

WK 01


CAVEMAN STRONG

TWO WEEK PALEO MEAL PLAN

MONDAY

Breakfast

3 Egg Omelette add vegetables of choice fried in coconut oil.

AM Snack

Only if hungry!

Celery and nut butter

*NOT peanut butter

Lunch

Tuna salad in a lettuce wrap. substitute mayo for avocado.

PM Snack

Green Tea

Supper

Steak and Mushrooms w/ small spinach salad

TUESDAY

Breakfast

Meat (left over steak) and Nuts. Have a 4-6oz of protein along with 1/4 cup of nuts.

AM Snack

Only if hungry!

2 hard boiled egg, handful of berries

Lunch

Salad w/ chicken, with olive oil and lemon juice vinaigrette

PM Snack

Green Tea

Supper

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.	Only if hungry! 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	Only if hungry! 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	Only if hungry! 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	Only if hungry! 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.

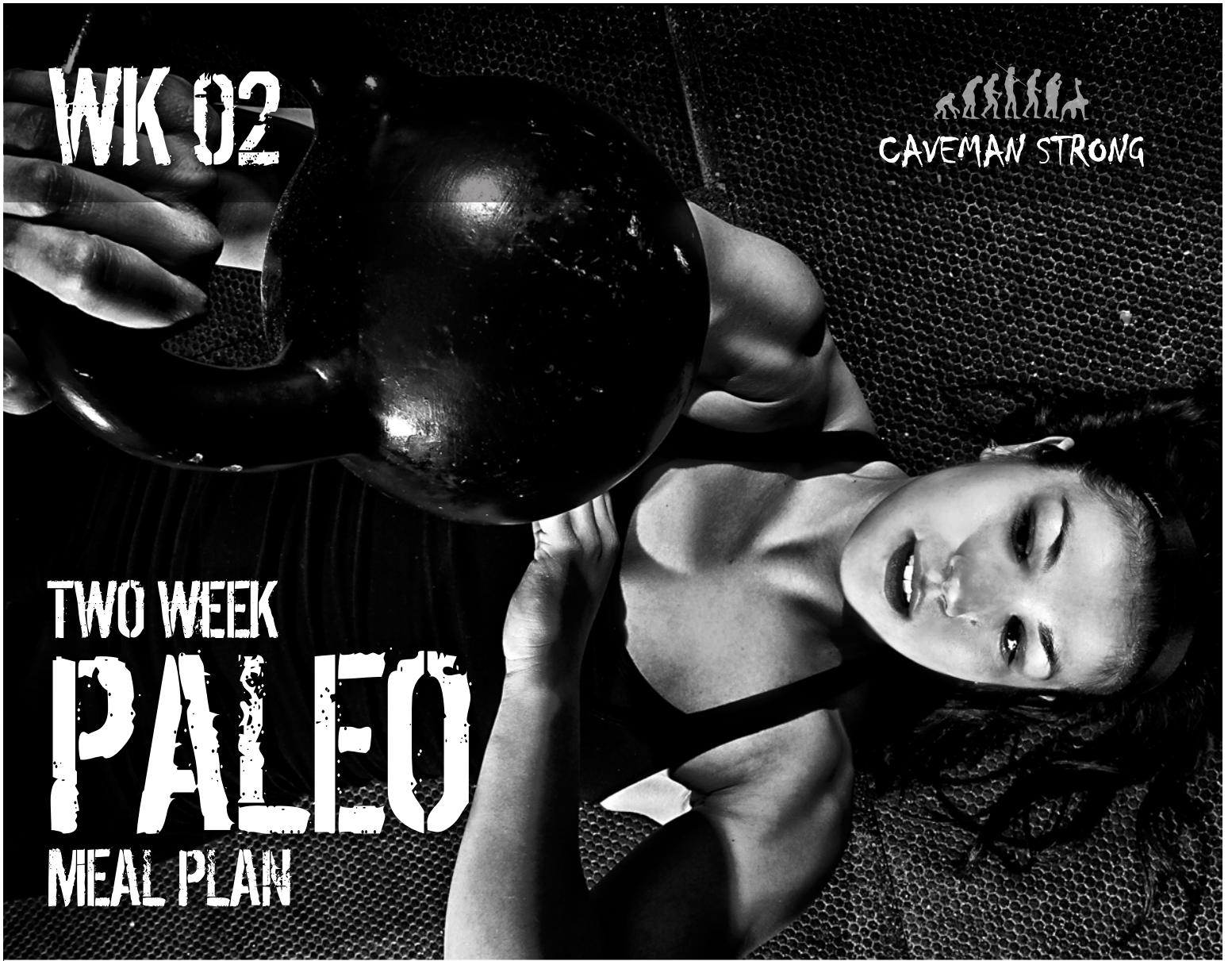
SUNDAY

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

WK 02

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TWO WEEK PALEO MEAL PLAN



MONDAY

TUESDAY

	Breakfast	AM Prep	Lunch	PM Prep/Snack	Supper
MONDAY	2 poached eggs 1/2 cup of chilli and Green Tea		Chicken with fried mushrooms and zucchini (add garlic and spices)	Make Paleo Cookies/Muffins and freeze them. Easy to grab snacks.	4 oz curried salmon fillet on a spinach salad
TUESDAY	3 oz Salmon 1/2 cup broccoli and Green Tea		Leftovers! (Use up the fresh produce. Toss it in a pan with protein and herbs and spices.)	Make your own beef jerky	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 <small>(garden salad add fresh chopped basil and olive oil)</small>	Craving sweets? 2 pieces of 75% dark chocolate with 1/4 cup of almonds	Cheat Meal. Don't go crazy!

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 <small>(With Homemade Caesar dressing.)</small>	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. Don't go crazy!	Bake Paleo brownies and freeze them. Kids love these!	Chilli on a spinach salad Be creative and try it Mexican-style!

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 <small>(chicken, fish)</small>	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