

QUICK START GUIDE

1. CLEAN OUT YOUR PANTRY

a. Remove all non-paleo foods including the following:

- i. Grains (Bread, Flour, Bagels, etc.)
- ii. Dairy (Milk, Cheese, etc.)
- iii. Legumes (Beans, Peanut Butter, etc.)
- iv. Processed Foods (this includes salted meats, prepared foods, etc.)

2. MAKE A MEAL PLAN

- a. Use PKS Recipes and Meal Plan Example
- b. Create your own template for the week
- c. Generate a shopping list based on your menu selections

3. GO SHOPPING

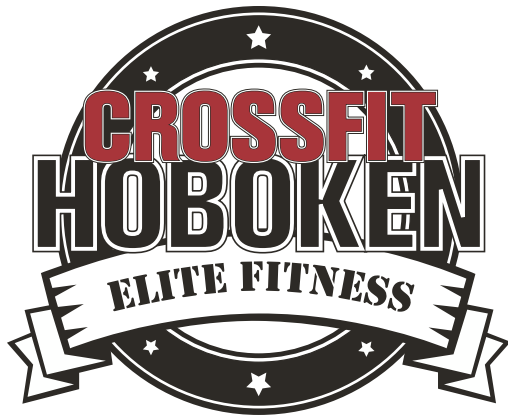
- a. Use the PKS Shopping List
- b. Load up on the following:
 - i. Pantry Items to keep on Stock
 - ii. Fresh Organic Veggies
 - iii. Wild Caught Seafood and Grass fed Meat (Pork ,Turkey, and Beef)

4. MEAL PREP

- a. Prep your vegetables (e.g. cut and slice cauliflower head)
- b. Boil some eggs so that if you are limited in time in the morning
- c. Cook some food for lunches on Sunday and place in Tupperware for easy access during the week

5. RELAX

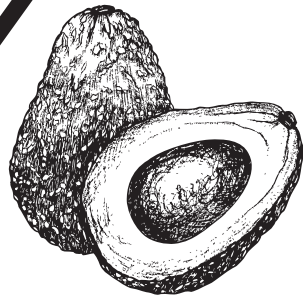
- a. You are about to eat awesome food that is good for you all week
- b. Think about the abundance of food in front of you



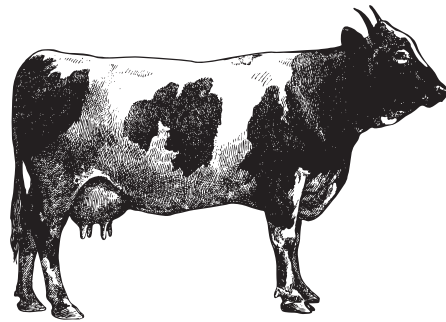
PALEO FOOD PYRAMID



SPICES, HERBS
HONEY (use sparingly)



FATS:
NUTS, SEEDS, OILS
AVOCADO AND COCONUT

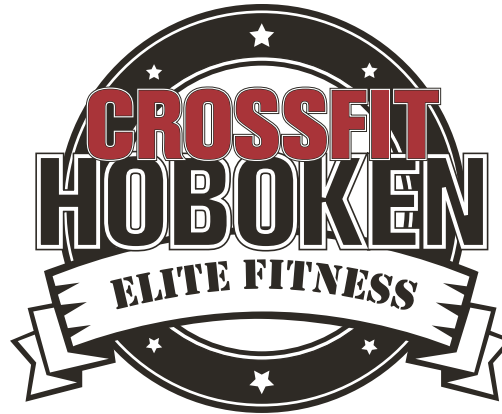


PROTEIN:
MEAT, POULTRY, FOWL & EGGS

VEGETABLES:
BROCCOLI, CAULIFLOWER, SPINACH,
ASPARAGUS, BRUSSELS SPROUTS, ETC.



