

The Ultimate Paleo Diet Plan

A Simple, Effective Guide to Eating Like Our Ancestors

☒ Quick Overview

- ☒ **Eat:** Meat, fish, eggs, veggies, fruits, nuts, seeds, healthy fats
 - ☒ **Avoid:** Grains, dairy, legumes, processed foods, refined sugar
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☒ 7-Day Paleo Meal Plan

Day 1

- **Breakfast:** Scrambled eggs with avocado & sautéed spinach
- **Lunch:** Grilled chicken salad (greens, cucumber, olive oil)
- **Dinner:** Baked salmon + roasted sweet potatoes

- **Snack:** Handful of almonds

Day 2

- **Breakfast:** Smoothie (coconut milk, berries, chia seeds)
- **Lunch:** Turkey lettuce wraps + carrot sticks
- **Dinner:** Beef stir-fry with broccoli & coconut oil
- **Snack:** Apple slices + almond butter

Day 3

- **Breakfast:** Omelet with mushrooms & bell peppers

- **Lunch:** Tuna salad (no mayo) in avocado halves
- **Dinner:** Pork chops + mashed cauliflower
- **Snack:** Walnuts + dark chocolate (85%+)

(Days 4-7 follow similar whole-food templates—mix and match meals!)

☒ Paleo Shopping List

Proteins

- Grass-fed beef, chicken, turkey
- Wild-caught salmon, shrimp, cod

- Pasture-raised eggs

Veggies

- Broccoli, spinach, kale, zucchini
- Sweet potatoes (in moderation)

Fats & Extras

- Avocados, coconut oil, olive oil
 - Almonds, walnuts, pumpkin seeds
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☒ Top 5 Paleo Tips

1.

Prep ahead – Cook batches of meat/veggies for easy meals.

2.

Stay hydrated – Drink water, herbal tea, or coconut water.

3.

Snack smart – Nuts, hard-boiled eggs, or fruit.

4.

Dine out wisely – Order grilled meats + extra veggies.

5.

Don't stress perfection – 80/20 rule works!

☒ FAQ

Q: Can I drink coffee on Paleo?

A: Yes! Just skip sugar/dairy—use coconut milk instead.

Q: Is honey allowed?

A: In small amounts (it's natural but still sugar).

Q: Will I lose weight?

A: Most do, since cutting processed foods reduces calories naturally.