

Chapter 1 : Paleo A Beginner's Guide To The Paleo Diet

In addition to this Beginner Paleo Guide, I hope you consider checking out our 1-on-1 Coaching Program as well. We have designed this program from the ground up to help people like you change their lives and fix their nutrition in a way that doesn't suck.

Essentially with the Paleo diet, the primary focus is placed on consuming high amounts of both healthy fats and proteins, with avoidance of typical carbohydrate-centric foods like grains and processed foods. First of all, the Paleo diet places a primary emphasis on avoiding high calorie dense foods, which are highly processed, while increasing consumption of healthy proteins and fats. For example, foods like lean proteins and vegetables have a low calorie density. Foods that have a low calorie density are typically quite beneficial for weight loss since they allow for a large volume of food consumption with a relatively low caloric impact. Essentially, the Paleo diet can be quite beneficial due to a drastic increase in food quality coupled with an inadvertent reduction of calories, potentially leading to weight loss 1. Realistically, just about anyone would benefit from a significant improvement of food quality. However, the Paleo diet is also built upon restriction of foods, which I almost never agree with. For instance, many people enjoy consuming artificially sweetened or even regularly sweetened beverages like soda. Full calorie soda is certainly an issue, since it provides a large amount of calories, with very little benefit. However, this issue could be resolved by simply switching to a lower calorie or calorie free version of the same drink. By doing so, you avoid the calories but still get to enjoy the beverage you desire 2. You essentially need to completely remove this beverage from your diet. Doing so can lead to accidental binges and even feelings of guilt if you ever deviate. Dairy is also unfortunately not allowed when following the Paleo approach, despite being an optimal food choice for dieting. Ingredients such as Greek yogurt, milk and cheese all provide a large amount of high quality proteins and fat, which can be quite beneficial when dieting 3, 4, 5. The Paleo diet is also built on avoidance of typical carbohydrate sources. Completely removing these ingredients from the diet can often be difficult since many people truly enjoy these foods and also because they are readily available ingredients in many dishes, including those at restaurants. When practicing the Paleo approach, you may find that consuming just the acceptable ingredients is either difficult, boring or a combination of both. By using this approach, you can expect to significantly increase the quality of your food while also inadvertently reducing calories. The Paleo diet does, however, also include restriction of ingredients such as dairy and traditional carbohydrate. The Paleo approach is a sound tactic for improving health and potentially encouraging weight loss with little effort. Metabolic and physiologic improvements from consuming a paleolithic, hunter-gatherer type diet. The effects of water and non-nutritive sweetened beverages on weight loss and weight maintenance: A randomized clinical trial. Obesity Silver Spring, Md. The effect of milk proteins on appetite regulation and diet-induced thermogenesis. Effects of dairy products on bone and body composition in pubertal girls. Calcium and dairy acceleration of weight and fat loss during energy restriction in obese adults.

Chapter 2 : Paleo Your Ultimate Paleo Starter Guide

A Beginner's Guide to Paleo for Anyone Curious About Going Caveman So you get the text: Can we go out for burgers (no buns!) tonight instead of pizza? Oh no, is she on this caveman diet everyone.

