

One Week Diet Example:

Leaning-Out Diet for Athlete utilizing Paleolithic Nutrition Guidelines

Below is a one week sample of dietary guidelines used by many of our athletes, fitness competitors, and average janes/joes to get lean. Each day is broken down, with macronutrient distributions, calories, and food sources. After just weeks of switching to low carb, higher protein/quality fat/vegetables, many individuals have noticed greater energy and mental clarity, not to mention weight loss of up to 1-4lbs per week. Many have also noticed body fat losses of roughly 1-2% per week (depending on how lean or not lean they were to begin with). These nutritional guidelines have worked especially well when combined with Biosignature Modulation evaluation and the ensuing supplement protocols.

Day I: Post Workout carbohydrates only (up to 2 hours post workout) = roughly 20% of total macronutrient intake.

Day II: Non- workout day. Carb intake = <10% of total macronutrient intake.

Day III: Post Workout carbohydrates only (up to 2 hours post workout) = roughly <20% of total macronutrient intake.

Day IV: Metabolic conditioning day with Carb intake = <10% of total macronutrient intake.

Day V: No Carbs pre workout. Post workout carb up starting with high glycemic carbs and tailoring off to low glycemic carbs. Carb intake = 50% of total macronutrient intake with calories increasing by 25-40% over normal daily intake.

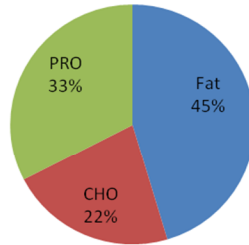
Day VI: Low glycemic carbs ending at 12, 24, or 36 hours post Day V workout. Carbs = <40% of total macronutrient intake.

Day VII: Non workout day, with carb intake <20% of total macronutrient intake.

Monday

Food Item	Servings	Calories	Fat (g)	Cholest (mg)	Sodium (mg)	CHO (g)	Sugars (g)	Fiber (g)	PRO (g)
Wegman's Organic grass fed Organic sirloin Steak	4	480	14	260	180	0	0	0	92
Whole Foods (365) Pine Nuts (Raws)	1.5	285	29	0	0	6	2	2	6
Anceint Harvest quinoa Garden pagodas gluten free	2	410	2	0	8	92	2	8	8
Plainville Farms Ground Turkey 94% fat Free	3	480	21	180	255	3	0	0	72
Organic Avocado	1	289	26	0	0	15	0	12	3
Whole Catch Wild Alaskan Cod Fillets	2	180	1	80	160	0	0	0	40
Whole Foods Organic Broccoli Florets	2	20	0	0	12	4	2	4	4
Challenge Organic Butter	1	100	11	30	90	0	0	0	0
ON casein Protein	1	120	1	10	250	4	1	1	23
Fage Total greek yogurt	1	300	23	40	65	7	7	0	15
King Oscar Sardines, Mediterranean style	1	150	10	110	320	0	0	0	13
Whole Foods Raw Macadamia Nuts	1	220	23	0	7	4	1	3	2
Tree of Life- Organic Goji	1	110	1	0	130	25	15	5	4
Blue Berries Raw	1	84	1	0	2	21	15	4	1
Cinnamon	1	0	0	0	0	0	0	0	0
Metagenics Omega-3 Fish Oil Soft Gels	7	140	14	28	0	0	0	0	0
Ito En sencha Shot	2	0	0	0	40	0	0	0	0
Vibrant Health Green	2	88	2	0	100	14	2	6	6
Totals	34.5	3456	179	738	1619	195	47	45	289

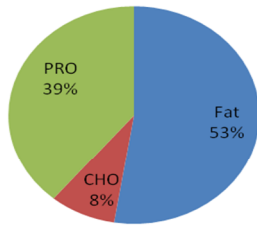
Macro Nutrient Distribution
(Percent of calories)



Tuesday

Food Item	Servings	Calories	Fat (g)	Cholest (mg)	Sodium (mg)	CHO (g)	Sugars (g)	Fiber (g)	PRO (g)
Whole Foods Market Alaskan Wild Caught Stockeye Salmon	4	240	12	96	72	0	0	0	30
Organic Avocado	1	289	26	0	0	15	0	12	3
Wild Harvest Organic Fresh Herb & Greens Salad	1.5	30	0	0	53	5	0	3	2
Whole Foods Market Organic Free Range/ No Antibiotics chicken Breast	3	375	4	195	218	0	0	0	78
Whole foods Raw Macadamia Nuts	1.5	330	35	0	11	6	2	5	3
Wegman's Organic Beef Strip Steak	4	520	18	180	160	0	0	0	92
Whole Foods Organics Broccoli Florets	2	20	0	0	12	4	2	4	4
Whole Foods Market roasted Brussel Sprouts	1	120	9	0	500	8	0	4	4
Challenge Organic Butter	1	100	11	30	90	0	0	0	0
Fage Total Greek Yogurt	1	300	23	40	65	7	7	0	15
ON Casein Protein	1	120	1	10	250	4	1	1	23
Cinnamon	1	0	0	0	0	0	0	0	0
Metagenic's Omega-3 Fish Oil Soft Gels	7	140	14	28	0	0	0	0	0
Ito En Sencha Shot	2	0	0	0	40	0	0	0	0
Vibrant Health Green Vibrance	1	44	1	0	50	7	1	3	3
Total	32	2628	154	579	1521	56	13	32	257

