

The Paleo Way

1-Week Meal Budget






















Living The Paleo Way is about being smart. Knowing how to shop, store, and cook is important in avoiding wastage and unnecessary expenses. Our 10 Week Program makes the transition to this lifestyle the easiest and most affordable way possible!

To show you an example of our weekly meal plan and spend, we have shared with you a glimpse at costs per serve for daily meals.

Bear in mind that most only prepare 2 meals a day as we encourage making larger quantities to have leftovers at your next meal. If preparing 3 meals a day, following our example meal plan, a week would equate to just under \$104 per person.



Weekly Meal Costing

SUNDAY		BREAKFAST Bubble and Squeak Frittata RECIPE \$20.13 PORTION \$ 3.36		LUNCH Chicken and Liver Larb RECIPE \$19.61 PORTION \$ 4.90		DINNER Smoked Paprika Chicken Marylands RECIPE \$16.20 PORTION \$ 4.05
	MONDAY		BREAKFAST Poached Eggs with Bacon, Avocado and Silverbeet RECIPE \$10.30 PORTION \$ 2.57		LUNCH Hearty Chicken and Vegetable Soup RECIPE \$15.10 PORTION \$ 2.52	
TUESDAY			BREAKFAST Green Smoothie RECIPE \$20.72 PORTION \$ 5.15		LUNCH Nasi Goreng RECIPE \$21.69 PORTION \$ 5.42	
	WEDNESDAY		BREAKFAST Muesli and Berry Parfait with Coconut Cream RECIPE \$9.85 PORTION \$2.46		LUNCH Barbecued Sirloin with Mushrooms, Horseradish and Rocket RECIPE \$25.25 PORTION \$ 6.31	
THURSDAY			BREAKFAST Kale Tortilla RECIPE \$7.95 PORTION \$3.97		LUNCH Lamb Meatballs with Roasted Pumpkin RECIPE \$16.21 PORTION \$ 4.05	
	FRIDAY		BREAKFAST Green Smoothie RECIPE \$20.72 PORTION \$ 5.15		LUNCH Poached Eggs with Bacon, Avocado and Silverbeet RECIPE \$10.30 PORTION \$ 2.57	
SATURDAY			BREAKFAST Licorice Root Sausages with Fried Eggs and Greens RECIPE \$16.62 PORTION \$ 4.16		LUNCH Fish Tacos with Celeriac Remoulade RECIPE \$30.95 PORTION \$ 7.47	

Money Tips

Being Paleo is about being smart. Knowing how to shop, store, and cook is important in avoiding wastage and unnecessary expenses.

BUDGET

Know how much you can spend so that you can limit how much you will spend.



MAKE YOUR OWN GOODS

Fermented vegetables, kombucha, kefir, and almond milk.



EAT WITH THE SEASONS

Organic vegetables and fruits are cheaper when they're in season.



GROW YOUR OWN PRODUCE

Be it the ingredients for your salad or fresh herbs to season your meat, every bit counts. Try herb window boxes, countertop growing systems, and even community gardens. It doesn't need to be complicated.



STORE THINGS PROPERLY

Airtight containers will keep your nuts and seeds fresher for longer. Your freezer will help keep groundnuts from going rancid.



Fresh food with no hidden pesticides on hand every day.

SHOP AT A FARMER'S MARKET

Fresh, usually organic, in season, and of course cheaper. It helps when you know where your food is coming from.



PRIORITISE ORGANIC

Buy organic whenever you possibly can.



BUY IN BULK AND FREEZE

Buy big at the markets and freeze ingredients for later. Use a home vacuum sealer to pack extra meats, poultry, fish, vegetables, and berries. They'll keep for up to six months if sealed correctly.



10 week activation program
with Pete Evans, Nora Gedgudas
Luke Hines and expert guests

- ✓ Hundreds of delicious and simple recipes
- ✓ Comprehensive meal plans and shopping lists
- ✓ Paleo-tailored fitness workouts (for all levels)
- ✓ Expert articles to empower your mind
- ✓ Discovering how to be the best version of yourself



RECLAIM YOUR HEALTH
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