



Left Coast Caveman Weekly Primal Plan

Week of Nov 25 – Dec 1, 2025

This Week's Fitness Focus

A recovery-driven week using daily Tabata flows (8 rounds) and rotating low-impact cardio. Movements emphasize mobility, alignment, breath, circulation, and gentle activation.

This Week's Mentality Focus

Gratitude in action + Garbage In / Garbage Out. Show appreciation deliberately, and remove inputs that drain your energy or distract from your Life Unifying Purpose.

This Week's Shopping List

- Proteins: Salmon, cod, chicken breast, canned salmon, sardines, eggs, bone broth, whey protein, plant protein.
- Produce: Spinach, kale, greens, sweet potatoes, broccoli, cauliflower, beets, ginger, turmeric, berries, lemons, avocado.
- Carbs: Quinoa, wild rice, oats.
- Fats: Olive oil, avocado oil, walnuts, chia seeds, flaxseed.
- Pantry: Herbal teas, coconut milk, electrolytes, apple cider vinegar, kimchi/sauerkraut.
- Supplements: Magnesium glycinate, omega-3, curcumin, vitamin D3 + K2.

Daily Breakdown

Monday

Fitness:

Full-body Tabata (8 rounds):

- Air squats
- Push-ups
- Glute bridges
- Plank hold
- Bird dog
- Hip CARs
- Thoracic openers
- Forward fold stretch
- Post-Tabata cardio: Stair stepper

Nutrition:

- Post-workout whey shake (berries + creatine + water)
- Mid-day snack meal (spinach salad + salmon or chicken + olive oil + lemon)
- Mid-day plant shake (plant protein + greens powder + chia)
- Dinner (salmon, cod, or chicken + greens + spices + clean carbs)

Mentality: Gratitude in action + honest audit of inputs.

Tuesday

Fitness:

Full-body Tabata (8 rounds):

- Air squats
- Push-ups
- Glute bridges
- Plank hold
- Bird dog
- Hip CARs
- Thoracic openers
- Forward fold stretch
- Post-Tabata cardio: Cycling

Nutrition:

- Post-workout whey shake (berries + creatine + water)
- Mid-day snack meal (spinach salad + salmon or chicken + olive oil + lemon)
- Mid-day plant shake (plant protein + greens powder + chia)
- Dinner (salmon, cod, or chicken + greens + spices + clean carbs)

Mentality: Gratitude in action + honest audit of inputs.

Wednesday

Fitness:

Full-body Tabata (8 rounds):

- Air squats
- Push-ups
- Glute bridges
- Plank hold
- Bird dog
- Hip CARs
- Thoracic openers
- Forward fold stretch
- Post-Tabata cardio: Swimming

Nutrition:

- Post-workout whey shake (berries + creatine + water)
- Mid-day snack meal (spinach salad + salmon or chicken + olive oil + lemon)
- Mid-day plant shake (plant protein + greens powder + chia)
- Dinner (salmon, cod, or chicken + greens + spices + clean carbs)

Mentality: Gratitude in action + honest audit of inputs.

Thursday

Fitness:

Full-body Tabata (8 rounds):

- Air squats
- Push-ups
- Glute bridges
- Plank hold
- Bird dog
- Hip CARs
- Thoracic openers
- Forward fold stretch

- Post-Tabata cardio: Aqua aerobics

Nutrition:

- Post-workout whey shake (berries + creatine + water)
- Mid-day snack meal (spinach salad + salmon or chicken + olive oil + lemon)
- Mid-day plant shake (plant protein + greens powder + chia)
- Dinner (salmon, cod, or chicken + greens + spices + clean carbs)

Mentality: Gratitude in action + honest audit of inputs.

Friday

Fitness:

Full-body Tabata (8 rounds):

- Air squats
- Push-ups
- Glute bridges
- Plank hold
- Bird dog
- Hip CARs
- Thoracic openers
- Forward fold stretch
- Post-Tabata cardio: Brisk walking

Nutrition:

- Post-workout whey shake (berries + creatine + water)
- Mid-day snack meal (spinach salad + salmon or chicken + olive oil + lemon)
- Mid-day plant shake (plant protein + greens powder + chia)
- Dinner (salmon, cod, or chicken + greens + spices + clean carbs)

Mentality: Gratitude in action + honest audit of inputs.

Saturday

Fitness:

Full-body Tabata (8 rounds):

- Air squats
- Push-ups
- Glute bridges
- Plank hold
- Bird dog
- Hip CARs
- Thoracic openers
- Forward fold stretch
- Post-Tabata cardio: Stationary cycling

Nutrition:

- Post-workout whey shake (berries + creatine + water)
- Mid-day snack meal (spinach salad + salmon or chicken + olive oil + lemon)
- Mid-day plant shake (plant protein + greens powder + chia)
- Dinner (salmon, cod, or chicken + greens + spices + clean carbs)

Mentality: Gratitude in action + honest audit of inputs.

Sunday

Fitness:

Full-body Tabata (8 rounds):

- Air squats
- Push-ups
- Glute bridges
- Plank hold
- Bird dog
- Hip CARs
- Thoracic openers
- Forward fold stretch
- Post-Tabata cardio: Swimming

Nutrition:

- Post-workout whey shake (berries + creatine + water)
- Mid-day snack meal (spinach salad + salmon or chicken + olive oil + lemon)
- Mid-day plant shake (plant protein + greens powder + chia)
- Dinner (salmon, cod, or chicken + greens + spices + clean carbs)

Mentality: Gratitude in action + honest audit of inputs.