

Paleo Diet Plan

Introduction:

The Paleo Diet is a nutritional approach inspired by the dietary patterns of our ancient ancestors. It focuses on whole, unprocessed foods to optimize health and well-being by eliminating modern processed items from our diets. By following this plan, you can benefit from improved health, weight management, and potential relief from various health issues. This dietary approach promotes wellness and vitality by consuming foods more closely aligned with our evolutionary past.

Client Information:

- **Name:**
- **Age:**
- **Current Weight:**
- **Height:**
- **Health Goals:**
- **Any Known Allergies or Dietary Restrictions:**

Guidelines:

Foods to Include:

1. **Lean Proteins:**
2. **Healthy Fats:**
3. **Fruits and Vegetables:**
4. **Nuts and Seeds:**
5. **Herbs and Spices:**

Foods to Avoid:

- **Processed Foods:**

- **Grains:**

- **Dairy Products:**

- **Legumes:**

Meal Plan (Sample):

Breakfast:

Lunch:

Snack:

Dinner:

Hydration:

Monitoring Progress: