, omega-3 fatty acids, phytochemicals, low-glycemic carbs, and monosaturated fat. It's low in salt, artificial sugars, high-glycemic carbs, and trans fats. It's also gluten-free.

The quality of the food is an important factor too besides eating real food. Going Paleo means you pay attention to where your eggs, meat, organic produce, and seafood come from. For those who complain that it'd be difficult to keep up with desired activity levels, strength and energy, you should know that a significant amount of both plants and animals will easily help you overcome the lack of carbs in your meals; fat from food like grass-fed beef and coconut is more of a source of energy than being unhealthy.

Further, there are no "appropriate portions" or counting calories. And what's been kept off-limits basically is high-calorie, processed food such as caramel-rich chocolate brownie that has zero health benefits.

To become a Paleo follower isn't merely about the nutrition. Another thing that separates it from other diets is that Paleo comes with a full online community, including numerous forums, meetup groups, and Facebook pages.

1.2.2 The Cons

To name a few, Paleo's been criticized for the following:

- It's confusing and restrictive to a great extent. Where the Paleo diet is meant to be a lifestyle, it's hard to follow it for more than a couple of days or months at best *because* it's low on multiple food groups. People who try to follow it rigidly find it tiring to identify which among the many versions work or which among food items they are to avoid.
- It's high in saturated fat if your version of Paleo diet is involves frequent indulgence of T-bone steaks, bacon, and coconut oil for example. The meat we have today after all, isn't as lean as it used to be all those years ago!

- Consuming animal products can also be an issue if individuals avoid it for ethical reasons or because they are worried about the environmental impact of their choice. Having taken away the legumes, grains, and the starchy vegs might not be a good idea in the end.
- What's more, keeping the whole grains and legumes out of your belly can put you at a disadvantage because there are studies to prove that they improve insulin sensitivity, lower risk of disease, and reduce BMI as well. And contradicting the Paleo notion that the high level of anti-nutrients these contain, thereby promoting inflammation, blocking major digestive enzymes, and triggering cancer and autoimmune diseases, are studies claiming that, dietary lectins for one, boost good bacteria and help in digestion.
- Falling short of micronutrients, especially vitamin D and calcium, is another drawback for the diet if you can't find suitable replacements for the nutrients and foods missing.
- The eating plans might be expensive; those who have a limited food budget would be hard pressed to enjoy its benefits.

You see, it's not entirely flawless.

1.3 Your Shopping List

A quick recap: you've been (a) told there's no fixed Paleo diet and (b) you've been briefed about the pros and cons to these diets in general. Since you've agreed to go ahead with the Paleo Plan, I think it's best now to include in a framework at this stage, an idea as to what foods among the classes identified above you can easily say "yes" or "no" to.

I know how diets are intimidating to get started with if you've only a long shopping list at hand and no guidelines to what to do next. I won't be giving you one and commanding you to 'go!' No. I want to see that your cart is filled correctly despite the mindless diet that you eat better, even on a budget. After all, it's mindless only if you know what sort of spices and ingredients are required for Paleo meals.

Grocery shopping therefore, should be a priority. And once you've learned, okay, *polished*, your skill of shopping Paleo, avoiding numerous shopping trips and a zillion more labels to read, I'll walk you through a simple weekly meal plan.

Ready to make the huge lifestyle change? Follow these tips when you hit the stores!

[P.S. The grocery list is provided after the tips.]

Step One: Eggs, Fish, and Meat

Stop at the dairy counter to buy organic eggs. Note that they're more expensive than the other type of eggs, but then comparatively, they're also the cheapest source of high quality protein on the block.

Second, "wild-caught" fish isn't always a good idea. And like the eggs, the best choices among fish such as the wild-caught Pacific Halibut, are expensive too. Scallops and cod are good, cheaper alternatives, as are frozen seafood options. And unless you intend to freeze some for later, avoid the urge to over-buy here; they will go bad fast.

Finally, much of the emphasis in the diet is on animal fat and protein. It's also important that these animals be fully pastured and grass fed, which is why, like Google, you should have your own mental crawling bots out, flagging keywords like "fully pastured eggs and chicken", "fully pastured pork", "grass-fed beef", or "wild caught seafood".

Keep telling yourself that you deserve high quality animal protein sources so as to avoid anything treated with nitrates, hormones, antibiotics or which has been raised commercially, whenever you come across it. If you can't find any grass-fed beef, but there's pastured lamb meat available, go with the latter; you can always find a recipe on the internet later. Similarly, if there's no organic beef or pork at the shop, and there's only pastured chicken instead, get enough to last yourself a week. Check in at the frozen section before making the decision if there's nothing fresh in the market.

And while we won't say, "buy on sale and in bulk", it does help if you buy more and freeze it for later when you've got a couple extra bucks on you. But that's one thing. Some of you might find it difficult to afford the 'best meat' strategy. It's advised then that you start with meat from ruminants rather than pork or chicken; buy the leanest cuts and trim away the visible fat on the piece before eating. This way, not only will you have obtained a better omega-6 to omega-3 ratio, but also reduce unhealthy content from your diet. As far as chicken and pork are concerned, eat chicken without the skin and avoid all sorts of pork products.

Step Two: Produce

It's surprising to note the types of fresh, seasonal produce that are welcomed wholeheartedly, some approved to be enjoyed sparingly, and then some that you have to steer clear of. With the protein sources sorted out, you're up in line for vegetables and fruits.

One thing to remember here is that there are some 'clean' products that you don't need to buy organic because of price. In fact, if you are pressed for money, forget the whole organic and local debate – just pick up the dark and leafy stuff.

As a general rule of the thumb, vegetables and fruits purchased in their natural growing season will guarantee not only freshness, but also nutrient density for you; they're also the least expensive. Frozen veggies are cheaper alternatives too if you won't worry yourself over the little amounts of nutrients lost. Even canned vegetables are suggested for the post-workout session as long as the only ingredient remains the vegetable itself.

Fruits are secondary to vegetables. Prefer buying the local, organic type when possible, or whatever is on sale during the season. Fruits available other than their season are usually expensive, less delicious, and not-so-fresh alternatives.

Step Three: Fats

This is one reason why you'd want to break the shop-the-perimeter rule every time you go Paleo shopping. Searching for a pro tip? Don't look at the brightly colored boxes. That would save you from the unhealthy, but not the prices though, for fats can quickly spiral into a pricier item on your list, especially if you're banking on seeds and nuts. So, keep the nuts and seeds for the last, and when you buy them, invest in dry-roasted or raw while avoiding cheaper ones that are probably roasted in low-quality oils and even the expensive butter corresponding items.

Step Four: Seasonings

Last but not the least, going Paleo in no way means you'd be eating bland stuff for the rest of your life. Build up your spice and herb collection slowly and gradually with every trip you make to the market. Whether it's the dried or fresh, add according to the season.

Being a mom, it was my responsibility to set an example, to ignore people (friends and strangers alike) exclaiming, “your kids eat *that* stuff?” and ensure I did the best I could to find that balance between Paleo-friendly meals and other dishes. In a normal household, you’d hardly come across kids who are strictly Paleo. But like all working mothers will readily attest to, I sought to be as close to perfection as I could, starting at the beginning by emptying the desk drawers, the pantry and fridge, and all treat hideouts. Some might prefer making the changes a step at a time. As for me, I wanted a fresh start. The guidelines above helped me shop smart, minimizing expenses while simultaneously improving health.



With practice, it became even easier. Because you are on this learning curve and your list evolves as you learn what ingredients you have to avoid and what you need to buy.

