

If you Fail to Plan, you Plan to Fail.

Mastering the Paleo for Performance lifestyle doesn't have to take up time.

What it does take is a good plan.

Last time, I told you how to breakdown your meals into a simple rotation of proteins. This time, I am challenging you to make it routine – just like your workout. As your Chef and Cooking Coach, I am about to make this really easy for you – Just **TWO** simple steps, and **5-minutes** is all it takes!

Chef Amy's 5-Minute Weekly Paleo Planner

Step 1 - Make a chart like this and print multiple copies (save it for future printing)/ Print enough for a whole month (5 weeks). You'll be amazed when you realize that having this little chart on-hand makes planning super fast and easy.

No more excuses!

	Monday	Tuesday	Wednesday	Thursday	Friday
Meal 1	Poultry: Veg:	Open: Veg:	Fish: Veg:	Red Meat: Veg:	Poultry: Veg:
Meal 2	Red Meat: Veg:	Poultry: Veg:	Open: Veg:	Fish Veg:	Red Meat Veg:
Meal 3	Fish Veg:	Red Meat Veg:	Poultry Veg:	Open Veg:	Fish Veg:

Step 2 - Schedule this 5-minute planning session for a regular day and time each week. Set a reminder in your phone or calendar. Make this routine!

Chef Amy's Tips:

Remember, you are just choosing 4 proteins for the week with 4 flavours and cooking twice a week for 30 minutes each time. Simple veggie sides. Start with 4 of those too. Mix and match everything to keep it interesting and change it up week to week. Your week could look something like this:

	Monday	Tuesday	Wednesday	Thursday	Friday
Meal 1	Poultry: Greek Chicken Veg: Grilled Zucchini	Open: Herbed Roast Turkey Veg: Lemony Broccoli	Fish: Teriyaki Salmon Veg: Grilled Zucchini	Red Meat: Greek Beef Sirloin Veg: Grilled Peppers	Poultry: Steak Spiced Chicken Veg: Green Beans
Meal 2	Red Meat: Steak Spiced Beef Sirloin Veg: Grilled Peppers	Poultry: Greek Chicken Veg: Green Beans	Open: Herbed Roast Turkey Veg: Lemony Broccoli	Fish: Herbed Salmon Veg: Grilled Zucchini	Red Meat: Greek Beef Sirloin Veg: Grilled Peppers
Meal 3	Fish: Teriyaki Salmon Veg: Green Beans	Red Meat: Steak Spiced Sirloin Veg: Grilled Peppers	Poultry: Steak Spiced Chicken Veg: Green Beans	Open: Teriyaki Turkey Veg: Lemony Broccoli	Fish: Herbed Salmon Veg: Grilled Zucchini

GO FOR IT!

Cheers,
 Chef Amy of Say-She-Ate
 Personal Chef Services, Cooking Classes, Nutritional Coaching
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