FRUIT:
APPLES, BERRIES & TOMATOES



EXAMPLE MEAL PLAN

MONDAY

Breakfast:

3 Eggs
1/2 Avocado
1/2 Cup Blueberries
Black Coffee

Lunch:

Spinach Salad
1/2 Avocado
6 oz. Chicken
1/4 Cup Walnuts
Olive Oil
Lemon Juice

Dinner:

6oz. Salmon
Roasted Asparagus

TUESDAY

Breakfast:

Almond/Apple
"Oatmeal"
2 Eggs
Black Coffee

Lunch:

Leftover 6 oz. Salmon
Roasted Asparagus
Green Tea

Dinner:

Steak
Roasted Broccoli
with Walnuts

WEDNESDAY

Breakfast:

Pork Sausage
2 Eggs
Black Coffee

Lunch:

Leftover Steak
Roasted Broccoli
with Walnuts

Dinner:

Roasted Chicken
Roasted Cauliflower

THURSDAY

Breakfast:

Spinach and Tomatoes
Omelet
1/2 Avocado
Black Tea

Lunch:

Leftover Roasted
Chicken
Roasted Cauliflower

Dinner:

Roasted Tomato and
Cauliflower Soup
Add Pork Sausage
(optional)

FRIDAY

Breakfast:

2 Eggs
Strawberries
Black Coffee

Lunch:

Spinach Salad
1/2 Avocado
6 oz. Chicken
1/4 Cup Walnuts
Olive Oil
Lemon Juice
Leftover Soup

Dinner:

Grass Fed Meatloaf
with Rosemary
and Tomato
Paste Sauce

SATURDAY

Breakfast:

Almond/Apple "Oat-
meal"
2 Eggs
Black Coffee

Lunch:

Leftover Grass Fed
Meatloaf with
Tomato Soup

Dinner:

Beef Tenderloin Roast
with Red Wine
Reduction
Roasted Cauliflower

SUNDAY

Breakfast:

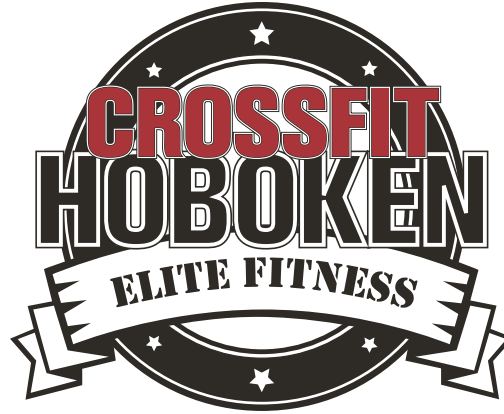
Pacific NW Brunch
with Scrambled Eggs,
Smoked Salmon
and Chives

Lunch:

Sliced Beef Tenderloin
Over a Bed of
Sautéed Spinach

Dinner:

Leftover Beef
Tenderloin with
Roasted Brussels
Sprouts with
Walnuts, Lemon and
Port Sausage



EXAMPLE MEAL PLAN

MONDAY

TUESDAY

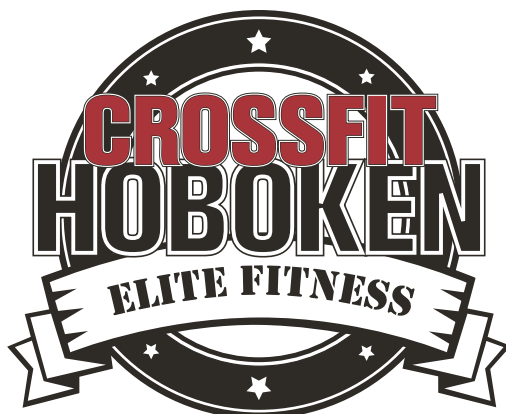
WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



SHOPPING LIST

VEGETABLES

- 1 Head Cauliflower
- 1 Head Broccoli
- 30 Brussels Sprouts
- 1 Bunch Asparagus
- 2 Bunches Spinach
- 2 Red Onions
- 2 Red Peppers
- 4 Shallots
- 2 Garlic Heads

