

# 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!)*

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## ☒ 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!

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## ☒ 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.