



# 7-DAY PALEO CHALLENGE



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Your challenge, should you wish to accept it, is to **eat nutrient-dense, paleo meals for 7 days**. With a daily 10-point scoring system, this is a super fun, live challenge that will keep you engaged and on track the whole time. Expect to boost your nutrition, gain energy, lose a pound, improve digestion and feel healthier.

Focus of the challenge: eat like a nutrivore!

## WHAT IS A NUTRIVORE?

A nutrivore refers to a person who actively chooses to consume more nutrient-dense foods and avoids things that are considered nutrient-void (e.g. processed white bread), or that contain anti-nutrients (e.g. components in foods that can cause malabsorption of certain nutrients or digestive issues).

Paleo diet, in its essence, is based on this nutrivorian principle, and in this 7-day challenge you will learn all about it.

## 7-DAY CHALLENGE RULES

In creating this challenge, I wanted to inject a bit of fun and gameplay to keep you engaged and on track. I have come up with a **10-point scoring system**, which will encourage you to accomplish mini daily challenges and tasks.

**To complete this LIVE challenge, you have two rules:**

- 1) You must stick with paleo guidelines **for 7 days**.
- 2) You have to score **10 points** in mini challenges the end of each day.

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## PALEO DIET IN A NUTSHELL

Focus on nutrient dense protein sources (eggs, meat, fish, seafood), vegetables, healthy fats and a little fruit; and, avoid grains and grain-based products, legumes (including soy), dairy (including butter), and sugar (including juices and sugary drinks).

The **paleo diet guidelines** are outlined in a separate PDF guide and you can also download and print out your **one-page cheat sheet** for reference.

We won't be going into too much of the how's and why's of paleo nutrition and different food groups (you can find a lot of that information in my [4-Week and 8-Week programs](#)) but I will guide you along day by day, sharing insights and nutritional info on my favourite nutrient-dense foods.

## HOW DOES THE 10-POINT SYSTEM WORK?

Every day, you get a choice of **10 mini challenges and tasks** to complete. For example, you must stick with the paleo guidelines (this one is compulsory) and that automatically gives you 4 points.

You then have to make up 6 more points. You have to tick at least 6 more challenges but you are welcome to choose what they are from the list. You can review the 10-point tick lists for each day of the week ahead of time, so you can plan for ultimate success. I will remind you via email and Facebook group updates about each day's challenges.

## SHOPPING & MEAL PLANNING

I wanted to keep this part flexible and instead of giving you a ready-made shopping list and a meal plan, I want YOU to choose what you want to eat every day based on some suggestions and the overall guidelines. I believe that by DOING it yourself, you will be better equipped to plan and prepare paleo meals going forward.

Don't worry, I am here to answer any questions and to provide you with ideas, if you get stuck. With over 400 recipes on my own blog, my free menu plans, my cookbooks and all the other available resources out there, you will have no shortage of meals to choose from.

I will provide you with essential shopping info and meal prep tips before the challenge begins.

## STAYING ACCOUNTABLE

First and foremost, you should be accountable to yourself. Set your goals and think about WHY you're doing this challenge. Whenever you get distracted or feel like giving up, simply remind yourself of the WHYS and keep going. Feel a sense of accomplishment at the end of each day as you score those 10 points.

Having said that, I will help you to stay accountable in the following ways:

- 1)** Every day, you will receive a check-in email from me with your 10-point checklist daily tips, nutritional info and meal ideas. You can find some of that info here as well.
- 2)** I will be checking-in in my private Facebook group and on Instagram and ask you to report back your daily score. You can share what you scored, your meal pictures, how you're feeling and anything else you want to talk about in regards to the challenge.



# SHOPPING & MEAL PLANNING

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Before you start planning for next week, here are some tips.

**Tip #1** – Use daily worksheets to help you plan and organise your shopping list and meals for the week. Review your daily 10-point checklists to see which foods you might want to include in your meals and then add them to your shopping list (see page 14).

Then, use my suggested meals or look up recipes online and in cookbooks to plan what you want to make during the week. Alternatively, some of the meals might be consumed at a café or a restaurant – just stick to the guidelines!