Are you ready to join over , happy customers and achieve your weight loss and health goals with no recurring charges, no hidden fees and a full money back guarantee? The Paleo Diet Plan is designed to feed your body the food it was designed to digest. By feeding your body what it was designed to eat, the rest will fall into place. Better health, weight loss, a happy and healthy digestive tract, normal blood pressure, a happy heart and a properly fueled brain and body. Over time, we have completely altered the majority of our food so much that our bodies have trouble processing it. Scientists have proven that these processed foods are the main culprit behind obesity and many health concerns. This ultimately leads to dangerous health risks, health deterioration, obesity, high blood pressure, spikes and falls in energy, diabetes, cancers and irritable bowel syndrome and many other complications. By bringing our eating habits back to our natural roots we are ultimately giving our bodies the food needed to live a healthy lifestyle free from artificial junk. You are allowed to eat things like fresh meats, fish, nuts, veggies, seeds and leafy greens. When you eat the foods your body needs, the rest will fall into place naturally. Listen to your body. It can help you lose weight, build muscle and get in the best shape of your life! The Paleo Diet Plan is a nutritional diet that is designed for humans big, small, young or old. The Paleo Diet Plan teaches you what will benefit your body the most and eliminates harmful things like grains and processed foods which contain gluten, lectins and cancer causing ingredients. Our bodies were not designed to process grains and overtime many problems arise from the consumption of these dangerous foods we have flooded our lives with over time. You will still get your sugar fix but its going to come from fruits and veggies. The Paleo Diet Plan comes with an 8 week program outlining breakfast, lunch and dinner. You get everything you need to change your life, get used to a new lifestyle and maintain that lifestyle including live customer support from our professionally trained health coaches. Your Paleo Diet Plan comes with a nutritional guide and even a shopping list to keep things simple. Paleo Diet Plan Benefits All of us are looking for the fastest and easiest way to achieve the body of our dreams. It can be difficult juggling a career, family, personal life and a busy schedule all while trying to achieve our weight loss goals and still maintain our sanity. Well with years of research, we have discovered that the Paleo Diet Plan is the answer to our health problems and allows us to maintain a beneficial balance easily. You may have heard of the Paleo Diet before and are probably well aware of the incredible results and benefits. We have implemented a team of healthcare professionals to create the most beneficial weight loss and nutrition methods to stop wasting time with things and theories that simply dont work. This is a lifestyle change that we can all enjoy. Years of research and trial and error have allowed us to come up with the most successful Paleo Diet Plan on the market with thousands of happy customers to back up these claims. All of this from a company that promises no hidden fees, no recurring charges, and we stand behind our product with a full money back guarantee! What is the Paleo Diet Plan? The Paleo Diet Plan is a diet based on foods eaten by the earliest of humans, researched and perfected to improve mental clarity, increase energy and motivation while decreasing pounds and inches. The Paleo Diet Plan not only accomplishes these goals, but also minimizes complications from certain health issues such as:

Chapter 3 : The Paleo Diet

Saturated fat is Paleo-approved - no, it doesn't give you heart disease, or cancer, or diabetes, or anything else. Monounsaturated fat is also Paleo-approved. Polyunsaturated fat is a little bit more complicated.

But sometimes the boundaries between paleo and non-paleo foods are a bit fuzzy. There are a number of ways to work out what is or is not paleo. You could waste loads of time researching it on the internet. Or you could use Paleo. The paleo diet changes a lot of this by doing one simple thing: Regulated insulin levels allow a process called lipolysis to occur. Lipolysis is the process of your body releasing triglycerides fat stores to be burned as energy. Basically these words mean that, by reducing the amount of cheap carbohydrates in your system, the paleo diet allows your body to start the process of burning fat. No, not all carbs are bad. Simple carbs break down into sugar quicker than complex carbs, triggering a bigger insulin response. When your insulin levels are elevated, your body is prevented from burning fat. This is the main reason you should stay away from simple carbohydrates like white bread and pasta. Eating them is not much better than eating straight sugar! Most people think that fat is to be avoided because your body takes it directly from your food and sticks it right onto your thighs, right? Yup, you read that right. Fat is a longer lasting and slower burning fuel than carbohydrates. Because of this, when you stop shoving simple carbohydrates and sugar into your mouth day after day, your body resorts to burning body fat for energy – energy that, up until this point, was sitting on your body and jiggling around. For more on this, check out this stellar infographic: Also, check out the video below to see why you really got fat. Why You Got Fat This is a really great short video on how fat works it just might surprise you. See, fat is actually much more satiating than carbohydrates this means it makes you feel fuller. You naturally eat less because you simply feel full faster. Coconut oil and avocados are great for this. How The Paleo Diet Works The paleo diet works by focusing almost exclusively on real, unprocessed foods that have been around for thousands of years. To get started with the paleo diet, peruse our Paleo Diet Food List and meal plans. You can read more about him on our Robb Wolf page. This was a big, big question. Interestingly, no one ever asks if the pizza and Diet Coke that most people are eat is safe, but whenever you threaten to take away breadsticks, people get all worried. Eat lots of vegetables and lots of high-quality lean meats. One of the biggest reasons people see success on paleo is that the focus is on quality – not quantity. Some of our favorite paleo diet recipes and cookbooks can be found below. You can also visit our sister site: You can also check out some awesome paleo cookbooks below.

