

Everyday Paleo Part II: Meal Prep and Sample Meal Plans

Meal Guide lesson #3: The Anatomy of a Paleo Meal

In Part 1, I gave you guidelines on what to buy and how to handle such a change. Now, I want to be specific so you understand exactly how to make your meals.

A Paleo meal is roughly 40% Protein, 35% Fat & 25% carbohydrate... or 35% protein, 35% fat, 30% carbohydrate. The point is everyone is slightly different. I could estimate it, but the average American diet varies, depending on the type of person. On one end of the spectrum, you have the “junk foodie” who eats fast food a few times per week, has a very high carb and sugar intake, and has a high intake of hydrogenated fats. The totally other end of the spectrum is the woman who has been taught her whole life to eat a low fat, whole grain diet which is low in high quality protein, low in essential fats, and dangerously high in carbohydrates... and she wonders why she can't get rid of her “mama pooch.” The point is, start with the general paleo percentages and keep a food journal. Keep track of the amounts and how you feel ½ hour to 4 hours after the meal. When did you feel hungry again? Were you energized or satiated (perfectly full)? Were you sluggish? Keep track of it and show it to me. I will guide you based that. You should be satiated for 4 hours and energized. My goal for you is to be able to make a paleo meal yourself, knowing your perfect ratios of protein to fat to carbs. No measuring; you learn it. It is a skill that I want you to have for life.

Meal Guide Lesson #4: How to prep a Paleo Meal

Using the Shopping Guide from Everyday Paleo Part I, we will construct a day of meals. Let's assume we followed this example shopping list I have provided for you (insert link here). I recommend having a few meals planned out, whether it's specific recipes or something easy you can throw together quickly. For breakfast, we'll plan on having scrambled eggs cooked in coconut oil or hard boiled eggs and macadamia nuts. Another breakfast idea is to make some meat at night in the oven, which is super easy, like salmon or chicken and eat with a few nuts.

For lunch, we have roasted the chicken the night before and we have eaten all the dark meat (legs, thighs, and wings) and we have 2 left over breasts. With those left over chicken breasts, we'll make a chicken salad. We'll add chopped celery, fresh dill and olive oil and mix together. We'll serve it on a bed of arugula for lunch.

Our snack is the remainder of the chicken salad, some strawberries or macadamia nuts.

For dinner, we'll make a Thai inspired dish: sauté boneless, skinless chicken thighs and broccoli in coconut oil. On the side in a separate pot, take 1 can of coconut milk and heat to med and dissolve curry paste. Pour mixture over chicken and broccoli and simmer until cooked. Drizzle with hot sesame chili oil. Yum!

This is an example of one day. There are so many different recipes and ways of going about things. As much as I like to cook, I don't always have time. We don't get home until 7:30pm at the earliest. When

we get home, we are hungry! Anything I can make fast is ideal. Even then, I have the energy to put some meat in the oven for the next day as I'm preparing dinner. Well planned, Paleo is very easy.

Eating Paleo is part of my life. If I don't have access to a Paleo meal, I ain't eatin! It's not because I'm stubborn (although I am, ask my husband) it's because I will pay! My stomach won't feel normal for a few days. I would rather feel the best I can feel rather than suffer though the gas, indigestion and low energy I would feel after eating a grain based, dairy laced, sorry excuse for a nutritious meal! Keep track of what you eat, how much you eat, and how it makes you feel so you can learn how you should eat so you can look, feel and perform your absolute best.