**Tip #2** – Good nutrition is all about variety and balance so you plan your weekly menu, here are some nutrient-dense foods to include on regular basis:

- A rainbow of fruit and vegetables – the more colours, the better
- Mushrooms – fresh or dried
- Berries – fresh or frozen
- Red meat – beef, lamb, goat, duck
- Offal – liver, liver pate, kidneys etc.
- Oily fish – sardines, salmon, trout, mackerel, anchovies
- Eggs – free-range!
- Shellfish/seafood – prawns/shrimp, mussels, oysters, squid, clams, octopus etc.
- White meat – chicken, turkey, pork
- Safe starches – sweet potato, pumpkin/squash, carrots, beets, parsnips
- Healthy fats – coconut oil, olive oil, macadamia oil, ghee (clarified butter), nuts, seeds, avocado, coconut milk or coconut cream, almond milk, cashew milk.
- Seaweed – dried seaweed such as nori sheets or dulse seaweed sprinkle
- Fermented foods – kimchi, sauerkraut, other fermented vegetables, kombucha, water kefir, coconut yoghurt, olives.
- Some pleasure foods (dark chocolate, red wine, aged cheese) – after this challenge
- Herbs & spices

**When you look in your shopping basket, ask yourself the following questions:**

- Do I see a rainbow?
- Do I see a cut of meat I haven't tried before?
- Do I have some green leafy vegetables as well as starchy root vegetables?
- Do I have some fish or seafood?
- Do I have fresh herbs?

**Tip #3** – Do as much meal prep as you can on a Sunday to save on time and decision making during the week. Having a fridge stocked up with healthy foods and ready meals or pre-cooked ingredients will make your life a lot easier and will help to keep you on track.

Here are some things you can make ahead of time (this is the template I use in my meal plans in the 4-Week and 8-Week programs):

**Soup** – I often make a batch of soup to enjoy throughout the week and to freeze some for those busy days.

**Stews** – Things like Bolognese sauce, lamb curry, chicken tagine, or good old beef stew will keep for a few days in the fridge or can be frozen and defrosted when needed. Add a side of greens or cauliflower rice and you have yourself a meal in no time.

**Roast meats and fish** – Do yourself a favour and make a whole roast chicken, a tray of baked salmon or chicken fillets, a batch of pulled pork or a leg of lamb, and portion out the meat to enjoy in various meals throughout the week. Freeze leftovers for later.

**Roasted or grilled vegetables** – I love having Tupperware containers filled with grilled zucchini and eggplant or roasted sweet potato and squash. They make for an easy side dish or as a filling ingredient in a salad.

**Eggs** – Something as simple as boiled eggs can save you a heap of time in the mornings. You can also add them to salads or to have as a snack. Breakfast egg muffins, casseroles and frittatas are also great make-ahead options.

**Marinating meat and seafood** – If a recipe calls for a spice rub or a marinade, you can make that ahead of time and store the protein in the fridge or freezer until needed. It will taste even better this way!

**Make a salad bar** – I enjoy a salad almost every day (usually for lunch) so I make sure to prepare all my salad ingredients ahead of time. Some things are best cut fresh (like avocado or tomatoes) but shredded cabbage, diced pepper, radish and cucumbers will keep well for a couple of days. Stock up on a few ingredients to spice up your salads like sun-dried tomatoes, tinned artichokes, olives, capers, nuts and seeds.

**Make a salad dressing** – A jar of salad dressing is something I always have in the fridge. Whenever I make a new salad, I often double the dressing and keep the leftovers for later.

These are just some suggestions but I am sure you can think of a few other ways to utilize meal prepping time over the weekend.

**Are you ready to plan your meals and go shopping?** Let's get started! If you have any questions about shopping or meal planning, come and share in our [private Facebook group](#) or email me directly and I, or my assistant Alex, will try to get back to you as soon as we can. Bonus points if you share some pics of your shopping and meal prep with the community.

**Some more resources on the blog for you:**

[Free Weekly Paleo Menu #1](#)

[Free Weekly Paleo Menu #2](#)

[Free Weekly Paleo Menu #3](#)

[Complete paleo meals](#)

[Quick & easy meals](#)

[Paleo breakfast ideas](#)

[Paleo lunches](#)



# MONDAY - DAY 1

|   |   |
|---|---|
| Stick to paleo guidelines                         | 4 |
| 8 glasses of water                                | 1 |
| No alcohol  | 1 |
| Include fish or seafood in into one of your meals | 1 |
| Include green vegetables in one of your meals     | 1 |
| Include fermented food                            | 1 |
| Cup of bone broth                                 | 1 |
| 30-minute workout of choice                       | 1 |
| Meditate for 10 minutes                           | 1 |
| Check in on Facebook or Instagram                 | 1 |
| <b>Total points (aim for 10)</b>                  |   |

## BREAKFAST

## LUNCH

## DINNER

## MEAL PREP NOTES

### FISH & SEAFOOD

Choose any of the following: salmon (smoked, tinned or fresh), tuna (as salmon), mackerel, sardines, anchovies, cod, any other white fish, prawns/shrimp (frozen or fresh), anchovies, mussels, oysters, clams, squid/calamari, octopus, crab meat and so on.

### GREEN VEGETABLES

Choose one or more of the following: kale, collard greens, spinach, chard, silverbeet, rocket/arugula, watercress, broccoli, cabbage, Brussels sprouts, green peppers, zucchini, Asian greens, cucumber.

### PERFECT MEALS & SIDES TO TRY

[Zucchini noodle & prawn Arrabbiata](#)

[Salmon & green veggie sheet pan bake](#)

[Kale, chicken & apple salad](#)

Steamed or stri-fried broccoli with garlic, olive oil and lemon

Wilted spinach

Braised collard greens with bacon

# TUESDAY - DAY 2

|  |   |
|--|---|
| Stick to paleo guidelines                                      | 4 |
| 8 glasses of water   | 1 |
| No alcohol   | 1 |
| Include red meat in into one of your meals                     | 1 |
| Include orange vegetables in one of your meals                 | 1 |
| Include healthy fats: avocado, nuts, seeds, coconut milk/cream | 1 |
| Cup of bone broth  | 1 |
| 30-minute workout of choice                                    | 1 |
| Meditate for 10 minutes  | 1 |
| Check in on Facebook or Instagram                              | 1 |
| <b>Total points (aim for 10)</b>                               |   |

## BREAKFAST

## RED MEAT

Choose any of the following: beef (steak or ground mince), liver (beef, lamb or chicken), lamb (smoked, tinned or fresh), duck, venison, goat, good quality, gluten-free and dairy-free sausages. Aim for 150-200 grams of meat for women, and 200-300 grams for men.

## LUNCH

## ORANGE VEGETABLES

Choose one or more of the following: sweet potato, pumpkin/winter squash, carrots, yellow peppers, yellow beets. Orange fruit like apricot and peaches are also great.

## DINNER

## PERFECT MEALS & SIDES TO TRY

[Beef ragu with sweet potato noodles](#)

[Carrot & coriander slaw](#)

Roasted sweet potato with garlic

Roasted pumpkin with thyme and garlic

Spicy pumpkin soup

Avocado salad dressing

Beef burgers with kale & sweet potato

## MEAL PREP NOTES

# WEDNESDAY - DAY 3

|   |   |
|---|---|
| Stick to paleo guidelines                     | 4 |
| 8 glasses of water                            | 1 |
| No alcohol                                    | 1 |
| Include poultry in into one of your meals     | 1 |
| Include purple vegetable in one of your meals | 1 |
| Include fermented food                        | 1 |
| Cup of bone broth                             | 1 |
| 30-minute workout of choice                   | 1 |
| Meditate for 10 minutes                       | 1 |
| Check in on Facebook or Instagram             | 1 |
| <b>Total points (aim for 10)</b>              |   |

## BREAKFAST

## POULTRY

Choose any of the following: chicken breast, thighs, wings or ground up mince, turkey fillet, legs or ground up mince, quail, duck. Aim for 150-200 grams for women, 200-300 grams for men.

## LUNCH

## PURPLE VEGETABLES

There aren't as many purple vegetables out there, so I am also including some fruit in the list. Choose one or more of the following: purple/red cabbage, radishes, beets, blueberries, purple grapes, radicchio red lettuce, plums.

