



Left Coast Caveman Weekly Primal Plan

Week of Nov 10 - Nov 16, 2025

Monday – Chest / Shoulders (Power + Stability)

Fitness: Incline Dumbbell Press 4x10 • Push-ups (slow eccentric) 3x15 • Standing Dumbbell Press 3x10 • Arnold Press 3x10 • 5-min Bear Crawl / Shoulder Tap Circuit.

Nutrition: High protein with olive oil, turmeric, and leafy greens. Avoid processed foods. Two shakes + lean dinner.

Mentality: Morning prayer, gratitude journal, no phone until 10 a.m. Focus on inner peace and productivity.

Tuesday – Arms + Core + Mobility

Fitness: Barbell Curls 4x12 • Skull Crushers 4x12 • Rope Hammer Curls 3x15 • Triceps Dips 3x15 • Hanging Leg Raises + Plank 3x60s • 15-min Animal Flow (ape, crab, frog).

Nutrition: Salmon salad, ginger tea, evening carb load with rice & beef. Maintain hydration.

Mentality: Midday scripture reading. Reflect on obedience > outcome. Limit distractions.

Wednesday – Primal Mobility & Hike

Fitness: 60–90-min hike with 20–30 lb pack or boulder carries. Include squats, lunges, and natural movements. Deep stretch after.

Nutrition: Light recovery day. Tart cherry juice, collagen, berries, and lean proteins.

Mentality: Outdoor psalm or prayer during hike. Reflect on strength through endurance.

Thursday – Chest / Shoulders (Volume)

Fitness: Flat Bench Press 4x10 • Dumbbell Fly 3x12 • Pike Push-ups 3x15 • Lateral + Front Raises 4x15 • Rock Carry Overhead 3x60s.

Nutrition: Wild rice, turmeric chicken, cruciferous veggies, olive oil drizzle. Avoid processed carbs.

Mentality: Midweek reflection and reset. Focus on gratitude and presence.

Friday – Arms / Calisthenics Hybrid

Fitness: Chin-ups 4x10 • Close-grip Push-ups 3x15 • Banded Curls 4x12 • Triceps Pushdowns 4x12 • Core Flow (side planks + hollow hold).

Nutrition: Bison chili with rice. Clean foods only. Stay hydrated. Two shakes earlier in the day.

Mentality: Evening reflection and forgiveness prayer. Journal three wins of the week.

Saturday – Functional Movement Day

Fitness: Cycle 20–30 min to a hill • Hill marches or sprints x8 • Boulder Squats 3x10 • Stretch + Breathwork.

Nutrition: Root veggies, beef, olive oil, electrolytes. Higher carb day for recovery.

Mentality: Morning prayer outdoors. No screens. Focus on connection with nature.

Sunday – Spiritual Grounding / Full Reset

Fitness: Morning liturgy or prayer • Light mobility or walk 20 min • Sauna + cold plunge (optional).

Nutrition: Simple anti-inflammatory meals: greens, berries, fish. Focus on hydration.

Mentality: Reflect on the week. What did you conquer? What did you avoid? Recommit to purpose.

WEEKLY SUMMARY

Nutrition Summary: 2 shakes/day, 1 salad + protein, 1 large clean-carb meal (~350g carbs). Avoid alcohol, seed oils, processed foods. Goal: 3,800–4,000 kcal/day, 180g+ protein, 350g+ carbs, 90g+ fat.

Mentality Summary: Focus on obedience, prayer, and inner resolve over external approval. Limit phone and entertainment. Dedicate mornings to spiritual grounding and evenings to reflection and gratitude.