Chapter 4 : Paleo Diet: Tips on How to Go Paleo | Shape Magazine

Paleo Diet Food List [dot com] - A clean and simple guide to what to eat and what to avoid on paleo. Nerd Fitness - Nerd Fitness is a big fan of the paleo diet. If you're a nerd and you're looking to get into shape, check it out.

Tired of sucking in your tummy? These simple strategies will help you enjoy, yet stay focused on achieving your health goal through Paleolithic nutrition. Remember, Paleolithic lifestyle, is permanent and lifelong way of living and it is not just a fad diet that is followed only for a stipulated period of time. Kitchen and pantry make-over The best place to start Paleo is right at your home. When you decide to adopt a Paleolithic way of eating, it is lot more easier to start right at your kitchen and pantry. This is highly important since it prepares you visually as well as mentally to stay focused on the Paleo foods. A kitchen make-over does not have to be an expensive one, it simply involves keeping in necessary tools and equipment handy for a good start. A Paleo kitchen should essentially have a wooden or a bamboo cutting board, salad spinner, grill, nut choppers, a slow cooker, and a sharp knife. Ensure that the kitchen is free of plastic boards, spoons, containers and non-stick pans etc. This is the most interesting and important aspect of the Paleo make-over. Before you start shopping for Paleo foods , the first step is to clear out the pantry of junk foods and foods that had taken a permanent position way past its expiring date. While it may not be possible to give up on some favorites food stuff overnight, it is wiser to keep them from convenient reach in the pantry. This will ensure you choose more of Paleo and less of the junk foods. Some quick snack items that can be included in the pantry could be all sorts of nuts, organic honey, plenty of fruits etc. Shopping list Preparing an exhaustive shopping list saves an unnecessary trip to the grocery store. The list should cover the most frequently consumed or used up foods to less frequently used up food. Before you start shopping, a quick inventory on the pantry items also saves shopping time and money. This is of particular significance because Paleo shopping involves picking plenty of organic produce and foodstuff which are priced slightly higher than the regular produce. While on a Paleolithic journey, it is crucial that diet and lifestyle should go in tandem in order to attain a healthy body. A person may have strictly followed a Paleo diet, but still not may see desirable results because of lack of physical activity. Adopting simple physical activities such as walking, swimming etc will add on to the Paleo score and helps you attain your health goal faster. Physical activity was natural part of Paleolithic lifestyle and hence adhering to such healthy habits will reflect as significant health benefit. In addition to this it is also important to cut back on smoking and excessive alcohol intake. Menu planning Having a menu planned ahead for a day or for the rest of the week is certainly a great help. It saves time, money, effort and most of all lets you stay on the Paleo track. This step is very important especially for the beginners who still have trouble differentiating between regular cooking methods and Paleo cooking. Include recipes that allow raw foods, basting, baking, grilling and avoid the ones that employ deep frying and processed foods.

Chapter 5 : Paleo Diet for Beginners | Paleo for Life

Paleo Beginners Guide Book will allow each person to know and learn to read food labels so they know which foods are good and which are not good, even though a paleo diet is based on totally natural foods.

