

# *The Paleo Diet*



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## **Disclaimer**

The information in this publication is for informational purposes only; it is not intended as medical advice. Diabetes is a serious disease. You should always seek professional advice from a medical expert for diabetes or any medical problems you are experiencing.

## **What Is the Paleo Diet?**

The paleo diet, also popularly known as the caveman diet is a dietary plan roughly based on what our ancestors consumed during the Palaeolithic era.

The current day diet is not an exact replication of their diet. Just a concept of what their diet would have been like in basically healthy, wholesome food that is not full of additives, preservatives and other harmful substances so often found in our current diet.

The diet itself is simple. There is a list of foods you can eat and a list of foods that you can't eat. The simplicity stops there. The difficulty arises when one has to strictly adhere to the foods that you can eat.

Most of us grew up on cereal, bread, milk, chocolates, burgers, ice-creams, etc. Foods that we have grown to love. In fact, we love these foods so much that obesity has reached epidemic proportions.

While most normal diets give you a list of foods that are not good for you, the paleo diet goes one step higher and just strikes off ingredients. For example, a normal diet will state that you should not eat doughnuts. The paleo diet states that you will not consume sugar.

With this one condition, it has just eliminated a huge chunk of foods. Grains are also not allowed.

Really? Yup. That means that bread, pizzas, burgers, etc. are out too. So, are processed meats such as hot dogs, salami, etc.

You are only expected to eat grass fed meats, fish, poultry, fruit, non-starchy vegetables such as broccoli, cauliflower, carrots, lettuce, spinach, etc. Eggs and vegetable oils such as olive oil, coconut oil, macadamia oil, etc. are allowed as fats. You can only consume these foods.

There are a few other foods you can consume while on the paleo diet. It would be best to get a paleo cookbook and learn what you can eat and how to transform these foods into tasty dishes. Paleo dishes can be tasty too.

Just because the diet is restrictive does not mean that it has to be boring. In fact, it is highly advisable that you have as many paleo recipes as possible at your fingertips. Since you have sacrificed so many foods that you considered delicious, your body will be craving these forbidden foods. Tasty paleo dishes will ease the mental torture.

Once you have gotten used to the diet, naturally your cravings will slowly decrease till there are none left. In fact, even the smell of junk food may turn you off in the future. Your body will be used to healthy food and will be repulsed by food that is not good for it.

You will be leaner, healthier and feel much better. These are the priceless benefits of the paleo diet and worth all the sacrifice. It would be great to incorporate an exercise program into your daily schedule so that you reap the full benefits of a healthy lifestyle. Then, you will truly be fit and fabulous.

## **What to Eat On The Paleo Diet**

People assume the Paleo Diet is complicated is difficult to follow. It is actually quite simple.

56–65% of your calories should come from animals

36–45% from plant-based foods.

Keep proteins high at 19-35%

Carbohydrates at 22-40% and fat at 28-58%.

Eating a Paleo Diet is more about experimenting than limitations. Mother Nature provides a large variety of delicious foods to explore. Instead of settling for a box of processed macaroni and cheese, feast on a meal that excites your taste buds and your energy level. Here is a small list of the many foods to incorporate into your diet.

# Grocery Guide

## PROTEINS

Meat	Game	Poultry	Fish	Shellfish	Eggs
Beef	Pheasant	Goose	Tuna	Lobster	Chicken eggs
Veal	Deer	Chicken	Salmon	Shrimp	Goose eggs
Pork	Duck	Turkey	Trout	Scallops	Duck eggs
Lamb	Wild Turkey	Quail	Halibut	Crab	Quail eggs
Goat	Rabbit	Duck	Sole	Clams	
Rabbit	Moose		Bass	Mussels	
Sheep	Woodcock		Haddock	Oysters	
Wild Boar	Elk		Turbot		
Bison			Cod		
			Tilapia		
			Walleye		
			Flatfish		
			Grouper		
			Mackerel		
			Herring		
			Anchovy		

## VEGETABLES

Standards	Green Leafy	Squash	Root	Mushrooms
Cauliflower	Collard Greens	Butternut	Turnips	Oyster
Broccoli	Lettuce	Spaghetti	Carrots	Button
Celery	Spinach	Acorn	Beets	Portabella
Bell Peppers	Watercress	Pumpkin	Parsnips	Chanterelle
Onions	Beet Top	Zucchini	Artichokes	Porcini
Leeks	Dandelion	Yellow Summer	Rutabaga	Shiitake
Green Onions	Swiss Chard	Buttercup	Sweet Potatoes	Crimini
Eggplant	Mustard Greens	Crookneck	Radish	Morel
Brussels Sprout	Kale		Yams	
Artichokes	Turnip Greens		Cassava	
Asparagus	Seaweed			
Cucumber	Endive			
Cabbage	Arugula			
Okra				
Avocados				

## SUPPORTING PLAYERS

Fats	Fruits	Nuts & Seeds	Flavor Enhancers	Fresh & Dry Herbs
Olive Oil	Apples	Brazil Nuts	Cayenne Pepper	Parsley
Avocado	Oranges	Pistachios	Chilies	Thyme
Coconut Oil	Bananas	Sunflower Seeds	Ginger	Lavender
Clarified Butter	Strawberry	Pumpkin Seeds	Onions	Mint
Lard	Cranberry	Sesame Seeds	Garlic	Rosemary
Tallow	Grapefruit	Pecans	Black Pepper	Chives
Veal Fat	Peaches	Walnuts	Hot Peppers	Tarragon
Duck Fat	Pears	Macadamia Nuts	Star Anise	Oregano
Coconut Flesh	Nectarines	Pine Nuts	Mustard Seeds	Dill
Nut Oils	Plums	Chestnuts	Fennel Seeds	Bay Leaves
Nut Butter	Pomegranates	Cashews	Cumin	Sage
Lamb Fat	Pineapple	Hazelnuts	Turmeric	Coriander
	Grapes	Almonds	Cinnamon	
	Papaya		Paprika	
	Cantaloupe		Nutmeg	
	Kiwi		Cloves	
	Lychee		Vanilla	



## **Foods to Eliminate**

The main foods to eliminate are processed foods, the largest source of toxicity and malnutrition. Processed foods are the easiest items to eat these days, and we eat entirely too much.

Grains that form the base of sandwich breads, cereals and pasta have no place in the Paleo Diet.

Also, the processed fats and vegetable seed oils are also counterproductive to our health. Legumes, especially soy, and vegetable seed oils should be banished from your diet.

There are no refined sugars little dairy and absolutely no processed foods in the Paleo plan.