

Meal Ideas

Breakfast:

- Eggs the perfect food to start your day. Cook in Coconut oil, Butter but don't let it turn brown, or olive oil but don't let it smoke.

Use salsa with no bad oils, sugar or preservatives.

- Avocados
- Turkey or Beef bacon- all natural, no preservatives or nitrates, artificial flavors or colors.
- Shakes or Smoothies
- Cultured, Raw Nuts and Seeds
- Plain Full Fat Yogurt with nuts and seeds or berries if desired.

Lunch:

- Salads with Chicken, Wild Salmon, olives, nuts and seeds, cucumbers, tomatoes, purple cabbage, lacto-fermented sauerkraut, artichoke hearts, celery, hard boiled eggs, avocado slices.
- Left overs
- Salad Shakes- these taste great and come in handy when on the go. Add 2 large handfuls of green leaf lettuce, 1 cup of water, Raw eggs (make sure they are organic, free-range eggs), Paleo Meal and/or Whey Cool- plain, vanilla or chocolate from Designs for Health.

Add ice, unsweetened coco and lunch is served.

- Roll up meat and raw cheese with lettuce.

Dinner:

- Steak: grass-fed: a healthy source of protein, good fats and nutrients
- Burgers- Bison, grass-fed beef burgers, turkey burgers. Mix some spices, minced garlic. Mix in egg if you wish. Cook in coconut oil. Serve with tomato wrapped in butter lettuce and natural, preservative-free, HFCS, mustard and ketchup. Grilled or Broiled.
- Organic Only hotdogs on occasion
- Roasted Free-Range Chicken
- Crockpot Roast
- Lamb Chops
- Curried Chicken
- Fried Chicken- use nut flour and eggs for breading and fry in coconut oil or butter.
- Side Dishes: Roasted Veggies, Green, Cultured Veggies, Stir-fried veggies, Soup. Use coconut milk for cream soups.

Snack:

- Trail Mix- nuts, seeds, pinch of sea salt, cacao nibs
- Yogurt- plain, full fat. Add hemp seeds, cacao nibs, stevia for great flavor
- Brownies and fudge can be made without grains and sugar taste great and are approved.
- Olives
- Raw Cheese from grass-fed dairy. Great with olives.