When you are following the Paleo Diet, you can eat anything we could hunt or gather way back in the day – things like meats, fish, nuts, leafy greens, regional veggies, and seeds. Sorry, the pasta, cereal, and candy will have to go! And that makes me happy, because I hate counting calories. Maybe you do too. Fortunately, if you can expand your horizons and remove certain types of food from your diet, you can stop worrying about counting calories FOREVER and instead focus on fixing your relationship with food. Discover if Paleo is for you The one simple trick to know if your food is Paleo-friendly Easy Paleo recipes for beginners to get you started I identify as a: Woman Man If you are interested in learning more about the diet, and want to learn how to successfully implement it, we got you covered! Oh, and it can help you lose weight, build muscle, and get in the best shape of your life. But if you can actually apply the rules of the Paleo lifestyle, you can get some pretty solid results. Or Staci from Team NF. But you need to do it right. So how does the Paleo Diet work? And yet! The average Homo Sapien back then: The average Homo Sapien now: So what the hell happened? A few thousand years ago, humans discovered farming, the agricultural revolution took off, and we advanced from hunter-gatherers to farmers. We settled down, formed societies, and the human race progressed to what we are today. Which is obviously great for a number of reasons air conditioning! Not getting eaten by wild animals! As paleo guru Robb Wolf puts it, think of a yard football field. The government continues to recommend servings of grains a day, and people continue to get fatter and fatter by the day. WTF is the Paleo Diet? When we over consume grains regularly, our bodies take those grains, which are composed of carbohydrates, and those carbs get turned into sugar in our system. That sugar is then either burned as energy or stored as fat. Gluten is a protein found in things like rye, wheat, and barley. Over time, those who are gluten intolerant can develop a dismal array of medical conditions from consuming gluten: Grains have evolved to keep themselves from being eaten by us. These lectins are not a fan of our gastrointestinal tract, and they prevent the tract from repairing itself from normal wear and tear. This can cause all kinds of damage. The Paleo Diet also almost completely eradicates sugar. So, no grains, no sugar, no processed foods. Which will lead to weight loss over time! The reason Paleo works for some people: Which means it needs to get its energy from somewhere – how about the fat stores you already have? This is the goal with weight loss. Which means! decreased fat storage and decreased body fat percentage and increased good-lookingness. So, all carbs are bad? But your body does process them differently than other food sources. The challenge is that carbs tend to be calorically dense lots of calories without being satiating meaning you tend to eat way more than you intended. I prefer to get my carbs from vegetables, sweet potatoes, and fruit. We do recommend keeping your carb content low – loading up on buckets of fruit is technically Paleo, but can result in a ton of carbs and sugar consumed and thus, fat gain. Knowing what to eat is part of it, but following this fairly restrictive lifestyle in a modern environment surrounded by cookies and candy and bagels and pasta is really difficult! Does this sound like you? In fact, people like you are the reason we created our 1-on-1 Online Coaching Program! We work with busy people like you to structure a complete life overhaul: Because no other animal in the entire kingdom drinks milk beyond infancy. There is evidence that some adaptation to dairy has taken place throughout the years, specifically with people with ancestry in herding cultures, but this is not the majority of the population [5]. So, this is one that Paleo purists will avoid like the plague, while others have found that consuming dairy in its various forms work for their genetics, goals, and lifestyle. So no grains, no dairy: Grain causes the same problem in animals as they do in humans. Higher in calories and carbs, so these are good for right after a workout to replenish your glycogen levels. Do the best you can with your situation! Steak with asparagus and sweet potato fries, grilled chicken salad, massive omelets that will fill you up for the whole morning, apples dipped in almond butter my favorite snack ever , and so on. Pick any of the things from that list, and eat as much as you want of them with the noted exceptions. A GIANT plate of vegetables and a reasonable portion of meat can keep you full for hours, while eating carb-heavy foods can