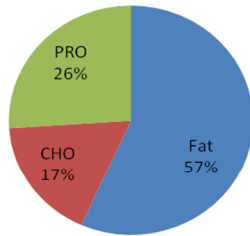
Macro Nutrient Distribution
(Percent of calories)



Wednesday

Food Item	Servings	Calories	Fat (g)	Cholest (mg)	Sodium (mg)	CHO (g)	Sugars (g)	Fiber (g)	PRO (g)
Organic Valley Organic Large Eggs	2	140	10	430	130	2	0	0	12
Great Range Bison Steak Medallions	1	180	3	65	75	0	0	0	37
King Oscar Sardines Mediterranean Style	1	150	10	110	320	0	0	0	13
365 Brand Roasted & Salted Fancy Mixed Nuts	1	180	16	0	65	6	1	2	4
Bob's Red Mills Steel-Cut Oatmeal	2	340	6	0	0	58	0	10	14
Trader Joe's Grassfed Angus Beef Ground Beef	2.5	675	53	175	188	0	0	0	50
365 Brand Roasted & Salted Fancy Mixed Nuts	1	180	16	0	65	6	1	2	4
Whole Foods Market Alaskan Wild Caught stockeye Salmon	4	240	12	96	72	0	0	0	30
Grilled Vegetables	1	350	0	0	0	0	0	0	0
Blue Berries Raw	0.5	42	0	0	1	11	7	2	1
Optimum Nutrition Nitrocore 24 Ultimate Chocolate	1.5	300	8	68	270	21	3	8	36
Tree of Life- Organic Goji Berries	0.5	55	1	0	65	13	8	3	2
Organic Avocado	1	289	26	0	0	15	0	12	3
Metagenics Omega-3 Fish Oil Soft Gels	1	20	2	4	0	0	0	0	0
Metagenics Omega-3 Fish Oil Soft Gels	5	100	10	20	0	0	0	0	0
Ultimate Nutrition Mct Gold	2	252	28	0	0	0	0	0	0
Vibrant Health Green Vibrance	1	44	1	0	50	7	1	3	3
Total	28	3537	202	968	1301	139	21	42	209

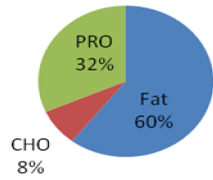
Macro Nutrient Distribution
(Percent of Calories)



Thursday

Food Item	Servings	Calories	Fat (g)	Cholest (mg)	Sodium (mg)	CHO (g)	Sugars (g)	Fiber (g)	PRO (g)
365 Brand Roasted & Salted Fancy Mixed Nuts	2	360	32	0	130	12	2	4	8
Organic Valley Organic Large Eggs	6	420	30	1290	390	6	0	0	36
Nature's Promise Organic Olive Oil Cooking Spray	15	0	0	0	0	0	0	0	0
Olivia's Organics Spring Mix	1.5	15	0	0	90	5	0	3	3
King Oscar Sardines, Mediterranean Style	2	300	20	220	640	0	0	0	26
Member's Mark (Sam's) balsamic Viniagrette, Organic	1	70	6	0	360	4	4	0	0
365 Brand Roasted & Salted Fancy Mixed Nuts	1	180	16	0	65	6	1	2	4
Whole Foods Market Organic Free Range/no antibiotics Chicken Breast	3	375	4	195	218	0	0	0	78
Grilled Vegetables	1	350	0	0	0	0	0	0	0
Ultimate Nutrition Mct Gold	2	252	28	0	0	0	0	0	0
Metagenics Omega-3 Fish Oil Soft Gels	4	80	8	16	0	0	0	0	0
Coffee, Black	1	2	0	0	5	0	0	0	0
Cinnamon	1	0	0	0	0	0	0	0	0
Hood Heavy Cream	1	50	5	20	0	0	0	0	0
Wegman's Organic Grass Fed Organic Sirloin Steak	1	120	4	65	45	0	0	0	23
Vibrant Health Green Vibrance	1	44	1	0	50	7	1	3	3
Yerba Prima Physillium Whole Husk	1	15	0	0	4	5	0	5	0
Total	44.5	2633	154	1806	1997	45	8	17	181

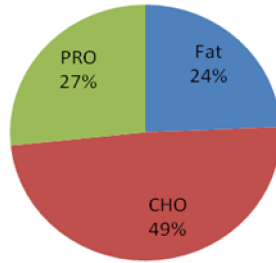
Macro Nutrient Distribution
(Percent of Calories)