Full Shopping List

PRODUCE

<input type="checkbox"/> Broccoli	<input type="checkbox"/> Carrots	<input type="checkbox"/> Brussels Sprouts
<input type="checkbox"/> Grapes	<input type="checkbox"/> Kale	<input type="checkbox"/> Peppers (all types)
<input type="checkbox"/> Plums	<input type="checkbox"/> Spinach	<input type="checkbox"/> Artichoke hearts
<input type="checkbox"/> Mangoes*	<input type="checkbox"/> Asparagus	<input type="checkbox"/> Watermelon, Cantaloupe, Honeydew
<input type="checkbox"/> Celery	<input type="checkbox"/> Zucchini	<input type="checkbox"/> Green onions
<input type="checkbox"/> Avocado	<input type="checkbox"/> Sweet Potato*	<input type="checkbox"/> Butternut Squash*
<input type="checkbox"/> Parsley	<input type="checkbox"/> Beets*	<input type="checkbox"/> Strawberries
<input type="checkbox"/> Cabbage	<input type="checkbox"/> Oranges	<input type="checkbox"/> Raspberries
<input type="checkbox"/> Peaches	<input type="checkbox"/> Acorn Squash*	<input type="checkbox"/> Blackberries
<input type="checkbox"/> Eggplant	<input type="checkbox"/> Lemon/Lime	<input type="checkbox"/> Blueberries
<input type="checkbox"/> Yam*	<input type="checkbox"/> Apples	<input type="checkbox"/> Pineapple*
<input type="checkbox"/> Pears	<input type="checkbox"/> Bananas*	<input type="checkbox"/> Papaya
<input type="checkbox"/> Lychee	<input type="checkbox"/> Tomatoes	<input type="checkbox"/> Cucumber
<input type="checkbox"/> Guava	<input type="checkbox"/> Beets	<input type="checkbox"/> Cauliflower
<input type="checkbox"/> Figs	<input type="checkbox"/> Avocado	<input type="checkbox"/> Sea Vegetables (kombu, wakame)

*They are starchy foods. These are awesome when you want them as energy replacement for paleo diet athletes, but not when you want to lose weight

PALEO SPICE & FLAVORS

<input type="checkbox"/> Basil	<input type="checkbox"/> Fish Sauce	<input type="checkbox"/> Balsamic Vinegar
<input type="checkbox"/> Cumin	<input type="checkbox"/> Coconut Flour	<input type="checkbox"/> Coconut Aminos
<input type="checkbox"/> Vanilla	<input type="checkbox"/> Crushed Garlic	<input type="checkbox"/> Ground Black Pepper
<input type="checkbox"/> Oregano	<input type="checkbox"/> Cayenne Pepper	<input type="checkbox"/> Apple Cider Vinegar
<input type="checkbox"/> Thyme	<input type="checkbox"/> Tomato Paste	<input type="checkbox"/> Chili Powder/Flakes
<input type="checkbox"/> Cilantro	<input type="checkbox"/> Chicken Stock	<input type="checkbox"/> Gluten-Free Dijon Mustard
<input type="checkbox"/> Sea Salt	<input type="checkbox"/> Raw Honey	<input type="checkbox"/> Almond Meal/Flour
<input type="checkbox"/> Cinnamon	<input type="checkbox"/> Stevia Extract	<input type="checkbox"/> Pure Maple Syrup
<input type="checkbox"/> Turmeric	<input type="checkbox"/> Coconut Milk	<input type="checkbox"/> Beef, Chicken, and/or Vegetable Stock
<input type="checkbox"/> Nutmeg	<input type="checkbox"/> Rosemary Leaves	<input type="checkbox"/> Dried Italian Herbs

PALEO MEATS& DAIRY

- | | |
|---|--|
| <input type="checkbox"/> Beef | <input type="checkbox"/> Buffalo |
| <input type="checkbox"/> Chicken | <input type="checkbox"/> Lamb |
| <input type="checkbox"/> Pork | <input type="checkbox"/> Fish (anchovies, cod, salmon, halibut, sardines, bass, flounder, tuna, shellfish including mussels, crab, shrimp) |
| <input type="checkbox"/> Bison | <input type="checkbox"/> Turkey |
| <input type="checkbox"/> Duck | <input type="checkbox"/> Game Meats (e.g. wild boar, rabbit, venison) |
| <input type="checkbox"/> Goat | <input type="checkbox"/> Eggs (from chickens, emu, ducks, quail) |
-

PALEO FATS & OILS

- | | |
|--|---|
| <input type="checkbox"/> Coconut Oil | <input type="checkbox"/> Almond Oil |
| <input type="checkbox"/> Avocado Oil | <input type="checkbox"/> Extra-Virgin Olive Oil (for cold use), Virgin Olive Oil (for low-temp cooking) |
| <input type="checkbox"/> Duck Fat | <input type="checkbox"/> Sesame Seed Oil |
| <input type="checkbox"/> Clarified Butter | <input type="checkbox"/> Macadamia Nut Oil (for baking & cooking) |
| <input type="checkbox"/> Tallo | <input type="checkbox"/> Grass-fed Butter (if you're not skipping dairy) |
| <input type="checkbox"/> Lard | <input type="checkbox"/> Flaxseed Oil |
-

