

PALEO

Challenge Guide



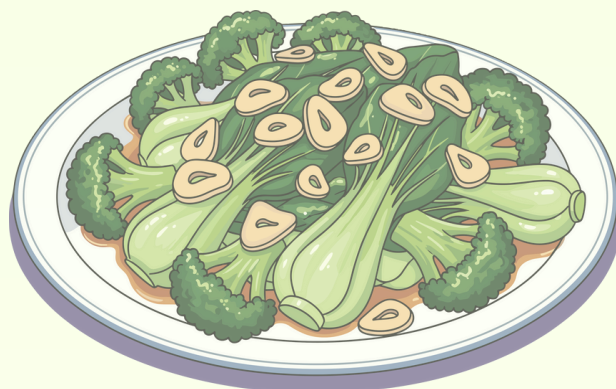
WELCOME TO THE PALEO CHALLENGE

This 7-day challenge is designed to simplify eating, reduce food decisions, and follow a structured whole-food Paleo approach.

This is not a forever plan.

It is a short-term challenge focused on clarity, structure, and consistency.

Choose this guide if **Paleo is your selected path** and follow this guide only for the full 7 days.



HOW TO USE THIS GUIDE

- This guide is your only roadmap for the challenge
- Eat only foods listed in this guide
- Keep meals simple and repeatable
- Let structure reduce decision fatigue

If a food is not listed, it is not included for this challenge.

MACRO GUIDELINES (PALEO)

- **Calories per meal:** Under 400
- **Carbohydrates:** 10-15g per meal
- **Protein & fat:** Higher emphasis



PALEO FOODS, LIMITS & MACROS



FOODS EMPHASIZED (PALEO)

- Meat, poultry, and fish
- Vegetables
- Fruit (moderate)
- Nuts and seeds
- Healthy fats (olive oil, avocado)



FOODS LIMITED OR AVOIDED (PALEO)

- Grains
- Legumes
- Dairy
- Refined sugar
- Processed foods



MACROS (PALEO)

- **Calories per meal:** Under 400
- **Carbohydrates:** 10-15g per meal
- **Protein & fats:** Higher emphasis

PALEO SAMPLE MEAL PLAN

Guidelines Used: <400 calories per meal | 10-15g carbs per meal

Breakfasts

- 1) Eggs (2) + avocado
~350 cal | 8g carbs
- 2) Turkey & spinach scramble
~320 cal | 6g carbs
- 3) Smoked salmon bowl
~300 cal | 4g carbs
- 4) Paleo sausage + veggies
~380 cal | 10g carbs
- 5) Egg muffins w/ vegetables
~280 cal | 6g carbs



Lunches

- 1) Chicken & avocado salad
~360 cal | 8g carbs
- 2) Tuna lettuce wraps w/ avocado mayo
~320 cal | 4g carbs
- 3) Grass-fed burger bowl
~380 cal | 6g carbs
- 4) Shrimp & zoodles
~330 cal | 8g carbs
- 5) Turkey meatballs + veggies
~360 cal | 6g carbs



Dinners

1) Steak (3 oz) + broccoli

~390 cal | 6g carbs

2) Salmon + asparagus

~380 cal | 5g carbs

3) Chicken thighs + roasted veggies

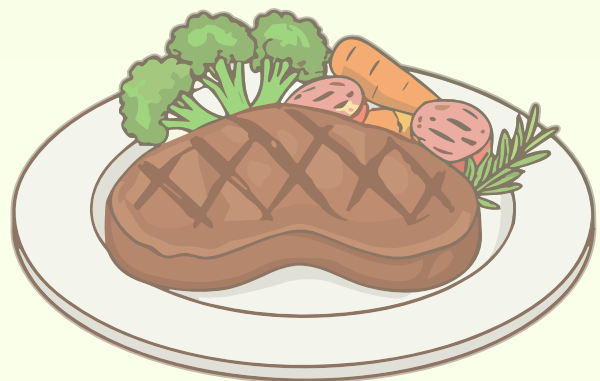
~370 cal | 8g carbs

4) Pork tenderloin + greens

~360 cal | 6g carbs

5) Turkey-stuffed bell pepper w/ feta

~320 cal | 8g carbs



Snacks (Optional)

- Hard-boiled eggs (2) (~140 cal | 2g carbs)
- Clean beef jerky (~120 cal | 3g carbs)
- Almonds (¼ cup) (~170 cal | 6g carbs)

Weekly Focus

- Embrace simplicity and repetition
- Prioritize protein and vegetables
- Stay consistent even when meals repeat
- Let structure support discipline

Finish the week strong and confident.



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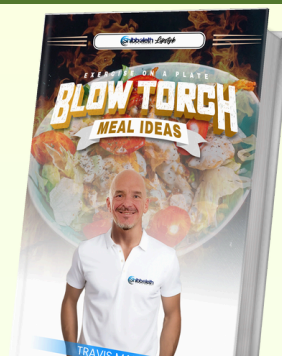
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