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# INTRODUCTION

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Anyone who takes a sustained look at the obesity numbers in the present global population will notice that they are rising fast. Despite the advancement in technology, healthcare and education, people are still making mistakes in how they eat. The current state of obesity in the world in 2013 calls for a return to the paleo diet, the right way to cope with evolution. The present obesity debacle arises from the fact that people are taking up a lifestyle that is not optimal for their existence on earth and these behaviours leave the body with too many extra calories than it requires.

The paleo diet derives its philosophy from the fact that people who inhabited the earth more than 10,000 years ago did not eat any processed food yet they were healthy and not obese. They did not experience modern-day diseases like arthritis, cardiovascular complications and cancers. So based on this fact, anyone wishing to enjoy a healthy paleo diet and regain their health should simply ask themselves whether a caveman would eat what the

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person is about to eat. If the answer is yes, then it is a go-ahead for eating that particular food but if it's no, then it would be a hint to stop taking the kind of food.

In 2005, the paleo diet went mainstream after famous people started asking their followers to embrace it. Since then various authoritative materials such as books and articles have been published to explain its benefits to health and fitness.

In the past, human bodies were wired to cushion themselves against any form of food scarcity. That was the beginning of the attraction to fatty foods and other high calorie yielding foods. The present problem is that, technology and large-scale farming brought about by the agrarian revolution has made it possible to create excess food. People nowadays eat because it feels convenient to eat and not because they need the extra calories, in the foods that they take.

The problem with most of the modern diet is that it lacks a balanced supply of both macro and micronutrients.

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When your body is experiencing a deficiency in a particular nutrient, it will initiate a hunger stimulus in your brain that will cause you to eat more. Unfortunately, if you do not go on to eat the right kind of food that produces the desired nutrient, you will end up with excess and still lack what you need. Thus it is a major cause of obesity.

Now many modern fitness diet advocates call for a calorie limitation as a weight loss measure. This is beneficial only to a point. Remember that, without the right supply of all micro nutrients, your body will still cause hunger stimulus that causes you to break your fitness diet and eat in excess.

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You can succeed at a health fitness diet without the urges to binge eat by taking up the paleo diet. It includes unprocessed meats, fresh fruits and vegetables as well as nuts. This combination has a lot of fibre that leaves you filled without giving you excess calories. The paleo diet is low on refined sugars and oils. The elimination of these two main ingredients that lead to obesity creates a calorie deficit and a nutrient surplus that leads to successful

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weight loss. Indeed, the time to take up the paleo diet is now. Journey with us as we embark on living life the paleo way

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## CHAPTER 1- WHAT IS THIS THING THE PALEO DIET?

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Currently a lot of people are talking about the paleo diet; some people also refer to it as the caveman diet. Well this may be true due to the fact that it originated from our ancient ancestors.

Humans have changed drastically in times of technology, culture and diet. On this particular discussion, our interest is on diet. After the Neolithic period, humans started practicing agriculture hence a variety of ingredients become available for consumption changing our diet immensely.

Paleo eaters argue that as much as our environment has changed, our bodies have not had any change compared

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to our ancestors with our genes having changed by a mere 0.001% therefore our diets should not change as well. Modern foods have been associated with a lot of medical conditions such as cancer due to the ingredients they contain while they may be tasty and appealing, natural foods are healthier.

This brings us to the popular question, what exactly is the paleo diet?



This is a low sugar; high protein and low sodium diet that is meant to provide optimum health by following in our ancestors footsteps that lived in the Paleolithic age. The basic principle about this diet is optimum health but is also a good alternative if your aim is to lose weight.

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A lot of evidence has been found to prove that our ancestors had the finest health and this is attributed to their diet. Different people may have various definitions to answer this question but there are similarities in all these definitions i.e. minimally processed, locally available, in-season foods. A good way to also define this diet is by saying what it is not i.e. paleo diet is not any industrial refined oil, sugar, dairy, alcohol etc.

Pastured, free-range chicken, grass-fed beef and anything organic are the most preferred foods for a paleo dieter. In terms of proteins, seafood/fish, poultry, lean meats, wild game are favored because they contain less saturated fats unlike processed meats.