## DINNER

## PERFECT MEALS & SIDES TO TRY

Thai chicken larb salad

Turkey meatballs with red cabbage slaw

Red cabbage slaw with avocado dressing

Borsht soup with beets and cabbage

Blueberry smoothie with coconut milk

Find these recipes on my blog

## MEAL PREP NOTES



# THURSDAY - DAY 4

|   |   |
|---|---|
| Stick to paleo guidelines                           | 4 |
| 8 glasses of water                                  | 1 |
| No alcohol  | 1 |
| Include fish or seafood in into one of your meals   | 1 |
| Include red vegetable or fruit in one of your meals | 1 |
| Include seaweed in one of your meals                | 1 |
| Cup of bone broth                                   | 1 |
| 30-minute workout of choice                         | 1 |
| Meditate for 10 minutes                             | 1 |
| Check in on Facebook or Instagram                   | 1 |
| <b>Total points (aim for 10)</b>                    |   |

## BREAKFAST

## RED MEAT

Choose any of the following: salmon (smoked, tinned or fresh), tuna (as salmon), mackerel, sardines, anchovies, cod, any other white fish, prawns/shrimp (frozen or fresh), anchovies, mussels, oysters, clams, squid/calamari, octopus, crab meat and so on.

## LUNCH

## RED VEGETABLES & FRUIT

Choose one or more of the following: tomatoes (raw and cooked), red peppers, chilli, radish. Also, berries, pomegranate, cherries.

## DINNER

## PERFECT MEALS & SIDES TO TRY

Paleo sushi rolls with salmon, avocado & red peppers

Oven-baked fish with tomatoes & olives

Tomato & basil salad

Tomato based stew or pasta sauce with zucchini noodles

Roasted red peppers

## MEAL PREP NOTES

# FRIDAY - DAY 5

|  |   |
|--|---|
| Stick to paleo guidelines                      | 4 |
| 8 glasses of water                             | 1 |
| No alcohol                                     | 1 |
| Include pork or game in into one of your meals | 1 |
| Include green vegetable in one of your meals   | 1 |
| Include fermented food                         | 1 |
| Cup of bone broth                              | 1 |
| 30-minute workout of choice                    | 1 |
| Meditate for 10 minutes                        | 1 |
| Check in on Facebook or Instagram              | 1 |
| <b>Total points (aim for 10)</b>               |   |

## BREAKFAST

## LUNCH

## DINNER

## MEAL PREP NOTES

### PORK

Choose any of the following: pork steaks or cutlets, pork loin, shoulder of pork or diced pork, ground up pork mince, good quality pork sausage and bacon (although I encourage you to choose something else today). Alternatively, choose something like duck or venison instead.

### GREEN VEGETABLES

Choose one or more of the following: kale, collard greens, spinach, chard, silverbeet, rocket/arugula, watercress, broccoli, cabbage, Brussels sprouts, green peppers, zucchini, Asian greens, cucumber.

### PERFECT MEALS & SIDES TO TRY

- Pork steaks with asparagus & watercress
- Pork steaks With garlic, leeks & green beans
- Steamed or stri-fried broccoli with garlic, olive oil and lemon
- Arugula/rocket or spinach salad
- Braised collard greens with bacon
- Roasted Brussels sprouts

# SATURDAY - DAY 6

|   |   |
|---|---|
| Stick to paleo guidelines                             | 4 |
| 8 glasses of water                                    | 1 |
| No alcohol  | 1 |
| Include mushrooms in into one of your meals           | 1 |
| Include white vegetable or fruit in one of your meals | 1 |
| Include orange vegetable in one of your meals         | 1 |
| Cup of bone broth                                     | 1 |
| 30-minute workout of choice                           | 1 |
| Meditate for 10 minutes                               | 1 |
| Check in on Facebook or Instagram                     | 1 |
| <b>Total points (aim for 10)</b>                      |   |

## BREAKFAST

## LUNCH

## DINNER

## MEAL PREP NOTES

### MUSHROOMS

Mushrooms are are tasty and full of vitamins (especially D) and even have some protein, making them a great plant-based meal ingredient. Choose any type of fresh or dried mushroom for today's meal. Grill it, roast it, add it soups or stews.

