

Paleo Diet Nutrition Plan

The Paleo diet is beneficial for:

- Weight loss: Promotes lean body mass and reduces body fat
- Improved insulin sensitivity: May help manage or prevent type 2 diabetes
- Reduced inflammation: Can alleviate symptoms of autoimmune diseases
- Better digestion: Eliminates common gut irritants
- Increased nutrient density: Focuses on whole, nutrient-rich foods
- Improved energy levels: Stable blood sugar leads to consistent energy
- Better sleep: May improve sleep quality due to reduced inflammation

This diet is ideal for:

- Individuals looking to lose weight or maintain a healthy weight
- People with autoimmune conditions or inflammatory disorders
- Those seeking to improve overall health and energy levels
- Individuals with digestive issues or food sensitivities
- People interested in a whole-food based approach to eating
- Athletes and fitness enthusiasts looking for performance benefits

Paleo Breakfast Options:

a) Paleo breakfast bowl:

- 2 eggs, fried or poached
- 1/4 avocado, sliced
- 1/2 cup sautéed mixed vegetables (spinach, mushrooms, bell peppers)
- 2 slices of bacon (uncured, no added nitrates)
- 1/4 cup berries on the side

b) Sweet potato hash:

- 1 small sweet potato, diced and roasted
- 3 oz ground turkey or chicken, seasoned and cooked
- 1/4 cup diced onions
- 1/4 cup diced bell peppers
- 1 tbsp coconut oil for cooking
- Herbs: rosemary, thyme

c) Paleo smoothie:

- 1 cup unsweetened almond milk
- 1/2 banana
- 1 tbsp almond butter
- 1 scoop paleo-friendly protein powder
- 1 cup spinach
- 1/2 cup mixed berries
- Ice cubes

Paleo Lunch Options:

a) Grilled chicken salad:

- 4 oz grilled chicken breast
- 2 cups mixed greens
- 1/4 cup sliced cucumbers
- 1/4 cup cherry tomatoes
- 1/4 avocado, diced
- 2 tbsp pumpkin seeds
- Dressing: 1 tbsp olive oil, 1 tsp lemon juice, herbs

b) Tuna lettuce wraps:

- 4 oz canned tuna (in water)
- 1 tbsp paleo-friendly mayonnaise
- 1 tbsp diced celery
- 1 tbsp diced red onion
- 1 tsp dijon mustard
- Serve in 3-4 large lettuce leaves

c) Beef and vegetable stir-fry:

- 4 oz grass-fed beef strips
- 1 cup mixed vegetables (broccoli, carrots, snap peas)
- 1 tbsp coconut aminos
- 1 tbsp coconut oil for cooking
- 1 clove garlic, minced
- Serve over cauliflower rice

Paleo Dinner Options:

a) Baked salmon with roasted vegetables:

- 5 oz wild-caught salmon fillet
- 1 cup mixed roasted vegetables (Brussels sprouts, carrots, parsnips)
- 1 tbsp olive oil for roasting
- Lemon wedge and fresh dill for garnish

b) Grilled steak with sweet potato:

- 4 oz grass-fed sirloin steak
- 1 small sweet potato, baked
- 1 cup steamed broccoli
- 1 tbsp ghee (for sweet potato)
- Herbs: rosemary, thyme

c) Paleo chicken fajita bowl:

- 4 oz grilled chicken breast, sliced
- 1/2 cup bell peppers and onions, sautéed
- 1/4 cup guacamole
- 1/4 cup fresh salsa
- Serve over 1 cup cauliflower rice
- Garnish with cilantro

Paleo Snack Options:

a) Fresh fruit with nuts:

- 1 medium apple or pear
- 10 almonds or walnuts

b) Vegetable sticks with guacamole:

- 1 cup mixed vegetable sticks (carrots, cucumbers, bell peppers)
- 2 tbsp guacamole

c) Hard-boiled eggs:

- 2 hard-boiled eggs
- Sprinkle of sea salt and pepper

d) Beef or turkey jerky:

- 1 oz grass-fed beef or turkey jerky (no added sugars or preservatives)

e) Paleo energy balls:

- 1/4 cup dates
- 1/4 cup nuts (almonds or cashews)
- 1 tbsp cocoa powder
- 1 tbsp coconut oil
- Blend and form into 2-3 small balls

Paleo General Guidelines:

- Focus on whole, unprocessed foods
- Consume plenty of vegetables and moderate amounts of fruit
- Include high-quality proteins (grass-fed, free-range, wild-caught)
- Use healthy fats like olive oil, coconut oil, avocado, and nuts
- Eliminate grains, legumes, dairy, and processed foods
- Avoid added sugars and artificial sweeteners
- Limit alcohol consumption

Paleo Weekly Meal Prep Tips:

- Grill or roast a variety of meats for easy protein options
- Prepare a large batch of roasted vegetables
- Make cauliflower rice for quick side dishes
- Hard boil eggs for snacks and salad toppings
- Chop vegetables for quick stir-fries or snacks
- Prepare homemade salad dressings and sauces

Adjusting Portion Sizes: Adjust portion sizes based on individual caloric needs, activity level, and weight management goals. The Paleo diet typically leads to natural portion control due to its focus on nutrient-dense, satiating foods.

Paleo Important Considerations:

- The initial transition may be challenging due to the elimination of common food groups
- Ensure adequate calcium intake through non-dairy sources like leafy greens and bone broth
- Be mindful of potential vitamin D deficiency, especially if limiting sun exposure
- Some may need to adjust carbohydrate intake based on activity levels
- Consider consulting with a registered dietitian to ensure nutritional needs are met