

Paleo Mediterranean Diet Plan

Patient information

Name: _____ Age: _____

Gender: _____ Date: _____

The Paleo Mediterranean Diet Plan combines the principles of the Paleo and Mediterranean diets to create a balanced, whole-food eating pattern. This plan emphasizes minimally processed foods, lean proteins, healthy fats, and seasonal vegetables, promoting overall health, weight management, and the prevention of chronic diseases.

Guidelines for the diet plan

- Focus on whole, unprocessed foods.
- Invest in natural protein sources.
- Use heart-healthy fats such as olive oil, coconut oil, and grass-fed butter.
- Incorporate a wide variety of seasonal vegetables like spinach, kale, and broccoli.
- Include seasonal fruits like berries, apples, and oranges as part of daily meals or snacks.
- Limit the consumption of red meat to a few times per week, selecting grass-fed options when possible.

Meal plan				
Day	Breakfast	Snacks	Lunch	Dinner
Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				

Personalized recommendations

Water intake:

Physical activity:

Food intolerances or allergies:

Goals and expected outcomes

Short-term goals:

Long-term goals:

Progress tracking

Use the following section to track progress during your time on the Paleo Mediterranean Diet Plan.

Week	Weight	Energy levels	Food intake (notes)	Comments

Additional notes

Healthcare provider:

Signature:

Date: