

# MF MEAL PLAN

This simple, tasty muscle plan will help you shed flab and put on muscle.

## Caveman Food

It's been variously labelled the caveman diet, paleo diet or the stone-age diet, but in reality it's not a diet at all, but a philosophy toward nutrition. The thinking goes something like this: we've only been civilised for a few thousand years, and only eating processed grains—bread, pasta, etc.—and dairy foods since then. Ditto certain type of legumes and vegetables, like potatoes, which to be eaten have to be cooked, a skill we humans only cottoned on to relatively recently in evolutionary terms. Genetically speaking, the experts say, our bodies are best adapted for a diet closer to that of our ancient ancestors—Palaeolithic caveman. Cavemen didn't cook, consume full-cream milk, bread, pasta, cheese, potatoes or—poor souls—beer. They mainly ate meat, and lots of it, along with root vegetables, nuts and fish. The following weekly plan demonstrates the principles of the "diet." The beauty is, it's high in protein, low in carbs and high in fibre—all good things if you're trying to lean down. Try it for a week or three. Be as strict as you can handle. Slip-ups are expected, because it's not easy. You'll crave bread and pasta, but the results, its proponents claim, are astonishing.

## Kangaroo Stir-Fry

### INGREDIENTS

- 2 T olive oil
- 350 grams kangaroo fillet, thinly sliced
- 1 carrot, quartered lengthwise, then cut into 5 cm lengths
- 2 stalks celery, quartered lengthwise, then cut into 5 cm lengths
- 2 spring onions, sliced in half and cut into 5 cm lengths
- 100 grams bean sprouts
- 1 garlic clove, crushed
- 1 T minced ginger
- Juice of 1 lime

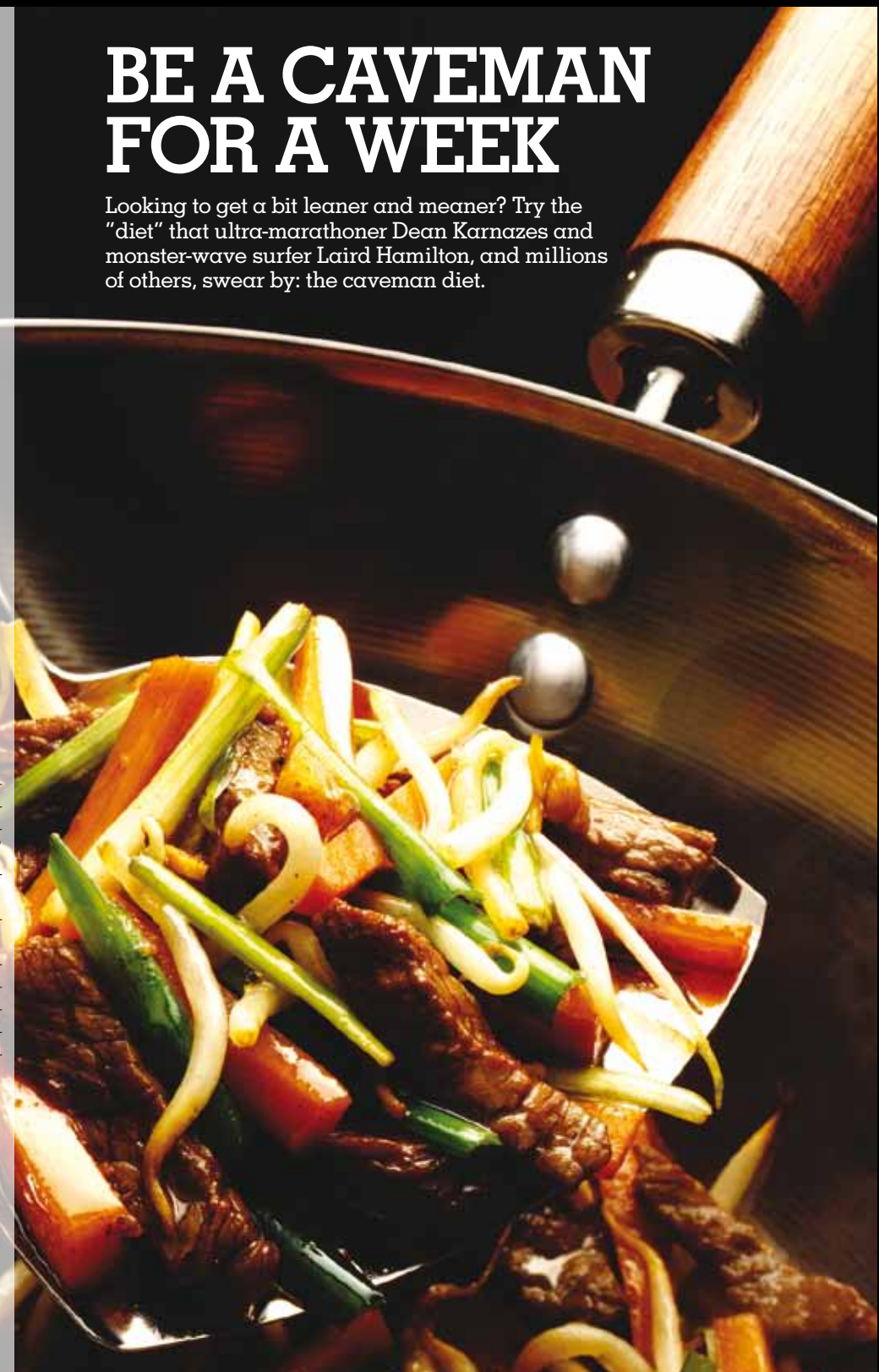
### TO MAKE

- Heat a wok or large heavy frying pan over high heat until it is hot. Add 1 T olive oil, then add kangaroo and stir-fry for 1 minute. Transfer to a plate.
- Heat remaining 1 T of olive oil in wok and add vegetables, sprouts, garlic and ginger. Stir-fry for 1 minute. Add ½ cup water and lime juice and steam vegetables, covered, for 2–3 minutes or until tender.
- Return the meat to the wok for 2 minutes until hot.

