

Helpful Tips

Lower carb, whole food approach with a focus on high quality including grass-fed & organic meat, eggs & vegetables when possible. Focus on animal & plant food that would have been around in the Paleolithic era as the philosophy is those are the foods we were designed to eat.

Best CoreLife Eatery Paleo Choices



Chicken Cobb



Chicken Tortilla & Chipotle Chicken Broth Bowl



Ranch Flank Steak & Warm Rice Bowl



Mediterranean



Steak, Bacon & Bleu Cheese

What To Put In Your Pantry

Beef, lamb, chicken, turkey, pork, salmon, trout, haddock, shrimp. Free-range pastured or omega-3 enriched eggs. Broccoli, kale, peppers, onions, carrots, tomatoes. Apples, bananas, oranges, pears, avocados, strawberries & blueberries. Potatoes, sweet potatoes, yams, turnips. Nuts & seeds (sunflower & pumpkin). Extra virgin olive oil, coconut oil & avocado oil.

Avoid packaged products & stick to whole foods. Everything at CoreLife is natural & non-processed so think of bringing ingredients home for small quantities of quality produce & all-natural proteins.

Home Meal Suggestions

*Double your proteins on power-up days!

Breakfast

- Hard boiled eggs, banana with a teaspoon of almond butter.
- 2 Eggs over easy, chicken breakfast sausage, berries.
- Bacon (2 to 4 slices), eggs (1 or 2), with a piece of fruit.
- Steak & eggs. Cottage cheese. Coffee (cream or MCT oil).
- Veggie omelet with roasted sweet potatoes.

Lunch

- Steak with sautéed mushrooms, green beans & spaghetti squash sautéed with olive oil, garlic & Italian seasoning.
- Salmon sautéed or grilled in grass-fed butter with veggies.
- Lettuce-wrapped sandwich.

Dinner

- Broth bowl or cup of broth with proteins. Add greens & veggies to create a heartier soup.
- Ground beef stir-fry with veggies over cauliflower rice & berries.
- Baked pork tenderloin, roasted veggies, cauliflower rice.