When it comes to nuts or seeds, the ones with the most concentration of omega-3 i.e. walnuts, macadamia, almonds and cashews are the best. Fruits with low glycemic index e.g. tomatoes, melons, onions and broccoli are favored unlike modern fruits to be large and look good. Herbs and spices are recommended regardless of whether they have been processed since they are organic anyways i.e. vinegar.

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Fast foods or foods in flashy wrappers are attractive, sweet and tempting; I bet you always salivate when you walk past a fast food café. The smell of fries, burgers and a drink of cold soda, well it is completely normal to feel that way (almost everyone feels that) but after trying Paleo for about 6 months, you would be surprised that a diet soda tastes very different than what you used to know, you can literally taste all the chemicals in it.

The paleo diet is growing daily as more people are getting concerned with what they eat, we are looking for ways to prevent or lose weight. By recreating our early human diet, we are getting in touch with the ancient taste while reaping all the benefits that come with it. I believe this has answered the question, what exactly is the paleo diet and a couple of the foods recommended

## CHAPTER 2 – THE REVITALIZATION OF THE PALEO DIET

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As we have discussed, the paleo diet is based on ancient diet of man which included animals and wild plants that

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were consumed 2.5 million years ago during the Paleolithic era.

It is preservative and gluten free. It is commonly centered on foods like eggs, fish, grass fed pasture raised meats, vegetables, potatoes, roots, fungi, fruits, nuts, potatoes, dairy products, grains, refined salt, refined sugar, legumes and processed oils. But let's now retrace the steps and cover how this diet came back from extinction and learn the history of it

The history of the paleo diet can be traced back to 1975 when Walter L. Voegtlin a gastroenterologist published a book that highlighted the modern version of the diet. He arrived at his revelations after studying eating habits of the Paleolithic age while looking for a cure for Crohn's disease, colitis and irritable bowel syndrome. Diet from early man seemed to have adverse effects on the conditions where patients improved quickly without any side effects.

His version on the diet was based on the fact that there has not been much human genetic change since the Paleolithic era. He was more interested in the carnivorous history of man. He confirmed that humans are supposed

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to primarily feed on fats, proteins with little carbohydrates.



A decade later Professor Melvin Konner an anthropologist took the concepts to the scientific community with the assistance of an associate called Boyd Eaton. They did this by publishing a paper on the concepts in the New England Journal of Medicine. Professionals in the medical field started discussing the diet which is a very important stage of the history of the paleo diet. A high percentage was convinced about the advantages of the diet.

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Three years down the line Eaton, Konner and Marjorie Shostak published a book on the diet. The book was however written with a twist. Instead of focusing on the foods that should not be included in the diet, they talked about the importance of eating same portion of carbohydrates, fats and proteins similar to the Paleolithic era diet.

Their version had some foods that were not allowed by Voegtlin. Their diet allowed permitted agricultural foods like whole grain bread, brown rice, potatoes and dairy products like skimmed milk that were not featured on the original diet. They work on the rationale that the nutrient proportion and not food choice was what made the Paleolithic diet healthy.

Momentum for the diet continued to grow even in the 1990s as more nutritionists and medical professionals began to back the theory. More doctors started recommending it to their patients as part of a healthy eating plan for the sick patients and even the ones who were well. Most of them relied on the original concept where the diet consisted of the foods present before the introduction of agriculture.

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As the years went by more people were drawn to the diet. Although it was hotly debated, it was still accepted in various circles. Today there are very many books and websites written on the diet as more and more people embrace it. At this point, it does not show any signs of dying away.

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## CHAPTER 3: IS IT ALL IT'S CRACKED UP TO BE?

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The Paleo diet has become more popular due to all of the health benefits of it. If you are thinking about going on this diet yourself, there are a lot of reasons to seriously consider it. This can become a way of life that can make you healthy and really change your outlook on food!



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## Benefits of Going Paleo

### **Weight Loss**

Losing weight is hard for most people because they are either going on crazy diets or they are simply eating foods that aren't good for them. The Paleo diet can help you lose weight because the foods you will be eating are healthy and good for you! These can help you cut out fats and calories that you just don't need. This will result in weight loss that doesn't come from you starving or having to give up eating foods you enjoy. Most people continuously lose weight while on this diet because it's so healthy and easy to stick with.