SNACKS & LIQUIDS

- | | |
|--|---|
| <input type="checkbox"/> Dried Fruit (Natural) | <input type="checkbox"/> Dark Chocolate |
| <input type="checkbox"/> Nut butters | <input type="checkbox"/> Lara Bars |
| <input type="checkbox"/> Buffalo Jerky | <input type="checkbox"/> Plantain Chips |
| <input type="checkbox"/> Nuts (Cashews, Pistachios, Almonds, Macadamia Nuts, Walnuts, Pecans) | <input type="checkbox"/> Kale Chips |
| <input type="checkbox"/> Seeds (Flaxseed, Sesame Seeds, Pumpkin Seeds, Sunflower Seeds) | <input type="checkbox"/> (Filtered or Spring) Water |
| <input type="checkbox"/> Almond Milk | <input type="checkbox"/> (Herbal) Tea |
-

Coconut Water, Water, Creams

Coffee

Unprocessed Honey

Soda Water

Stocking up on these essentials, take note of the following especially according to the season.

- Brussels Sprouts, Cauliflower, Collard Greens, Kale, and Kiwi – Winter
- Arugula, Asparagus, Broccoli, Butter Lettuce, Cauliflower, Collard Greens, Mustard Greens, Red Leaf Lettuce, Spinach, Spring Greens, Vidalia Onions, and Watercress – Spring
- Arugula, Broccoli, Butter Lettuce, Radishes, Red Leaf Lettuce, Swiss Chard, Tomatoes, Zucchini, Blackberries, Blueberries, Cantaloupe, Cherries, Honeydew Melons, Plums, Raspberries, Strawberries –Summer
- Arugula, Broccoli, Brussels Sprouts, Butter Lettuce, Cauliflower, Kale, Kohlrabi, and Swiss Chard – Fall
- Beet Greens, Bell Peppers, Bok Choy, Broccolini, Cabbage, Carrots, Onions, Turnips, and Papayas for year-round

Paleo Planning

Do you want in on a secret? Being an inventor with 12 patents and a mom never felt so much of a full-time job than Paleo planning turned out to be. A fussy family somehow always finds reason to keep you occupied with planning meals. And if you are a foodie yourself, foodie on a diet that is, then even hours of careful planning would leave you unsatisfied.

We're already down with the shopping lists. Who's up to ensure each meal they have from this moment onward is nutritionally balanced and healthy to the core, to see how much and what they'd need for this week, before catching up with some perfect recipes?

Sample Menu 1

Days/Meals	Breakfast	Lunch	Dinner
Mon	1 piece fruit + vegetables and eggs fried in coconut oil	Handful of nuts + chicken salad with olive oil dressing	Salsa + vegetable burgers fried in butter
Tue	1 piece fruit + eggs and bacon	Vegetable burgers fried in butter (leftovers from night before)	Salmon with vegetables fried in butter
Wed	Meat with vegetables (leftover from night before)	Meat and fresh vegetables sandwich	Handful of berries + stir fried ground beef with vegetables
Thurs	1 fruit + eggs	Handful of nuts + ground beef with veg stir fried (leftover from night before)	Fried pork with vegetables
Fri	Vegetables and eggs fried in coconut oil	Handful of nuts + chicken salad with olive oil	Sweet potatoes and vegetables with steak
Sat	1 fruit + eggs and bacon	Steak with vegetables (leftover from night before)	Vegetables and avocado + baked salmon
Sun	Vegetables with meat (leftover from night before)	Vegetables and meat sandwich	Salsa + grilled chicken wings

That doesn't sound very appealing, does it? Even if some simple Paleo snacks such as baby carrots and homemade beef jerky were to fit in between these three meals a day. It's generic basically, meant for individuals to adjust and include in items from their list freely. Let's see Plan #2.