result in being hungry again soon after. Because bread is amazing. And so is candy. These things are designed to be as delicious as possible. Consider the Mediterranean Diet which still includes portions of things like pasta or bread note: Your body has to adjust from fueling itself on carbs and sugar to burning your stored fat for energy, which can take a few weeks. How much should I eat of each nutrient? Always start with a good protein source with each meal eggs, steak, chicken, fish, pork along with some vegetables. Going from a processed, high sodium diet to a paleo diet you will very often end up eating too little sodium, which is an essential nutrient. As stated above, fruit does have quite a bit of sugar in it, and nuts have quite a few calories, so if you are following the Paleo Diet but not losing weight, check your fruit and nut consumption and see if you are loading up on those at the expense of vegetables and healthy protein. I thought fat made you fat? Yupâ€¦cut out the fat, increase the carbsâ€¦. Why has fat been vilified? As he discusses in article he wrote for the New York Times a decade ago [6]: These researchers point out that there are plenty of reasons to suggest that the low-fat-is-good-health hypothesis has now effectively failed the test of time. Type 2 diabetes, the most common form of the disease, also rose significantly through this period. They say that low-fat weight-loss diets have proved in clinical trials and real life to be dismal failures, and that on top of it all, the percentage of fat in the American diet has been decreasing for two decades. Our cholesterol levels have been declining, and we have been smoking less, and yet the incidence of heart disease has not declined as would be expected. Now, when a company makes a low fat food, they remove the fat and have to replace the flavor with something. Which gets stored as fat in our bodies. So, fat is not the enemy. According to Taubes and Paleo folks, it has been vilified and the real focus should have been on sugar and carbs all along. Do I need to eat every 3 hours? This type of eating is generally referred to as Intermittent Fasting. What are the criticisms of this diet? But as we know, with a little research, we can make eating healthy incredibly affordable. Admittedly, while I recommend eating organic fruits and veggies, free range chicken, and grass-fed beef whenever possible, these products can be a bit more expensive in conventional stores due to the processes needed to get them there. Most people simply compare the cost of a paleo meal with ramen noodles or pasta and bread and determine Paleo is prohibitively expensive. A normal breakfast in the US consists of bagels, muffins, toast, cereal, or donuts. I respectfully disagree with that nutritional philosophy and strongly disagree with the conclusions drawn from that book [7] , and will leave you to make your own conclusions based on your own self-experimentation. Next, this is not an all meat diet or uber-low carb diet like Keto or Atkins. The biggest component of the Paleo Diet? Every meal in a true Paleo diet has a moderate amount of healthy properly raised chicken, grass-fed beef, hormone free, etc. Instead, the goal here should be to rethink your relationship with food and develop a strategy that you can live with permanently. This makes sense after all: Heres how to start liking veggies. We know this all too well, and we have helped thousands of people slowwwly transition their diet over a long period of time to make change less scary, more permanent, and thus make the weight loss permanent too! Take 30 days and give it a shot â€” cut out the grains and dairy, start eating more vegetables and fruits, eat more humanely raised and non-grain fed meat, cut out the liquid calories and sugar, and see how you feel after the month is up. Take a picture of yourself now, and then another 30 days from now. What does Steve think about the diet? I love mental models that help us make sense of the world, and I think for SOME people, the Paleo Diet will really help them cut down on overeating. Do whatever makes you happy and fits in your schedule. I like this kind of stress-free eating. I know people that have lost incredible amounts of weight and changed their lives within a matter of months. Regardless of how you feel about grains, we can all agree that eating more natural foods and less processed foods is better for you.

Chapter 6 : -- Paleo Beginners Guide Review Is It a SCAM or Not? ðŸ”Ÿ

The Paleo craze has its roots in a study by S. Boyd Eaton, M.D., titled "Paleolithic Nutrition," published in the New England Journal of Medicine, and was further popularized by.

