

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Breakfast	2 fried eggs in coconut oil with a sautéed yellow bell pepper	Smoothie: blackberries, strawberries, spinach, flax seeds, whey protein, coconut milk	3 egg omelet with mushrooms, chicken sausage, red bell pepper	2 poached eggs with spinach and chicken sausage	Veggie scramble with bacon, sweet potato, peppers, onions, spinach	Smoothie: raspberries, strawberries, banana, spinach, coconut milk, whey protein	Paleo banana pancakes with sweet potato hash and organic bacon
Lunch	Salad with sardines, tomatoes, cucumbers, lemon & olive oil dressing	Salad with chicken sausage, almonds, red peppers, green apples, celery, olive oil, apple cider vinegar	Lettuce wraps with turkey, tomato, avocado, mustard	Kale salad with red and white cabbage, Bragg, lemon juice, olive oil with smoked salmon	Chicken sausage with mushrooms, spinach, asparagus, tomato sauce	Take Out from Paleo friendly: Panera, Chipotle, local restaurants	Steak salad with lemon juice, tomato, onion, olive oil dressing
Dinner	Chicken with roasted broccoli and a sweet potato	Salmon with green beans and salad	Turkey burgers with avocado, Paleo BBQ sauce and sweet potato fries	Paleo meatballs with tomato sauce and salad	Bacon wrapped scallops with sautéed peppers, and broccoli	Paleo chicken taco salad	Cheat Meal Have a beer for me.
Snack	Tea Almonds Avocado	Vanilla tea with coconut milk Banana	½ protein shake with coconut milk	Frozen strawberries Apple Tea	Roiled turkey & roast beef cold cuts Tea	Apple with almond butter Tea	Blended frozen banana with coconut milk (banana ice cream anyone?)

The Paleo Athlete Meal Plan

Diane Sanfilippo



The Paleo Athlete Meal Plan:

The Paleo Diet for Athletes Loren Cordain, Joe Friel, 2012-10-16 Adapts the author's nutritional program to the needs of athletes in a diet based on natural selection and evolution that promotes weight loss normalizes blood cholesterol increases energy levels and enhances overall fitness

Paleo Diet for Athletes John Davidson, 2013-05-15 Table of Contents Preface SECTION I Getting Started Chapter 1 An Introduction Chapter 2 Between the lines Chapter 3 Added Benefits Chapter 4 Switching to the Paleo Diet SECTION II Paleo Specifics Chapter 1 Importance of BCAAs Chapter 2 Importance of Simple Carbs SECTION III Diet Plan Chapter 1 Basic Paleo Plan Chapter 2 Pre work out meals Chapter 3 Post work out meals Chapter 4 Breakfast Chapter 5 Lunch Chapter 6 Dinner Conclusion References Try our diet and get leaner try our diet and you'll lose 10 pounds in a week try our diet and you'll never have to do cardio again and the list goes on and on In today's world dieting has become more of a business than a way to benefit people's lives There are hundreds of diets out there and dozens making their way into the market all cleverly advertised to target the core weakness of every consumer A promise to make your life better This is largely a hollow promise but still health corporations succeed in trapping hundreds of thousands of people So the question arises what is so special about the Paleo diet that makes it worth trying For starters the Paleo diet isn't a new thing it wasn't created a few years or decades ago by some professor in a testing lab The Paleo diet was a result of humans' fight for survival it was what our ancestors used to eat 10 000 years ago right around the time when there were no grocery stores super markets and fast food Eating wasn't something to do in free time to eat one had to search for his/her food hunt it down and cook it in on whatever was available Thus Paleo is not just a diet it's a lifestyle one which will truly make your life healthier The Paleo diet was just revived and popularized in the 70s by a Gastroenterologist Walter L Voegtlin This led to one research paper after another one book after another being published by several doctors and nutritionists By the 90s the Paleo diet had made its mark on the dieting market and had started to shape the dieting landscape Practitioners started to create derivatives of the diet synthesizing the pure Paleo meals by adding extra ingredients In this book I will only be using pure Paleo meals as a guide to a better life This book is written keeping in mind the physical side of a healthier lifestyle You'll see how athletes can benefit from the Paleo diet be it swimmers wrestlers runners or players of any game The claims will be backed by scientific evidence and you'll see progress within weeks

The Paleo Athlete Meal Plan Max Henrich, 2014-03-16 UPDATED Now Best Selling in Health Fitness This Paleo Meal Plan Will Get You Lean If you are looking for an ebook that will help you take advantage of the features of the Paleo diet to help you become a better everyday athlete then this is the ebook for you Here's what you can expect from this extensive guide to the Paleo diet and all its high protein benefits A concise but informative discussion on the basis of the Paleo diet as explained by the Paleo found Dr Loren Cordain An informative guide on how the Paleo diet can help you build muscle and improve your performance as an athlete A meal plan consisting of 30 great Paleo recipes that you can easily prepare on your own in the comforts of your own kitchen Enough

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