### **Energy**

Have you ever felt really tired and lethargic after eating a big meal full of carbohydrates and fats? Fast foods and unhealthy meals can make you feel terrible because they don't have anything good for you inside of them. By changing the foods you eat to those that are healthy, you will have more energy overall and feel great each day!

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Getting the proper vitamins and nutrients in your diet can make a huge difference with the way you feel and really help you get extra energy you have been lacking.

## **Nutrition**

When eating a diet of junk food, candy, sugar, carbs and other bad foods it's difficult to get the proper vitamins and nutrients that are essential for a healthy body. When you switch to the Paleo way of life you will easily be able to get the nutrients that you need. All of the foods you eat will be packed full of things like fibre, vitamin a, vitamin c and other nutrients that are great for your body. When you have better nutrition in your life you will feel better and look better!

## **Allergies**

The junk foods that people eat today are packed full of toxic ingredients that can easily hurt the body. For example, gluten intolerance is one of the biggest problems most people have today. The Paleo diet will make it possible to eat good food without having to worry about food allergens. Of course you should pay attention to what you eat if you are sensitive to certain things, but

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you won't have to deal with any chemicals or hidden toxins.

## **Recipes**

There are a lot of different recipes you can make for the Paleo diet. These are easy to find and they taste great as well. These can help you find new foods that you enjoy eating and that are really good for you. When you aren't starving yourself or feeling deprived it will be easy to eat healthy and change the way you eat on a daily basis.

All of these benefits are worth considering if you want to change your eating habits and your health. The Paleo way of life is easy to adopt and can make you feel great from day one.

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# CHAPTER 4 – PREPARATION FOR YOUR PALEO DIET

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The Paleo diet is quite simple to follow since it doesn't involve counting calories or other restrictions. It focuses on eating natural and fresh foods just like the hunters and gatherers did. As long as you are eating fresh sea food, lean meat, nuts, fruits and vegetables as provided in this diet then you can take as much as you wish without counting carbohydrates, fats and calories.

Before you embark on the Paleo diet you must have an inquiring and open mind. You have to sit down and decide when to start and what to eat in the first week. Primarily, if you choose to begin with a full on diet then you will experience an adjustment period. This period will most likely involve some mental, emotional and physical withdrawal symptoms as you begin changing your usual eating habits.

Because of the adjustment phase, it is advisable to start the diet when your life is relatively calm and without stressful situations. Some people can experience a slight headache while others show symptoms of flu for just a few days. The adjustment period can last for a week or two. During this phase, there is a feeling of fatigue, dizziness and a powerful craving for some delicious carbohydrate foods.

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## **How to manage cravings and symptoms**

One most strange aspect of human psychology is that people crave foods that have no nutritional value for their bodies. This is exactly true for dairy products and grains; therefore people who start the Paleo diet experience an intense craving for such foods. Here are some things to do to make the change of lifestyle a bit easier.

### **Drink a lot of water**



Include garlic and onions in your food. They are rich in sulphur and amino acids. Sulphur is an important component of the detox system.

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Add plenty of turmeric in your food. Turmeric is a strong anti-inflammatory and antioxidant agent.

Cook your meals with coconut oil or olive oil. Oily fish is also very good.

## **Planning your paleo diet**

You must not embark on the diet before planning what foods you are going to take during the first week. Buy the things that are needed in advance to avoid reaching out for some sugary snacks immediately craving starts. It is wise to have adequate supply of snacks like walnuts, almonds, peanuts and fruits. When planning your Paleo diet you have to focus on mealtimes. Here is a sample meal plan.

### **Breakfast**



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- Eggs, mushroom, garlic, onions and steamed spinach
  - Use coconut oil
  - Avocado

### Lunch

- Chicken salad with red onions
- Herb, olive oil and lemon juice dressing
- Pecans, cantaloupe and blackberries

### Snack

- ¼ cup macadamias

### Dinner

- Venison steak
- Ginger cabbage and olive oil
- Steamed summer squash with lemon juice, cinnamon and coconut milk

### Desert

- Shaved almonds

Your first shopping trip ought to include fresh vegetables, lean meat, chicken, fish and some allowed snacks. Buy load of herbs, coconut oil, Epsom salt, olive oil and

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anything that will help you survive the adjustment phase.