The Paleo diet has been reported to eliminate bloating, clear up acne, eradicate seasonal allergies, free you from migraines, and even help you shed a few pounds. While none of this is guaranteed, cleaning up your diet and focusing on whole, fresh foods is definitely a good idea. The basic guidelinesâ€”skip grains both refined and whole, legumes, packaged snacks, dairy, and sugar in favor of vegetables, fruit, meat, seafood, eggs, nuts, seeds, fats, and oilsâ€”seem easy, but to successfully go cavewoman takes some savvy. Follow these 11 rules to get started. Doing it all at once has an advantage. But if you prefer to baby-step your way, that works too. Either way, be sure to restock your kitchen with whole foods so you have plenty to eat. Pinpoint Your Motivation Many people turn to Paleo in an attempt to help with medical issues, such as GI problems, autoimmune conditions, and allergies. Your reason will help determine the guidelines you follow and what you want to be meticulous about, Sanfilippo says. And be strict about your personal rules for the first 30 days, Stephenson recommends. Pay attention to how you feel after reintroducing things into your diet, Sanfilippo says. Become a Label Decoder You know to skip doughnuts, cookies, and crackers, but some foods are surprisingly not Paleo: So be sure to read the ingredients list closely when buying anything in a package. When you change to Paleo, stop holding a place for grains: A balanced plate consists of a palm-sized portion of protein, a dollop of fat, and veggies, veggies fill the rest of your plate with them. Some experts also recommend butter from grass-fed cows, but many restrict dairy of any kind. The choice is yours. For cold applications, use olive oil, avocado oil, and walnut oil. So say goodbye to processed meats such as bologna, salami, and hot dogs. Wild meats like bison, elk, and boar are the ideal choice, followed by pasture-fed meats and poultry, and lean grain-fed meat should be your last pick. For seafood, opt for wild-caught as often as possible, and sustainable, low-mercury choices are best. If you love to have a treat after dinner, swap the cookies or fro-yo for a piece of fresh fruit. For major sugar cravings, Sanfilippo says a Paleo secret is a little bit of dried mango. With time, your taste buds will adjustâ€”and that Oreo you loved so much before might become too sweet now, Sanfilippo adds. Eat Out with Ease A business dinner or brunch with your best friend is still doable on the Paleo diet. All it takes is a little ingredient sleuthing, Stephenson says. First look at the menu ahead of time and pick one or two options that you can Paleo-ize. That might be wild salmon with broccoli. Request double the veggies in place of the rice pilaf.

Chapter 7 : The Beginner's Guide to the Paleo Diet – Update | Warrior Fit Boot Camp Fitness Fun!

The Effective Paleo Diet for Beginners: Easy Recipes for Healthy Eating to Lose Weight Fast (paleo beginners guide, weight loss products, weight loss for beginners).

What is the Paleo Diet? Close your eyes and imagine yourself back in caveman days, the days before modern technology, modern tools, and even simple inventions like the wheel. What do you see in your mind? Probably a lot of hairy men and women walking around with clubs. The men hunt for the food, and the women collect whatever they can find growing on trees, bushes, and in the ground. That is the essence of the Paleo Diet: Get rid of everything processed, cultivated, or pre-packaged foods. Why the Paleo Diet? The modern human body is very different from the bodies of early cavemen. Our bodies have evolved over millennia as our world has changed. But a lot of the foods we eat now were nowhere in sight in the days of the cavemen. For example, grains like wheat and rice are modern, as the cavemen had no system of agriculture. The purpose of the Paleo Diet: The foods consumed are only those found in nature—meat, seeds, nuts, and raw foods.

Pros and Cons of Paleo Diet There are a lot of great things about the Paleo Diet, but there are quite a few drawbacks as well.

Pros

- Weight Loss** A carb-heavy diet is one that can lead to serious weight gain—which is why so many Americans are overweight and obese. The more fat you consume, the easier it is for your body to burn fat. This includes both dietary fat and the fat stored around your body.
- Reduced Health Problems** Health problems often stem from our diet, and the modern diet almost always leads to nutritional imbalances. This will lead to a healthier diet, ergo a healthier you with fewer problems!
- Fewer Allergies** Millions of people suffer from gluten sensitivity, lactose intolerance, and allergic reactions to grains, sugars, and other processed foods. By removing these foods from your diet, you remove the allergenic foods that cause the reactions. Essentially, you get all of the important vitamins and minerals you need to stay healthy. All of the artificial, refined, and processed foods you currently eat actually sap your energy, so cutting them out will give you a lot more stamina and more available calories for your body to burn.
- Expensive** Most of the food items you will buy will be fairly expensive. Even fruits and vegetables can be expensive, and you eat A LOT of them. Prepare for some serious spending!
- Takes Adjusting** When you start on the Paleo Diet, you change the way your body produces energy. It is currently accustomed to burning carbs for energy, but it will require some adjusting in order to become efficient at turning fat into energy. Prepare for some low-energy days.
- Not Vegetarian-friendly** The diet is very oriented around protein, so vegetarians will find it very hard to follow the Paleo Diet. The diet excludes all legumes, so the Paleo Diet lacks non-animal protein sources.
- Lacking Carbs** Athletes need anywhere from 3 to 6 grams of carbs per day in order to keep up with their training, but the Paleo Diet cuts out most carbs. As with any diet, there is plenty of good balanced out by the bad.

