



Left Coast Caveman Weekly Primal Plan

Week of Nov 17 – Nov 23, 2025

This Week's Fitness Focus

A healing-focused training week built around bands, light machines, tabata flows, kinetic chain alignment, and steady-state low-impact cardio. No loading of the back or hip. Controlled movements, slow eccentrics, breath pacing, nature exposure, and functional flow are the core of this week's work.

This Week's Mentality Focus

Align with your ailments rather than identifying with them. Ask daily: What imbalance caused this injury? What must I change? Focus on reaching higher and digging deeper, grounding yourself like a tree—growing upward while rooting downward. Practice honesty with yourself, reduce distractions, write daily, choose growth, serve others, and reconnect with purpose.

This Week's Shopping List

Proteins: Salmon, canned salmon, sardines, mackerel, chicken breast, eggs, bone broth, collagen peptides.

Produce: Spinach, kale, broccoli, cauliflower, sweet potatoes, beets, asparagus, blueberries, blackberries, pineapple, tart cherries, lemons, limes, ginger, turmeric root.

Carbs: Brown rice, wild rice, quinoa, oats.

Fats: Olive oil, avocado oil, avocados, walnuts, chia seeds, flaxseed.

Pantry: Herbal teas, coconut milk, sauerkraut/kimchi, apple cider vinegar, electrolytes.

Supplements: Omega-3 fish oil, curcumin + black pepper, magnesium glycinate, vitamin D3 + K2, NAC.

Monday – Chest (Bands) + Alignment

Fitness: Band Chest Press 4x20 (slow eccentrics) • Band Flyes 4x15 • Isometric Chest Squeeze 3x30s • Cat/Cow x20 • Pelvic Tilts x20 • Hip CARs x10/side • Thoracic Rotations x10/side

Nutrition (Foods for the Day): Eggs • spinach • salmon • greens • olive oil • turmeric chicken • cauliflower • lemon water

Mentality: Align with ailment; ask what imbalance caused this.

Tuesday – Steady-State Cardio

Fitness: 45–60 min brisk walk or swim • Nasal breathing only • Conversational pace.

Nutrition (Foods for the Day): Greek yogurt • berries • chia • bison • sweet potato • broccoli • ginger • turmeric

Mentality: How can I serve others today?

Wednesday – Arms (Band Tabata)

Fitness: Tabata: Banded Curls • Triceps Pressdowns • Reverse Curls • Forearm Flexions • Finish with cold exposure.

Nutrition (Foods for the Day): Sardines • walnuts • leafy greens • olive oil • salmon • chia • blueberries

Mentality: What habits weakened my roots?

Thursday – Kinetic Chain Alignment

Fitness: Cat/Cow x20 • Bird Dog x20 • Dead Bug x15 • Hip CARs x10/side • Ankle Circles x20 • Diaphragmatic Breathing x5 min.

Nutrition (Foods for the Day): Root vegetables • turmeric broth • beets • carrots • zero added sugar

Mentality: Meditate outdoors: Reach higher, dig deeper.

Friday – Shoulders (Bands) + Cardio

Fitness: Band Overhead Press 4x15 • Lateral Raise 3x20 • Rear-Delt Pulls 3x20 • 30-min steady walk.

Nutrition (Foods for the Day): Chicken • broccoli • tart cherry juice • magnesium • spinach • olive oil

Mentality: What path is this injury revealing?

Saturday – Chest/Arms Tabata + Nature Walk

Fitness: Push-ups • Light Band Rows • Band Chest Press • Band Curls (Tabata) • 20-min nature walk.

Nutrition (Foods for the Day): High-protein foods • fermented foods • hydration • greens • berries • turmeric

Mentality: Where have I drifted from purpose?

Sunday – Recovery + Meditation

Fitness: Stretching • cold plunge • mobility • breathwork.

Nutrition (Foods for the Day): Salmon • berries • greens • chia • omega-3 • no alcohol

Mentality: Weekly reflection: What roots grew deeper?