Serves 2

## BE A CAVEMAN FOR A WEEK

Looking to get a bit leaner and meaner? Try the "diet" that ultra-marathoner Dean Karnazes and monster-wave surfer Laird Hamilton, and millions of others, swear by: the caveman diet.



35 meals to help you bulk up.

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY



**7:00**  
Two tins of sardines with green tea.

**10:00**  
90g tuna chunks and a packet of raisins. 600 ml of soda water with a splash of lime.

**13:00**  
Chicken Caesar salad with egg, bacon bits and anchovies (no dressing or croutons.)

**16:00**  
100g trail mix.

**19:00**  
Seared Kangaroo See opposite page.

**22:00**  
Whole mango and handful of almonds. Soda water with splash of OJ.

### DAILY TOTAL

Kilojoules: 10,718  
Calories: 2560  
Protein: 225g  
Carbs: 146g

**7:00**  
Three rashers of lean bacon and two eggs with grilled tomato and mushrooms.

**10:00**  
Goulburn Valley Apple and Strawberry Puree; handful of almonds.

**13:00**  
Large tin of beef and vegetable soup.

**16:00**  
95 g tin of Safcol Atlantic salmon with lemon and capers.

**19:00**  
Three pork chops with zucchini, cauliflower and a corn cob.

**22:00**  
Dried apricots and handful of walnuts.

### DAILY TOTAL

Kilojoules: 7955  
Calories: 1900  
Protein: 208g  
Carbs: 120g

**7:00**  
Two large ham steaks; apple and packet of raisins.

**10:00**  
100g trail mix.

**13:00**  
Stir-fried beef and vegetables.

**16:00**  
Orange with big handful of almonds

**19:00**  
Egg frittata with chicken, zucchini, onions, asparagus and sun-dried tomato with salad and pine nuts.

**22:00**  
Pineapple slices.

### DAILY TOTAL

Kilojoules: 8374  
Calories: 2000  
Protein: 120g  
Carbs: 115g

**7:00**  
Two boiled eggs with tin of sardines.

**10:00**  
Diced fresh apple, grated carrot mixed with raisins.

**13:00**  
200g grilled barramundi fillets with salad.

**16:00**  
100g trail mix.

**19:00**  
Roast chicken with honeyed carrots, broccoli and spinach.

**22:00**  
Banana covered in coconut milk and raisins.

### DAILY TOTAL

Kilojoules: 7746  
Calories: 1850  
Protein: 130g  
Carbs: 133

**7:00**  
200g of roast chicken.

**10:00**  
Large apple with walnuts.

**13:00**  
200g of flathead on bed of vegetables.

**16:00**  
Banana and handful of almonds.

**19:00**  
BBQ rump steak with vegetables. Two glasses of really good red wine.

**22:00**  
Tinned peaches with dates.

### DAILY TOTAL

Kilojoules: 8374  
Calories: 2000  
Protein: 170g  
Carbs: 161g



**7:00**  
Three-egg omelette with 100g of turkey, diced tomato and spring onions.

**10:00**  
Two raw carrots and big handful (20g) of almonds.

**13:00**  
Large tuna salad. 600ml of water with dash of OJ.

**16:00**  
Banana and handful of almonds.

**19:00**  
400 g salmon fillet on steamed Asian vegetables.

**22:00**  
Bowl of mixed berries with coconut milk. Green tea.

### DAILY TOTAL

Kilojoules: 7955  
Calories: 1900  
Protein: 163g  
Carbs: 100g

**7:00**  
150g steak and two poached eggs.

**10:00**  
Handful of almonds and a carrot or two.

**13:00**  
400 ml of beef and tomato soup with garden salad.

**16:00**  
140g of Goulburn Valley diced fruit.

**19:00**  
Grilled chicken breast (200g) with garden salad and pine nuts.

**22:00**  
Banana with green tea.

### DAILY TOTAL

Kilojoules: 7746  
Calories: 1850  
Protein: 169g  
Carbs: 107g

Some proponents claim that moderate alcohol intake isn't outside the realms of the diet. And hey it's Friday night, there has to be some benefit of 3000 years of civilisation!

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Try The Green Machine for a boost of cold-fighting vitamins.

### INGREDIENTS

- 2 kiwis, peeled
- juice of 1 lime
- 1 cup chopped honeydew melon
- 1 cup cloudy apple juice

### TO MAKE

Blend and serve chilled. Serves 1

**Honeydew Melons**  
Rich in Vitamin C, potassium, pantothenic acid and Vitamin B6 that help to overcome high blood pressure, skin disorders and other related problems of the circulatory system.