

21 DAYS

TO CHANGE YOUR LIFE

THE CORELIFE CHALLENGE

PALEO

MEAL SUGGESTIONS

Lower carb, whole food approach with a focus on high quality food including grass fed & organic meat, eggs, and vegetables when possible.

Idea is to focus on animal & plant foods that would have been around in the Paleolithic era, as the philosophy is those are the foods we were designed to eat.

If you want to stick to a PALEO diet and participate in the CoreLife Challenge, your pantry will look like this:

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 and stick to whole foods. If it was made in a factory, it's out. Everything at CoreLife is natural & non-processed so think of bringing ingredients home for small quantities of quality produce and all-natural proteins.

Best CoreLife Eatery choices for Paleo:



Cobb



Chicken Chipotle Broth



Steak & Warm Rice



Mediterranean



Steak, Bacon & Bleu



Protein Power Plate

Home Meal Suggestions: **BREAKFAST, LUNCH & DINNER** (Mix it up during your CoreLife Challenge. Double your proteins on power-up days):

Hard boiled eggs, banana with a tsp of almond butter.

2 eggs over easy, chicken breakfast sausage, berries.

Bacon (2 to 4 slices), eggs (1 or 2) w a piece of fruit.

Steak & eggs. Cottage cheese. Coffee (cream or MCT oil).

Veggie omelet with roasted sweet potatoes.

Steak with sautéed mushrooms, green beans, and spaghetti squash sautéed with olive oil, garlic and Italian seasoning.

Salmon sautéed or grilled in grass-fed butter with vegetables.

Lettuce-wrapped sandwich.

Broth bowl or cup of broth with proteins. Add greens & veggies to create a heartier soup.

Ground beef stir-fry with vegetables over cauliflower rice & berries.

Baked pork tenderloin, roasted vegetables, cauliflower rice.