



**PRIMAL  
PLANITZ™**

# Primal Planitz™ 2nd Annual Primal Diet™ Conference

June 11-June 14 2026

June 11-14 (All day Thursday thru Sunday)  
June 10th (Wednesday) – Early Arrival  
Fish Supper  
(additional \$25 charge)

**\*\*Please Note: The below schedule of  
events is subject to change\*\***

## Wednesday Night June 10, 2026

Time	Track 1: Fundamentals	Track 2: Advanced	Workshops
6:00 pm	Seafood Supper	Seafood Supper	

**\*Schedule is Subject to Change\***

# Thursday - Day 1

## June 11, 2026

Time	Track 1: Fundamentals	Track 2: Advanced	Workshops
6:00 AM			Meat Processing (David)
8:00 AM	Breakfast Buffet	Breakfast Buffet	
9:00 AM	Welcome - Meet the Coaches	Welcome - Meet the Coaches	
10:00 AM	Primal Diet 101 - The Basics (Chris)	Primal Diet 202 - Detoxification (Phoenix)	Kid's Program- Food Prep - Butter, Lube Drink (Avyanna)
11:00 AM	Your Primal Family Journey Begins (Ashley)	Primal Pets (Chris)	Kid's Program- Food Prep - Butter, Lube Drink (Avyanna)
1:00 PM	Lunch / Nap / Free Time	Lunch / Nap / Free Time	
2:00 PM	Primal First Aid (Phoenix)	Primal First Aid (Phoenix)	Food Prep Demo - Butter, Facial Cream, Lube Drink (Avyanna)
3:00 PM	Natural Farming (Phoenix)	Natural Farming (Phoenix)	Food Prep Demo - Butter, Facial Cream, Lube Drink (Avyanna)
4:00 PM	Mental Health & Primal Diet (Kat/Otis)	Mental Health & Primal Diet (Kat/Otis)	
5:00 PM	Testimonials	Testimonials	
6:00 PM	Dinner & Social	Dinner & Social	

**\*Schedule is Subject to Change\***

# Friday - Day 2

## June 12, 2026

Time	Track 1: Fundamentals	Track 2: Advanced	Workshops
6:00 AM			Milking Demo/Chicken Processing
8:00 AM	Breakfast Buffet	Breakfast Buffet	
9:00 AM	Germs and Parasites are Friends (Liev Dalton)	Germs and Parasites are Friends (Liev Dalton)	
11:00 AM	Oxalates, Salt, Supplements (Phoenix)	Oxalates, Salt, Supplements (Phoenix)	Weaving (Debbie) Kids Felting (Avyanna)
1:00 PM	Lunch / Nap / Free Time	Lunch / Nap / Free Time	
2:00 PM	Women's Group	Women's Group	Volleyball/ Basketball
4:00 PM	Men's Group	Men's Group	Volleyball/ Basketball
6:00 PM	Dinner	Dinner	
7:00 PM	Social	Social	

**\*Schedule is Subject to Change\***

# Saturday - Day 3

## June 13, 2026

Time	Track 1: Fundamentals	Track 2: Advanced	Workshops
7:00 AM			Dynamic Meditation (Megan)
8:00 AM	Breakfast Buffet	Breakfast Buffet	Burkes Garden Varmint Run 5K
9:00 AM	Eating Raw Meat in Public/Traveling (Sam)	Primal Diet 303-Resolving Difficult Challenges (Phoenix)	Burkes Garden Varmint Run 5K
10:30 AM	Primal Parenting (Avyanna/Phoenix)	Primal Parenting (Avyanna/Phoenix)	Natural Building (Tom)
12:00 PM	Detoxifying Your Home (Mike)	Detoxifying Your Home (Mike)	Natural Building Kids Program (Tom)
1:00 PM	Lunch / Nap / Free Time	Lunch / Nap / Free Time	
2:00 PM	Internet Security (Mike)	Internet Security (Mike)	Natural Building (Tom)
3:00 PM	Primal Dentistry (Chris)	Philosophy of the Primal Diet (Otis)	Secure Your Devices (Alex)
4:30 PM	Long Timer Q&A Panel	Long Timer Q&A Panel	Natural Building (Tom)
5:30 PM	Dinner	Dinner	Dinner
6:00 PM	Social/Contra Dance	Social/Contra Dance	Social/Contra Dance

**\*Schedule is Subject to Change\***

# Sunday - Day 4

June 14, 2026

Time	Track 1: Fundamentals	Track 2: Advanced	Workshops
6:00 AM			Milking
8:00 AM	Breakfast Buffet	Breakfast Buffet	
9:00 AM	Diet For a Toxic Planet - Primal Planitz Vision	Diet For a Toxic Planet - Primal Planitz Vision	
10:00 AM	Closing Ceremony	Closing Ceremony	
11:00 AM	Assessment & Evaluation (Phoenix)	Assessment & Evaluation - Coaching Program (Phoenix)	
1:00 PM	Lunch	Lunch	ACOA
2:00 PM			Appalachian Trail Hike
6:00 PM	Dinner	Dinner	

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