Allowed on the Paleo Diet Food List: Lean meats –beef, venison, veal, lamb, bison, chicken, turkey, and more. Buy them raw, and toast them yourself if you want to. Vegetables –the greener and crunchier, the better! Grains Dairy, excluding grass-fed butter and natural yoghurt Flour and anything made with flour Legumes.

Chapter 8 : A Beginners Guide To The Caveman Diet | Ultimate Paleo Guide

This beginner's guide is a proven program that has helped over , people lose fat. It features an easy to follow quick overview of the DO's and DO NOT's of starting the Paleo Diet Plan. Paleo Diet Plan 8 Week Meal Plan.

Dairy Dairy is a controversial topic in the Paleo community. Some types of dairy, like raw and fermented, are much better for you than others. For more on the Dairy debate, check out this post from our blog. Soy Although mainstream nutrition claims that soy is basically a superfood, it does not fit into the Paleo paradigm. Not only do they contain the anti-nutrients that other legumes contain, like lectins and phytic acid, but are also frequently genetically modified. GMO soy has been linked to health problems like allergies, birth defects, and fertility issues. Beyond that, soy can also disrupt hormone levels and thyroid function. This is all to say that we do NOT recommend including soy in your diet. You can learn more about our take on soy here. Our bodies are not designed to digest Gluten, and because of this, it can cause various issues like inflammation, leaky gut, brain fog, and more. Learn more about gluten here. Legumes Legumes are a category of food that includes foods such as lentils, peas, chickpeas, peanuts, and soybeans. On a strictly Paleo diet, legumes are to be avoided – just like dairy and grains. Learn more about legumes here. Anti-Nutrients Anti-Nutrients are natural or synthetic compounds that interfere with the absorption of nutrients. Learn more about anti-nutrients here. You can maintain proper health while consuming a few drinks a week socially; however, alcohol has many downsides, especially if you have the specific goal of losing weight. Check out this podcast for more on Alcohol as it relates to weight loss. However, the flip side of coffee is that it also increases your level of cortisol the stress hormone and puts stress on your adrenal glands. More on coffee here. This type of dark chocolate is high in Iron, Magnesium, Copper, Manganese, Potassium, and Zinc, along with tons of antioxidants. This type of chocolate can help improve brain function, lower blood pressure, lower the risk of stroke, and a lot more. Learn more about the benefits of dark chocolate here. Salt Salt – the right kind of salt – is good for you, and an essential nutrient. We recommend you choose sea salts or Himalayan pink salts, which naturally contain greater concentrations of essential trace minerals. More on salt – and how much to include in your diet – here. Sugar One of the most overeaten pieces of the American diet, Sugar is a food that is minimized on Paleo. The sugar from fruits is acceptable – you should be weary of your fructose intake. Reducing sugar intake is often a tough transition for those adopting the Paleo diet, as sugar interacts with your brain the same way addictive drugs do. Learn more about sugar addiction here, 6 ways to beat sugar cravings and fructose here. Fat Fats are a main energy source for the body and a vital part of the Paleo Diet. Consuming quality fats daily is critical for brain function, healthy skin and hair, immune function, healthy digestion, body temperature regulation, and aiding in the absorption of fat-soluble vitamins A, D, E, and K. Discover the facts about fat in our 3 part series here , here , and here. Carbohydrates While Paleo tends to lean towards being low-carb, it is not strictly a low-carb diet. Paleo includes many starchy, high-carb foods, including sweet potatoes, squash, and yams. Some argue that eating even these Paleo-friendly foods can be harmful by increasing your insulin resistance, while others advocate eating a moderate amount of starches to boost your mood, physical performance, and energy levels. We think that carbs definitely have a place in a Paleo diet – with the amount depending on your activity level – you can find out the full story on starches here. And learn more about how to manipulate your carb intake for fat loss here. Protein Protein is like a secret weapon when it comes to weight loss and another vital element of the Paleo Diet. Protein reduces your appetite and hunger levels, helps increase muscle mass, improve bone health, reduce cravings, lower blood pressure, and it speeds up your metabolism, making your body a more efficient weight-loss machine. Figure out what your ideal protein intake should be here. Cholesterol Cholesterol, along with Saturated Fat, has been one of the most demonized parts of the American diet – being held responsible for heart disease, cancer, and other health problems. However, it has been found that cholesterol is actually good for you – and should be included in your diet. To see the top 5 myths of cholesterol dispelled, click here. And be wary of eating too many! A handful is usually plenty for one serving. Check out our list of the best and worst nuts here. Food Additives Food additives are everywhere. The FDA has a list of over 3, food additives that are used in

