

# 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.

<b>Week</b>	<b>Weight</b>	<b>Energy levels</b>	<b>Food intake (notes)</b>	<b>Comments</b>

**Additional notes**

Healthcare provider:

Signature:

Date: