



BALANCE 2020 Paleo option

Please feel free to eat and create whatever you want, just be sure to leave the forbidden foods out for the 2 weeks you are participating

What to miss out

- Grains like pasta, cereal, bread, and rice
- Dairy like milk and cheese
- Candy, cookies, ice cream, cakes sweeties, fizzy and fruit juices and other processed foods

Food list

<https://ultimatepaleoguide.com/paleo-diet-food-list/>

Recipe ideas

<https://ultimatepaleoguide.com/recipes/>

Breakfast ideas

Have up to 2 pieces of fruit a day, berries are best if weight loss is a goal.

Omelette

2-3 egg omelette with butter, spinach, tomato and cheese, feel free to mix this up, onions, mushrooms, peas, peppers

Fish

Smoked or fresh fish with some tomato, spinach, rocket, onions or a mix is a great way to start the day

Fresh juice turned into a smoothie for satiety

Put 4 carrots, 1 lemon, 1 apple through the juicer, double or triple it to use later if you want.

Then put the juice in the blender and add full fat no sugar yogurt, coconut or cows, nut butter, banana and or avocado.

If weight loss is a goal, keep it as fresh juice only, but double the measure so that you can sip on it all morning to stave off hunger.

Fresh fruit, nuts and seeds

Berries, nuts and seeds with lemon, lime or orange juice squeezed over the top.

Remember and soak nuts and seeds over night and to CHEW.

Lunch

Soup - handy, cheap and nutritious

Soups, especially in the colder months are a brilliant way to get a ton of veggies and bone broth

Chop up veg or throw in whole then blend at the end, whatever works for your time budget and taste.

You can buy bone broth stock for handiness or make your own with bones

Bone broth

- It is highly nutritious....
- It may protect the joints. ...
- It may help fight osteoarthritis. ...
- It may help reduce inflammation and heal the gut. ...
- It may aid sleep. ...
- It may support weight loss.

Bone broth

If you aren't already making bone broth regularly, I'd encourage you to start today! It is an [incredibly healthy and very inexpensive addition](#) to any diet, and the homemade versions beat store-bought broth in both taste and nutrition (although there is some amazing homemade organic broth you can buy pre-made now).

This is the one nutrient rich food that anyone can afford to add!

What is Broth?

Broth (or technically, stock) is a mineral-rich infusion made by boiling bones of healthy animals with vegetables, herbs. and spices. You'll find a large stock pot of broth/stock simmering in the kitchen of almost every 5-star restaurant. It is used for its great culinary uses and unparalleled flavor, but it is also a powerful health tonic that you can easily add to your family's diet.

Ingredients

- 2 lbs bones from a healthy source
- 2 [chicken feet](#) (optional)
- 1 gal water
- 2 TBSP [apple cider vinegar](#)
- 1 onion
- 2 carrots
- 2 stalks of celery
- 1 bunch [parsley](#) (optional)
- 1 TBSP [salt](#) (optional)
- 1 tsp [peppercorns](#) (optional)
- herbs and spices to taste (optional)
- 2 cloves garlic (optional)

Instructions

1. If you are using raw bones, especially [beef](#) bones, it improves flavor to roast them in the oven first. I place them in a roasting pan and roast for 30 minutes at 350°F.
2. Place the bones in a large stock pot.
3. Pour cool filtered water and the vinegar over the bones. Let sit for 20-30 minutes in the cool water. The acid helps make the nutrients in the bones more available.
4. Rough chop and add the onion, carrots, and celery to the pot.
5. Add any salt, pepper, spices, or herbs, if using.
6. Bring the broth to a boil. Once it has reached a vigorous boil, reduce to a simmer and simmer until done.
7. During the first few hours of simmering, you'll need to remove the impurities that float to the surface. A frothy/foamy layer will form and it can be easily scooped off with a big spoon. Throw this part away. I typically check it every 20 minutes for the first 2 hours to remove this. Grass-fed and healthy animals will produce much less of this than conventional animals.
8. During the last 30 minutes, add the garlic and parsley, if using.
9. Remove from heat and let cool slightly. Strain using a fine metal strainer to remove all the bits of bone and vegetable. When cool enough, store in a gallon size glass jar in the fridge for up to 5 days, or freeze for later use.

Dinner is easy

Piece of high quality protein and TONS of veg

Fish, cold meat, chicken, boiled eggs and lots of salad.

Make your own coleslaw with grated carrot, chopped cabbage, onion to taste and full fat mayonnaise. Keep this in the fridge, great to add to any meal, takes time to chew which boosts enzymes and metabolism.

Make up a big bowl of salad and grated veg, again enough for 2 days lunches and dinner, dont add dressing until ready to eat.

Have as much veg and salad as you want.

If weight loss is an issue only eat veggies that grow above the ground.

For more dinner inspiration go here

<https://www.delish.com/cooking/g4198/paleo-diet-recipes/>

Encourage your friends to join you and cook for each other.

Enjoy