

PALEO



KITCHEN STORIES

OUR HOME TO YOURS

QUICK START GUIDE



1. CLEAN OUT YOUR PANTRY

- a. Remove all non paleo foods including the following:
 - i. Grains (Bread, Flour, Bagels, etc.)
 - ii. Dairy (Milk, Cheese, etc.)
 - iii. Legumes (Beans, Peanut Butter, etc.)
 - iv. Processed Foods (this includes salted meats, prepared foods, etc.)

2. MAKE A MEAL PLAN

- a. Use PKS Recipes and Meal Plan Example
- b. Create your own template for the week
- c. Generate a shopping list based on your menu selections

3. GO SHOPPING

- a. Use the PKS Shopping List
- b. Load up on the following:
 - i. Pantry Items to keep on Stock
 - ii. Fresh Organic Veggies
 - iii. Wild Caught Seafood and Grass fed Meat (Pork, Turkey, and Beef)

4. MEAL PREP

- a. Prep your vegetables (e.g. cut and slice cauliflower head)
- b. Boil some eggs so that if you are limited in time in the morning
- c. Cook some food for lunches on Sunday and place in Tupperware for easy access during the week

5. RELAX

- a. You are about to eat awesome food that is good for you all week
- b. Think about the abundance of food in front of you