

KUHLEFIT
RENEW YOUR VITALITY



Trucker Service Association

LIVE HEALTHY
DRIVER HEALTH CAMPAIGN

CREATED BY
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MEALS TO SUPPORT YOUR PRIMAL PATTERN NEEDS

SEPTEMBER 2025

PRIMAL PATTERN DIETING



INTRODUCTION

the last 3 months we dove deep into the nuances of nutrition and ways that you can optimize your fuel. The use of primal pattern dieting will support your metabolism, hormones, immune system and ultimately your satiation all the while minimizing your cravings and over consumption of less healthy food choices.

This month I'll share multiple recipes to lend support in the dietary changes for those looking to take a more strategic approach to eating right for their **INDIVIDUAL NEEDS**.

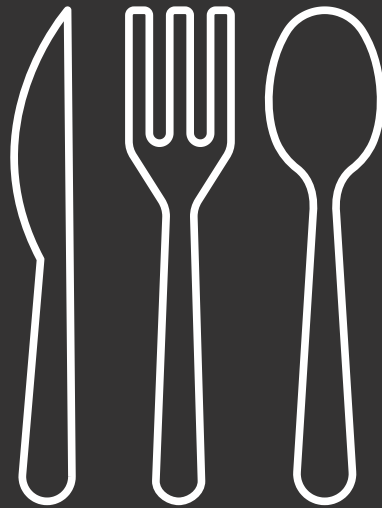
As a quick reminder:

Metabolic Typing categorizes individuals based on their dominant autonomic and oxidative systems. The primary types are:

1. **Polar (Protein types)** - Fast oxidizers or sympathetic dominant individuals who require higher fat and protein intake, often from animal sources.
2. **Solar (Carbohydrate types)** - Slow oxidizers or parasympathetic dominant individuals who thrive on a diet higher in carbohydrates and lower in fat and protein.
3. **Mixed types** - Individuals needing a balance of macronutrients.



POLAR TYPE RECIPES



BEEF BAHN MI BOWL



Time: 20 min



Servings: 4

Ingredients:

- 2 pounds of grass-fed ground beef
- ½ cup organic coconut aminos
- 1 tablespoon organic toasted sesame oil
- 4 medium carrots, sliced into coins
- 1 tablespoon organic onion powder
- 2 teaspoons organic ground ginger
- 2 teaspoons of sea salt
- 1 organic cucumber, quartered
- fresh cilantro and fresh lime juice to garnish

Steps for Cooking:

- Brown ground beef in a large skillet over medium heat
- Add in carrots and coconut aminos and cook several minutes, stirring occasionally until carrots are tender
- Add in sesame oil and seasonings and mix well
- Top with fresh cucumber slices, cilantro and lime juice and enjoy

GROUND VENISON STIR FRY



Time: 30 min



Servings: 4-6

Ingredients:

- 2-3 packs of venison
- 2 cloves of garlic, minced
- 1 tbsp fresh ginger, minced
- 1 red onion, finely diced
- 1 bunch of asparagus, cut into 1 inch pieces
- 1 cup green onions, chopped
- 2-3 carrots, cut into circles
- 1 cup of bok choy, chopped
- sea salt and pepper to taste

Sauce

- 1/2 cup of coconut aminos
- 1/2 orange, squeezed
- 1 tbsp apple cider vinegar
- 2 tbsp olive oil
- 2 tsp of raw honey
- 1/2 tsp ginger powder
- 1 tsp garlic powder
- 1 tbsp coconut or cassava flour

Steps for Cooking:

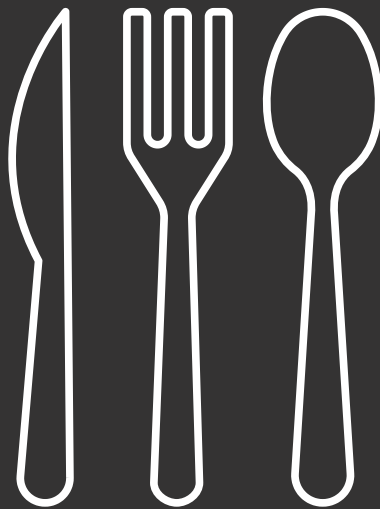
- Heat 2 tbsp of olive oil in a large skillet
- Add onion, garlic and ginger
- Add a bit of salt and pepper, and cook until fragrant. remove from the pan, and place in a bowl, set aside
- Add venison to the hot pan, breaking into small pieces while cooking. add salt and pepper.
- While the venison is cooking mix the sauce ingredients together in a blender.
- Just before the venison is done cooking add the sauce and allow it to thicken.
- Add the veggies to the mixture and cook for an additional 5 minutes. I like to leave some crunch in the veggies.
- Sprinkle the chopped green onions over the top and enjoy!

Additional Add On's:

- Cauliflower rice
- Microgreens
- Kimchi
- Fresh basil
- Sesame seeds (organic)



MIXED TYPE RECIPES



ONE PAN ROASTED EVERYTHING



Time: 40 min



Servings: 4-6

Ingredients:

- 6-8 pastured pork, nitrite and sugar free sausages
- 3 cups of white sweet potato, cubed
- 1 bunch of asparagus
- 2 cups of broccoli florets
- ½ cup, finely diced onion
- 2 garlic cloves, minced
- 2-3 tbsp olive oil
- Sea salt and pepper
- 1 tbsp dried thyme
- 4-6 eggs, poached
- 1 cup of micro greens

Steps for Cooking:

- Heat oven to 350 degrees.
- Spread sausages on a cooking sheet
- Place broccoli, asparagus (ends cut off), and sweet potato in a bowl
- Coat the veggies with oil, red onion, garlic, thyme, salt and pepper and spread the veggies around the sausages on the tray
- Put in the oven and cook for 25-30 mins.
- While the veggies and sausages are cooking, boil a medium pot of water, adding a tbsp of apple cider vinegar.
- Once the water is boiling crack your egg, very carefully into the pot. I can only seem to successfully poach 2 eggs at a time. Let the eggs cook for 4ish minutes and remove from the pot, and place on a plate, salt and pepper right away so that it sticks. Repeat with how many eggs you would like. I do 1-2 per person.
- Pull the veggies, and sausage out of the oven. Serve in a bowl, with an egg or two on top and douse this in a good amount of micro green!

