

# PRIMAL APPROVED AT A GLANCE

## DIET

**Baking Ingredients:** Coconut, almond, or other nut flours, tapioca starch, arrowroot powder (for occasional use in paleo/primal-approved baking recipes).

**Beverages:** Water (according to thirst), unsweetened teas, full-fat coconut milk or unsweetened almond milk (great smoothie bases).

**Coconut Products:** Butter, flakes, flour, milk, and oil offer healthful medium-chain fats; great substitute for dairy, refined vegetable/seed oils, and wheat flour.

**Coffee:** Enjoy in moderation (cream and minimal sweetener okay); don't use as energy crutch.

**Condiments:** Yellow mustard; mayonnaise and salad dressings made with avocado oil or olive oil and without excess or artificial sweeteners.

**Dairy:** Raw, fermented, high-fat, and organic products are preferred (cheese, cottage cheese, cream cheese, kefir, whole milk, yogurt); consume in moderation.

**Dark Chocolate:** Primal-approved snack/treat. Cacao content: ideally 85 percent.

**Eggs:** Local, pasture-raised, or certified organic for high omega-3 content.

**Energy Bars:** Primal Kitchen bars and other low-sugar bars (rare finds; even the most natural and nutritious bars offer a significant carbohydrate load).

**Fats & Oils:** Avocado and domestic extra virgin olive oil for eating. Coconut oil, grass-fed butter, and animal fats (bacon grease, chicken fat, lard, tallow) for cooking.

**Fish:** Wild-caught from remote, pollution-free waters. Small, oily, cold-water fish are best. Salmon, mackerel, anchovies, sardines, herring = SMASH hits! Certain farmed fish are approved

(domestic Coho salmon, trout, and some shellfish—not shrimp). Check [seafoodwatch.org](http://seafoodwatch.org) for up-to-date recommendations.

**Fruit:** Locally grown (or wild), organic, in-season preferred. Berries are premier choice. Organic is recommended for fruits with soft, edible skin. Moderate intake of higher glycemic/lower antioxidant fruits. Wash thoroughly.

**Herbs and Spices:** High-antioxidant, anti-inflammatory, immune-supporting, flavor-enhancing.

**Meat & Fowl:** Local, pasture-raised, or USDA-certified organic critical. If you must eat conventional meat, choose the leanest possible cuts and trim excess fat to minimize toxin exposure.

**Nutritious Carbs:** Optimize carb intake for body composition, recovery, and hormonal balance goal. Opt for abundant vegetables, extra fruit, nuts and seeds, dark chocolate, sweet potatoes, yams and other starchy tubers, quinoa, and wild rice.

**Nuts, Seeds, & Their Derivative Butters:** Nutritious, satisfying snack. Try nut butters on dark chocolate. Raw almond milk is a great substitute for dairy milk.

**Prebiotics:** Cooked and cooled white rice and white potatoes, green bananas, raw potato starch.

**Probiotics:** Fermented foods like kefir, kombucha, pickles, sauerkraut, and yogurt, and even dark chocolate!

**Snacks:** Berries, canned tuna or sardines, celery with cream cheese or nut butter, cottage cheese with nut or fruit topping, dark chocolate, hard-boiled eggs, jerky, nuts, olives, seeds, trail mix, and other high-fat and/or high-protein, low-carb primal foods.



A BALANCED YOU

**Vegetables:** Locally grown, organic, in-season preferred. Organic is recommended for vegetables with large surface areas (leafy greens), and those with soft, edible skins. Wash thoroughly.

**Supplements:** Daily multivitamin/mineral/antioxidant formula, omega-3 fish oil capsules, prebiotics, probiotics, protein powder, and vitamin D complement healthy eating nicely.

## EXERCISE

**Complementary Flexibility/Mobility Practices:** Practices like yoga and Pilates develop mobility and flexibility, with the added benefit of strengthening a variety of muscles, notably the core. Mobility exercises target tendons, ligaments, and fascia that support the entire musculoskeletal system. Hold positions for two minutes (or even longer).

**Move Frequently:** Blend increased everyday movement (short walking breaks, evening strolls, etc.) with structured cardio workouts at 180-age heart rate.

**Schedule:** Vary workout type, frequency, intensity, and duration, always aligned with energy levels. Be spontaneous, intuitive, and playful!

**Shoes:** Gradually introduce some barefoot time for low-risk activities to strengthen feet and simulate natural range of motion. Choose shoes with minimalist design (Vibram FiveFingers, Nike Free) to prevent cuts and other injuries. Ease into it!

**Sprinting:** All-out efforts lasting 8 to 20 seconds every 7 to 10 days when fully energized. Regular, less strenuous “wind sprint” sessions for conditioning.

**Strength Training:** Brief, intense sessions of 10 to 30 minutes. Full-body, functional exercises that promote broad athletic competency.

**Stretching:** Minimal, full-body, functional stretches to transition from active to inactive; Grok Hang and Grok Squat.

## LIFESTYLE/MEDICAL CARE

**Medical:** Rx drugs ideally would be reserved for acute conditions. Try making lifestyle modifications now to avoid prescription drugs later! Check with your doctor about ordering additional blood tests (CRP, Lp2A, A1C, fasting blood insulin) to assess disease risks.

**Play:** Change attitude—it’s not just for kids! Enjoy daily, outdoor physical fun! Enhances work productivity and stress management.

**Sleep:** Minimize artificial light and digital stimulation after dark; consistent bed and wake times; calm transitions into and out of sleep. Awaken naturally without alarm. Nap when necessary and possible.

**Stupid Mistakes:** Become vigilant to modern dangers (e.g., texting and driving) to manage risks. Avoid multitasking and overly stressful or regimented lifestyle practices. Focus on peak performance!

**Sunlight:** Fear not the mighty orb! Expose large skin surface areas often (protecting sensitive areas that tend to be exposed too much such as your face and hands) and in short increments that do not allow burning.

**Use Your Brain:** Engage in fun, creative intellectual pursuits to stay sharp and enthusiastic for all of life’s challenges.



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HEALTH COACH