Sample Menu 2

Days/Meals	Breakfast	Lunch	Dinner
Mon	Bacon + 2 eggs	Romaine lettuce + salad	Sliced apple + rotisserie chicken
Tue	kale + kiwi smoothie	Asparagus + grilled chicken strips	Celery + grilled tuna
Wed	Bacon + 2 eggs	Steak strip + mixed vegetables	Mixed berries + grilled chicken
Thurs	Bananas + strawberries	Apple + tuna salad	Mashed cauliflower + grilled steak
Fri	Sauté broccoli + sausage	Spinach + hamburger patty	Avocado + salmon
Sat	Bacon + 2 eggs	Grilled chicken + steamed vegetables	Spinach + grilled shrimp salad with romaine lettuce
Sun	Strawberries/Blueberries + paleo pancakes	Sweet potatoes + pork chops	Steamed Vegetables + Bison burger patty

A closer look at these however, would show that they won't make for an easy transition for the beginners. The first week is important, for it sets your motivation level; you're excited and optimistic and you don't want a bad experience to ruin the lifestyle for you. Now it's possible that you'd feel moody and short-tempered, cranky in short, during the first week. You'd have low energy and there may be detox symptoms like allergies and digestive distress and the oh-so-famous carb-flu. Thing is, IT'S NOT UNCOMMON. YOU ARE NOT ALONE.

You may tackle these challenges for instance, by drinking a large glass of water, a small amount of coconut flakes/nuts/olives/avocado, and by sleeping more often to assuage sugar cravings and make up for your low energy. But the most important thing that you can do here is to determine how much you should eat to manage your appetite, especially when you are reaping benefits of intensive workouts.

Sample Menu 3

Days/Meals	Breakfast	Lunch	Dinner	Snack
Mon	Bowl of berries with coconut milk	Cherry tomatoes + olive oil or lemon juice vinaigrette + salad with roasted chicken	Paleo spaghetti	Macadamia nuts
Tue	Leftover Paleo Spaghetti	Liver pâté + chicken and vegetable soup	Beef goulash	Beef jerky
Wed	Leftover liver pâté + onion & spinach omelet	Almonds + tuna salad with lettuce	Coconut ice cream + beef bourguignon	Hard boiled eggs
Thurs	Piece of fruit + bacon & eggs	Sweet potato frittata + zucchini	Butternut squash soup + grilled trout	Pork rinds
Fri	Coconut milk smoothie	Stir-fried citrus beef salad	Sweet potato fries + citrus roast chicken	Almonds + bowl of berries
Sat	Leftover roast chicken with mayo	Coconut ice cream + lemon & garlic scallops	Baked apples + Waldrof salad and bone marrow	Bacon covered in dark chocolate
Sun	Stir-fried egg and tomato	Grape, bacon & broccoli as salad	Butter chicken	Gaucamole + raw vegetables

Sample Menu 4

Days/Meals	Breakfast	Lunch	Dinner
Mon [Workout Day]	Boiled egg chop salad & spinach w/ avocado	Black & orange olive salad + grilled salmon w/ fennel	Sweet potato & roasted peppers crustless quiche
Tue	Leftover quiche w/ sauerkraut or kimchi	Avocado & chicken salad w/ baby spinach	Zucchini noodles w/ Italian meatballs
Wed [Workout Day]	Smoked salmon & chives w/ 2 scrambled eggs	Mixed salad & leftover Italian meatballs w/ avocado	½ sweet potato baked with spices, beef & carrot patties, coleslaw salad
Thurs	Turkey meat rolls with red capsicum, coconut & mixed berry smoothie	Beetroot & baby spinach salad w/ leftover beef & carrot patties	Mixed veggies & Spanish chili and garlic prawns in olive oil
Fri [Workout Day]	¼ cup mixed berries & soft-boiled eggs w/ grilled asparagus and prosciutto	Goat's milk tea & Greek salad w/ sardines in olive oil	Asian cucumber salad & Asian chicken cakes w/ pumpkin
Sat	Chorizo, red capsicum, and mushrooms w/ baked eggs	Rocket salad & smoked paprika aioli w/ cooked prawns	Goat's milk feta, black olive, watermelon, and mint salad w/ lamb cutlets + strawberries & coconut yogurt
Sun	Roasted tomatoes & avocado w/ zucchini and bacon fritters	Steamed mussels in coconut & lemongrass broth	Broccoli & creamy mushroom sauce w/ beef steak

Given the long list of ingredients and individual preferences, and as stated at the beginning only, there are numerous versions to Paleo diet. Even with these examples, you can tweak more or less every item. But as you use the free template overleaf to write down your own plan, do make sure that it covers your body's needs as well as your preferences. Ideally, these are

- 50% Vegetables & Good Starches
- 25% Eggs & Meat
- 13% Fruits
- 10% Fruits & Oils
- 2% Seeds & Nuts

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