COFFEE-CRUSTED PORK TENDERLOIN WITH ROASTED VEGGIES



Time: 30 min



Servings: 4-6

Ingredients:

- 2 pastured pork tenderloins or 4-5 bone in chops
- 3 tbsp of organic, decaf ground coffee
- 1 tbsp smoked paprika
- 1 tbsp garlic powder
- 1 tbsp sea salt
- 1 tbsp pepper
- 1 large sweet potato
- 3 cups of broccoli florets
- 2 cups of Brussels sprouts, halved
- 1 red onion diced
- 2 cloves of garlic, minced
- 3 tbsp of olive oil
- 1 tbsp rosemary
- sea salt and pepper to taste

Pork Glaze:

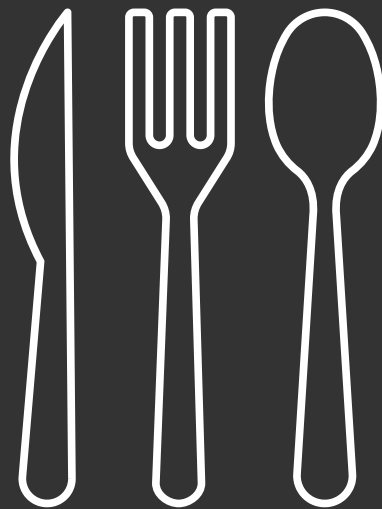
- juice of 1 lime
- 2 tbsp olive oil
- 1 tsp raw honey

Steps for Cooking:

- Preheat grill or oven. (350)
- Mix coffee, paprika, garlic, sea salt and pepper together.
- Rub the mixture all over the tenderloins.
- Place veggies on a cooking sheet.
- Mix the diced onion, garlic, rosemary and the olive oil together and coat the veggies.
- Season with salt and pepper
- Stick in the oven or on the grill
- After the veggies have been cooking for 10 minutes, place pork on the grill or in the oven on a cooking sheet. I like to cook it low and slow, so make sure the grill is not too hot.
- Check the veggies after 20-25 minutes of cooking and take out when they are all the desired doneness for you.



SOLAR TYPE RECIPES



DIJON TURKEY BURGERS WITH "COLESLAW" SALAD



Time: 30 min



Servings: 4-6

Ingredients:

- 2-3 packs of pastured ground turkey
- 1 tbsp of Dijon mustard
- 2 eggs
- 1 cup fresh cilantro, chopped
- 1 tbsp dried oregano
- 1 tsp coconut aminos
- 1 tbsp onion powder
- sea salt and pepper
- lettuce for wraps

Cole Slaw:

- 1 cup green cabbage
- 1 cup of purple cabbage
- 1 cup grated carrot
- 2 tbsp Dijon mustard
- 1/2 lemon, juiced
- 1 tsp raw honey
- 1.3 cup olive oil
- 1 tsp apple cider vinegar
- sea salt and pepper

Steps for Cooking:

- Heat up the grill to medium heat
- Mix eggs, Mustard, cilantro, coconut aminos, oregano, onion powder, salt and pepper in a bowl.
- Add the turkey and mix together. form into patties
- Place on the grill. These are going to stick, so you can grease your grill with a little beef tallow or butter before.
- While the burgers are cooking, mix the veggies together.
- Blend the dressing ingredients together and pour over the veggies.
- Add more salt and pepper if needed.
- Remove burgers from the grill
- Serve with a lettuce wrap. Add coleslaw to the side and I love to through some pickled veggies on as well. My family favorites are:
- Pickled onions
- Jalapeños
- Pickles
- Extra mustard

THAI CHICKEN SALAD



Time: 25 min



Servings: 4-6

Ingredients:

- 6-8 organic boneless chicken thighs or breasts,
- Sea salt and pepper
- 4 cups of shredded red lettuce
- 1 cup diced cucumber
- 1 cup of chopped carrots
- ½ cup, radicchio, finely chopped
- 1 green apple, julienne
- ½ cup green onions, diced
- 1 kohlrabi, peeled and julienned

Optional:

- ½ cup of raw organic pumpkin seeds
- 1 cup cilantro, chopped

Dressing

- 2 limes, juiced
- ¼ cup of olive oil
- 1 tbsp fresh ginger, grated
- 3 tbsp coconut aminos
- 2-3 tbsp of water
- 2 tsp raw honey
- Sea salt and pepper to taste
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Steps for Cooking:

- Heat oven to 350 degrees.
- Place chicken in a glass pan, and add sea salt and pepper. Place in the oven for 30 mins
- Remove the chicken and put immediately into the fridge to cool.
- Chop all the veggies and combine in a bowl.
- Blend dressing in a blender or food processor.
- Once the chicken has cooled, slice into strips.
- Pour dressing over the salad and save a bit to pour over the chicken. Serve the chicken over the salad. Add toppings of choice and enjoy.

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