



**PRIMAL
PLANITZ™**

Primal Planitz™ 2nd Annual Primal Diet™ Conference 2026

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
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	Primal Diet™ 202 - Detoxification	Kid's Program- Food Prep - Butter, Lube Drink
11:00 AM	Your Primal Family Journey Begins	Primal Pets	Kid's Program- Food Prep - Butter, Lube Drink
1:00 PM	Lunch / Nap / Free Time	Lunch / Nap / Free Time	
2:00 PM	Primal First Aid	Primal First Aid	Food Prep Demo - Butter, Facial Cream, Lube Drink
3:00 PM	Natural Farming	Natural Farming	Food Prep Demo - Butter, Facial Cream, Lube Drink
4:00 PM	Mental Health & Primal Diet™	Mental Health & Primal Diet™	
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	Germs and Parasites are Friends	
11:00 AM	Oxalates, Salt, Supplements	Oxalates, Salt, Supplements	Weaving / Kids Felting
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			All Levels Asana Practice
8:00 AM	Breakfast Buffet	Breakfast Buffet	Burkes Garden Varmint Run 5K
9:00 AM	Eating Raw Meat in Public/Traveling	Primal Diet™ 303-Resolving Difficult Challenges	Burkes Garden Varmint Run 5K
10:30 AM	Primal Parenting	Primal Parenting	Natural Building
12:00 PM	Detoxifying Your Home	Detoxifying Your Home	Natural Building Kids Program
1:00 PM	Lunch / Nap / Free Time	Lunch / Nap / Free Time	
2:00 PM	Digital Security for Health Freedom Communities	Digital Security for Health Freedom Communities	Natural Building
3:00 PM	Primal Dentistry	Philosophy of the Primal Diet™	Secure Your Devices
4:30 PM	Long Timer Q&A Panel	Long Timer Q&A Panel	Natural Building
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	

Schedule is Subject to Change