

GENGHIS GRILL®

PALEO



ADD THIS:



ONION



TOMATOES



CHICKEN



ZUCCHINI



SHRIMP



CALAMARI



STEAK

Steak, calamari, chicken, pork, beef, fish and shrimp are some of your best protein bets. Choose cabbage as your base.

NOT THAT:



PEANUTS



POTATOES



PEPPERONI



TORTILLAS



CORN



TOFU



PINEAPPLE

On the paleo diet, you will want to skip processed foods, grains, peanuts, and potatoes. See our guide for more info on which spices are Paleo-friendly.

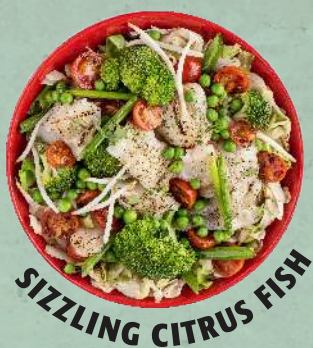
PALEO PRO TIPS

1: Load your bowl with lean meat, seafood, vegetables and fruit.

2: Choose low-carb veggies like zucchini, onion, tomatoes, bean sprouts and roasted red peppers.

3: Skip the sauces and add spices along with garlic water or ginger water for a tasty meal. Add spices to your bowl for lots of flavor, avoiding ones containing refined sugar.

4: To add even more protein to your meal, add an egg to your bowl for protein, healthy fats and B-vitamins.



Build It Like A *pro.*

“ Focus on any unprocessed whole foods, like unprocessed meat and vegetables on the Paleo diet. The Paleo-friendly Sizzling Citrus Fish is awesome because you get to enjoy a delicious meal while still following your healthy paleo lifestyle. Use chicken or fish in this recipe for lean protein. This recipe is high in fiber from the veggies and has lots of protein and omega-3 from the fish. Skip the rice and pasta and ask for a side of cabbage.”

Amanda Hernandez,
Registered Dietitian



FEATURED PALEO RECIPE

SIZZLING CITRUS FISH



IN THE BOWL:

PROTEIN: Garlic Lime White Fish

SPICES: 5 spoons Lemon Pepper (1 1/4 teaspoons), 1 spoon Garlic (1/4 teaspoon)

VEGGIES: Peas, Green Onion, Tomatoes, Broccoli, Bean Sprouts, Cilantro

FLAVOR: 2 scoops Ginger Water (2 tablespoons), 2 scoops Garlic Water (2 tablespoons)

AT THE GRILL:

BASE: Cabbage

Recipe for regular size bowl. Adjust as needed.