american foods. Check out our Definitive Guide to Food Additives here. You might think so, but as it turns out, there are a ton of delicious Paleo recipes out there! Is Paleo another fad diet? Fad diets often are focused solely on extreme results in a short amount of time. And although Paleo can lead to quick weight loss, Paleo is more of a lifestyle adjustment involving permanently changing our eating habits with the goal of improving our overall health. You can find our solutions to handle that kind of social pressure here. Understand that this is a lifelong choice to remove foods that the human body is not meant to eat. Feeling and looking better than ever before. You may encounter social and family pressure to not change the way you eat. But you CAN do it, and the results from changing your diet will make any challenges you face worth it. What should I expect on Paleo? Your first 48 hours on Paleo – Our quick guide to the immediate transition into Paleo – and how to overcome any initial challenges. For our more information on Paleo Substitutions, check out these posts: Your Guide To Paleo Substitutes.

Chapter 9 : The Total Beginner's™ Guide to Paleo and Fat | Paleo Leap

Quick Start Guide Start to lose weight, improve your health, and avoid diseases right away with the *Paleo Diet Basics*.
Daily Meal Plans Your total plan for every meal, including daily tips and foolproof plan-ahead instructions.

Paleo, short for paleolithic, is an aggregate term describing a collection of dietary and fitness guidelines that are developed based on theories of human evolution. A Paleo diet, being relatively low in carbohydrates, is in some regards similar to the Atkins Diet or the South Beach Diet. Different people have developed somewhat different versions of Paleo over time. Principles of Paleo Diets Even though there are many variations on the Paleo theme, at a high level all Paleo diets agree on a few key principles: In practice, this translates into the following: Avoid sugar, high fructose corn syrup, and refined seed and vegetable oils as these are not available in nature, and only become available after heavy industrial processing. Avoid grains particularly wheat , legumes particularly soy , and starchy tubers such as potatoes as these foods cannot be eaten raw. Prefer grass-fed and grass-finished beef over grain-fed beef. Prefer pasture-raised poultry over conventionally raised poultry. Natural fats like butter , coconut oil , lard , and tallow are generally considered neutral but superior to refined seed and vegetable oils. Different variations of Paleo diets have differing philosophies on topics like saturated fat and dairy products. Each individual is recommended to study the respective dietary guidelines and see which one works best for him or her. Note that Paleo diets do not prescribe that all foods be eaten raw. Foods that cannot be eaten raw should be avoided, but remaining foods may be eaten either cooked or raw. Benefits of Paleo Diets The adherents of Paleo diets have reported the following improvements in their health markers: Reduction of body fat percentage and increase in muscle mass with no change in exercise. Reduction of fasting blood glucose levels, in some cases allowing for the elimination of diabetes medication. Reduction in triglyceride levels and increase in HDL levels, in some cases allowing for the elimination of cholesterol medication. Reduction in blood pressure, in some cases allowing for the elimination of blood pressure medication. These health markers are the key predictors of chronic diseases such as metabolic syndrome, diabetes, and coronary heart disease. This is why it is important for us to share the Paleo wisdom with the public, and help combat the chronic disease epidemic that is sweeping the industrialized world today. Next Steps Thinking of trying out the Paleo lifestyle? Come back in 6 months and see if your PaleoQ score has improved. Paleo for Life wishes you the best of health!