Friday

Food Item	Servings	Calories	Fat (g)	Cholest (mg)	Sodium (mg)	CHO (g)	Sugars (g)	Fiber (g)	PRO (g)
Great Range Bison Steak Medallions	2	360	5	130	150	0	0	0	74
Organic Avocado	1	289	26	0	0	15	0	12	3
Coffee, Black	1	2	0	0	5	0	0	0	0
Hood Heavy Cream	2	100	10	40	0	0	0	0	0
Ancient Harvest Quinoa Garden Pagodas Gluten free pasta	3	615	3	0	12	138	3	12	12
Plainville Farms Ground Turkey 94% Fat Free	2.5	400	18	150	213	3	0	0	60
Ito En Sencha Shot	1	0	0	0	20	0	0	0	0
Wild Oats Spicy salmon Sushi	2	820	28	50	1420	122	20	28	22
Bob's red Mills Steel-cut Oatmeal	3	510	9	0	0	87	0	15	21
Optimum Nutrition nitrocore 24 Ultimate Chocolate	2	400	10	90	360	28	4	10	48
Beach Cliff Sardines- in water	1	150	8	115	230	0	0	0	19
Bob's red Mills Steel-cut Oatmeal	3	510	9	0	0	87	0	15	21
Optimum Nutrition nitrocore 24 Ultimate Chocolate	2	400	10	90	360	28	4	10	48
Tree of Life- Organic Goji Berries	2	220	2	0	260	50	30	10	8
Ancient Harvest Quinoa Garden Pagodas Gluten free pasta	1	205	1	0	4	46	1	4	4
Cinnamon	1	0	0	0	0	0	0	0	0
Tree of Life- Organic Goji Berries	1	110	1	0	130	25	15	5	4
Vibrant Health Green Vibrance	2	88	2	0	100	14	2	6	6
Total	32.5	5179	142	665	3264	643	79	127	350

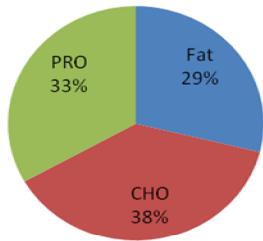
Macro Nutrient Distribution
(Percent of Calories)



Saturday

Food Item	Servings	Calories	Fat (g)	Cholest (mg)	Sodium (mg)	CHO (g)	Sugars (g)	Fiber (g)	PRO (g)
Bob's Red Mills Steel-cut Oatmeal	3	510	9	0	0	87	0	15	21
Optimum Nutrition Nitrocore 24 Ultimate Chocolate	1	200	5	45	180	14	2	5	24
Tree of Life- Organic Goji Berries	1	110	1	0	130	25	15	5	4
Organic Valley Organic Large eggs	2	140	10	430	130	2	0	0	12
Quinoa	2	320	5	0	20	58	0	6	12
Brunswick Herring Seafood snacks	1	130	8	65	460	0	0	0	16
Great Range Bison Steak Medallions	2	360	5	130	150	0	0	0	74
WHFoods Sweet Potato	1	95	0	0	10	22	16	3	2
Purely Decadent w/ Coconut Milk Chocolate Peanut Butter Swirl	2	420	26	0	80	42	24	12	6
Whole Foods Market Wild Alaskan Halibut Steaks	1.5	293	7	102	135	0	0	0	52
Whole Foods- Locally grown Green beans	2	88	0	0	2	20	4	8	4
Frey Natural Red organic Wine Red Organic Wine	2	160	0	0	0	0	0	0	0
Brunswick Herring Fillets	1	140	8	65	270	0	0	0	15
Metagenics Omega-3 Fish Oil Softgels	5	100	10	20	0	0	0	0	0
Vibrant Health Green Vibrance	2	88	2	0	100	14	2	6	6
Total	28.5	3154	96	857	1667	284	63	60	248

Macro Nutrient Distribution
(Percent of Calories)



Sunday

Food Item	Servings	Calories	Fat (g)	Cholest (mg)	Sodium (mg)	CHO (g)	Sugars (g)	Fiber (g)	PRO (g)
Great Range Bison Steak Medallions	2	360	5	130	150	0	0	0	74
365 Brand Roasted & Salted Fancy Mixed Nuts	1.5	270	24	0	98	9	2	3	6
Coffee, Black	1	2	0	0	5	0	0	0	0
Hood Heavy Cream	1	50	5	20	0	0	0	0	0
365 Organic (Whole Foods) Chunk ight tongol tuna- No salt added	2	120	0	70	100	0	0	0	28
Driscoll's Raspberries	1	60	1	0	0	8	0	0	1
Blackberry, Raw	1	62	1	0	1	14	7	8	2
Whole Carrots	1	25	0	0	40	6	3	2	1
Horizon Organic Organic Cottage Cheese	1.5	180	8	30	585	6	5	0	20
Whole Foods Market Organic Free Range/ No antibiotics chicken breast	3	375	4	195	218	0	0	0	78
Whole foods Market Roasted Brussels Sprouts	2	240	18	0	1000	16	0	8	8
Vibrant Health Green Vibrance	2	88	2	0	100	14	2	6	6
Metagenics Omega-3 Fish Oil Soft gels	7	140	14	28	0	0	0	0	0
Total	26	1972	82	473	2297	73	19	27	224