FRUITS

- 3 Avocados
- 3 Tomatoes
- 5 Apples
- 1 Pint Blueberries
- 1 Pint Strawberries
- Frozen Berries
(e.g. Cherries)
- 3 Lemons
- 2 Limes

PROTEINS/FATS

- 2 lbs Ground Beef
(Grass Fed)
- 1 Whole Organic
Chicken
- 4 Pork Breakfast
Sausages
- 2 Grass Fed Steaks
- 1 Fillet Salmon
(Wild Caught)
- 1 Dozen Eggs
(Farm Fresh/Pastured)
- Grass Fed Butter/Ghee

PANTRY ITEMS

- Olive Oil
- Coconut Oil
- Sea Salt
- Pepper
- Dried Oregano
- Dried Basil
- Dried Thyme
- Paprika
- Chili Powder
- Cumin Seeds
- Chia Seeds
- Curry Powder
- Nuts

- Walnuts
- Almonds
- Pecans
- Nut Flours
- Almond
- Coconut
- Unsweetened Shredded
Coconut
- Vanilla Extract
- Honey
- Canned Coconut Milk
- Tomato Paste
- Canned Crushed
Tomatoes
- Canned Whole Tomatoes
- Canned Diced Tomatoes
- Hot Sauce
- Dijon Mustard
- Tea/Coffee

HERBS

- Thyme
- Rosemary
- Dill



KITCHEN



GADGETS

ELECTRICS

Vitamix
Calphalon Slow Cooker
Kitchen Aid Stand Mixer
Kitchen Aid Hand Mixer
KitchenAid Hand Blender
KitchenAid Food Processor
Bonavita Tea Kettle
Krups Spice Grinder
iGrill Bluetooth
Digital Thermometer
BergHOFF Induction Burner
Sous Vide Kitchen Oven

TOOLS

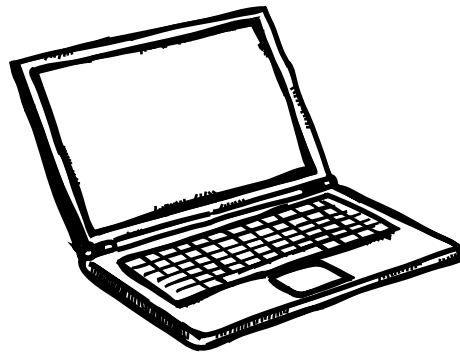
**Kitchen Aid Ice Cream
Maker Attachment**
Paderno Spiralizer
All-Clad Copper Core Pans
**Wustof Cutlery Classic
Collection**
Kuhn Rikon Peeler
Aeropress Coffee Maker
Le Creuset Dutch Oven
**iSi Brushed Stainless Steel
Gourmet Whip Plus**

ACCESSORIES

**Silpat Non-Stick Silicone
Baking Mat**
Unbleached Cheesecloth
**Large Wood Grain
Cutting Board**
**Eurow Microfiber Waffle
Weave Kitchen Towels**
Ball Wide Mason Jars



OUR FAVORITE SITES



FOOD SOURCES

Eat Wild

(Find Local Farms)

Custom Fit Meals

(Convenient Pre-Made Paleo Dishes)

Vital Choice

(Wild Caught Seafood)

Lava Lake Lamb

(Grass Fed Lamb)

Tendergrass Farms

(Grass Fed Beef, Turkey, and Pork)

US Wellness

(Grass Fed Beef)

Eataly

(Exquisite Piemontese Beef)

Stronger Faster Healthier

(Whey Protein and Fish Oil)

COOKING

Against All Grain

Nom Nom Paleo

Everyday Paleo

Paleo Comfort Foods

Clothes That Make the Girl

Tom's Wine Solutions

SCIENCE GEEKS

Robb Wolf

Chris Kresser

Art DeVany

Mark's Daily Apple

Fat Burning Man

Whole 9 Life

John Durant

COFFEE

Counter Culture

Stumptown

Caveman Coffee Co

Bulletproof Exec

RESTAURANTS

Hu Kitchen

Dig Inn

Bareburger

Takashi

Fatty 'Cue

Jack's Wife Freda