

Webinar 9 Handout: **SAMPLE DAY PALEO MENU**

Many people are choosing a paleo or modified paleo lifestyle these days. It makes sense that we should be eating closer to how cavemen ate. Even though our food supply has changed tremendously over the years, our biology really hasn't. I try to convince my pro-paleo clients to add some legumes into their diets because being a super strict paleo follower can be challenging and may not meet all of their nutrition needs. Also, it just may not be necessary. It's worth pointing out that there are plenty of critics of the Paleo diet who note that just about all the foods we eat today, even the fruits, vegetables and meats, are drastically different from what was available in Paleolithic times. Either way, any diet that steers away from processed foods in favor of whole, real foods is worth exploring. Many of the paleo gurus recommend following the paleo plan only 80% of the time, and recommend a somewhat more liberal diet for the other 20%. I'm down with that.

Breakfast

Salmon and asparagus omelet (prepared with 3 pasture raised or omega-3 fortified eggs, 2 ounces wild salmon and asparagus)
½ teaspoon coconut or olive oil
Coffee, black or with coconut milk, or green or herbal tea

Snack

Carrots
10 raw almonds

Lunch

Spinach salad with cherry tomatoes and red onion, sliced
6 ounces grilled chicken
¼ avocado
1 tablespoon lemon juice

Snack

1 pear, sliced
1 tablespoon walnuts
¼ teaspoon cinnamon

Dinner

6 ounces grass fed steak, broiled

Asparagus, red and green yellow peppers, roasted with 2 teaspoons avocado oil

1 cup fresh blueberries

In general, men should increase the amount of protein by 2 ounces. And, as always for anyone who still has an HQ of a 6 at the end of a meal, they should increase the veggie portion and then the protein if still hungry.

Nutritious Life Tip: Without dairy, most whole grains, legumes, potatoes and many oils, paleo-eaters are at risk for calcium and vitamin D deficiencies and it may be challenging to get the B vitamins and fiber essential to a good diet. You also run the risk of overdoing it with meat, which is not good for your body or the earth. A paleo diet can be a very healthy diet and is absolutely possible to achieve. It is just essential to keep a good balance and eat a wide variety of paleo foods.