### WHITE VEGETABLE

Even though they are not as colourful, white veggies are full of fibre and nutrients, especially vitamin C. We're talking cauliflower, parsnips, swedes, turnips (white radish) and even white potatoes. If you plan on including white potatoes today, make sure to either boil them or roast/bake them, and peel before using. No fried chips or crisps!

### PERFECT MEALS & SIDES TO TRY

Garlic & thyme mushrooms with eggs  
Cauliflower & carrot Rice  
Cauliflower, pumpkin & chicken curry  
Baked parsnip fries  
Cauliflower mash or soup

# SUNDAY - DAY 7

|  |   |
|--|---|
| Stick to paleo guidelines                              | 4 |
| 8 glasses of water                                     | 1 |
| No alcohol   | 1 |
| Include poultry or liver in into one of your meals     | 1 |
| Include purple or green vegetable in one of your meals | 1 |
| Include fermented food                                 | 1 |
| Cup of bone broth                                      | 1 |
| 30-minute workout of choice                            | 1 |
| Meditate for 10 minutes                                | 1 |
| Check in on Facebook or Instagram                      | 1 |
| <b>Total points (aim for 10)</b>                       |   |

## BREAKFAST

## LUNCH

## DINNER

## MEAL PREP NOTES

### POULTRY OR LIVER

Choose any of the following: whole roast chicken, chicken breast, thighs, wings or ground up mince, turkey fillet, legs or ground up mince, quail, duck. Aim for 150-200 grams for women, 200-300 grams for men. Or, chicken livers, if you dare.

### GREEN OR PURPLE VEGETABLES

Choose one or more of the following: kale, collard greens, spinach, chard, silverbeet, rocket/arugula, watercress, broccoli, cabbage, Brussels sprouts, green peppers, zucchini, Asian greens, cucumber. Or/and purple/red cabbage, radishes, beets, blueberries, purple grapes, radicchio red lettuce, plums.

### PERFECT MEALS & SIDES TO TRY

Oregano chicken & beetroot pumpkin salad  
Chicken thighs with special green sauce  
Grilled chicken, sweet potato & broccoli slaw  
Chicken livers with balsamic onions  
Whole roast chicken with veggie sides



# ESSENTIAL SHOPPING LIST ITEMS

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You will have to put your own shopping list together based on the meals you would like to cook, but I thought I'd provide a few essential, nutrient-dense foods and ingredients that you could include in this 7-day challenge. Some of these are based on your daily mini challenges (I marked them with \*).

## FRESH PRODUCE

You can pick up some of these items later in the week to keep them fresh and to save some fridge space.

- \*broccoli
- \*leafy greens such as kale, collard greens or spinach
- zucchini/courgetts
- \*cauliflower
- \*sweet potatoes
- \*carrots
- \*tomatoes
- \*red peppers / capsicum
- \*purple cabbage
- \*beets / beetroot
- onions (white and red)
- garlic
- chili
- coriander and parsley
- blueberries
- \*avocado
- lemons
- \*mushrooms
- green apple or kiwifruit
- \*fermented food: sauerkraut, kimchi, other fermented vegetables, coconut yoghurt, or drinks such as kombucha or water kefir.

## PROTEIN

You can get some items fresh later in the week or freeze until the day before using.

- \*fish of choice (ideally oily like salmon, tinned or frozen is fine if on a budget)
- \*seafood of choice (prawns/shrimp or mussels, squid, tinned or frozen is fine)
- \*red meat (beef, lamb, goat - steak, ground mince, roast)
- \*poultry (chicken or turkey)
- \*pork (loin, chops, roast, ground mince)
- good-quality bacon (if you like)
- free-range eggs
- \*bones for making bone broth or ready-made bone broth

## PANTRY

- coconut oil (you can get refined type for cooking as it's less coconut-y)
- extra-virgin olive oil
- ghee (instead of butter)
- \*seaweed (nori sheets)
- nuts and seeds of choice
- salt, pepper, spices and herbs
- vinegar such as apple cider or balsamic
- nut butter such as almond or cashew
- coconut aminos (soy sauce alternative)
- fish sauce (often used in stir-fries and curries)
- coconut milk (full-fat)
- almond milk (optional)