### **Taking care of yourself**

It is a great idea to observe your body's reaction to the new diet. There are plenty of nutrients and no fillers in the Paleo diet. Many people experience a detoxification period where their bodies learn how to use fats as the main source of energy instead of carbohydrates.

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## CHAPTER 5 – WHAT TO EAT AND WHAT TO AVOID

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If you would like to adopt the Paleo diet, here is the chapter for you that enumerate what to eat and what to avoid while on the diet plan. Read on.

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## #What to Eat

### \*Vegetables



Vegetables are highly encouraged. However, the consumption of starchy vegetables such as yams, sweet potatoes, potatoes and cassava should be limited or better avoided. Propagators of the Paleo diet are of the opinion that any vegetable that cannot be consumed raw should be eliminated from the diet.

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## \*Fruits



Fruits such as berries, apples and oranges are perfectly fine for the diet but you should consume them in moderation. Equally important, don't consume fruits in their dried version e.g. dried apricots or their dried products. Again, fruits such as grapes and bananas should be avoided as they contain a lot of sugar.

## \*Eggs and Meat

The Paleo diet advocates for the consumption of meat and eggs. However, you should stick to the grass-fed products and avoid meats that contain additives and

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preservatives in the meat you consume. Pork, game, beef, chicken, turkey and fish are the best for this diet. Chicken eggs, quail eggs and any other type of eggs are included in the diet.

\*Seeds and Nuts



All nuts and seeds, save for peanuts, are allowed. Peanuts are exempted because they are legumes. However, if you'd like to lose weight, you should moderate your consumption to about four ounces every day. Coconut and almond flour are also included in this list.

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## \*Oils



Unprocessed oils such as coconut oil, walnut oil, tallow, lard, olive oil and canola oil are highly recommended. Fish oil supplements are also encouraged. However, processed vegetable and hydrogenated oils are heavily discouraged. Furthermore, the existence of processed oils came with agriculture and industrialization.

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## \*Beverages

Drinking a lot of water is highly emphasized in the Paleo diet. Plain tea "without milk" as well as fruit and vegetable juices are also allowed.

## **#Foods to Avoid**

### \*Grains

The entire family of cereal grains should be avoided. This includes wheat, rice, corn, oats and barley. Proponents of the diet put much emphasis on avoiding white flour and rice as they contain refined carbohydrates.

### \*Legumes

As aforementioned, legumes are not included in the Paleo diet plan. This includes all kinds of beans; string beans, kidney beans, black beans, soybeans, lima beans and mung beans. Again, black-eye peas, sugar-nap peas,

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snow peas and peanuts should be avoided.

### \*Dairy Products

Dairy products such as butter, yogurt, skim milk, whole milk, cream, cheese, ice cream and dairy creamer are prohibited.

You should also steer away from alcohol, soft drinks, refined sweeteners and iodized salt. Processed foods should also be eliminated from the diet. It's important to note that the Palaeolithic diet offers a number of benefits including weight loss, increase activity and general body health. Adopt it, stick to it and you'll gradually start to enjoy its benefits.

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## CHAPTER 7 – A DAY IN THE LIFE OF A PALEO DIET

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On any given day a Paleo meal plan may include foods like vegetables, eggs, fresh fruits, nuts, lean meats and seafood. Such a meal provides you with nutrients such as phyto-nutrients, soluble fibre, antioxidants, carbohydrates and monounsaturated fats.

When preparing a Paleo meal, you need to focus on poultry, red meat, fish, eggs, nuts and seeds, vegetables and fruits. A small amount of honey, plant oils and dried fruits can also be included in your meals. Avoid any processed food with artificial ingredients, refined sugars, grains, salt and saturated fats.

Once you have made an effort to reduce your intake of packaged foods and grains, then you are ready to start following a daily Paleo diet. Read on to see a sample daily meal plan on the Paleo diet.

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## **\*Paleo breakfast**

Eating simply is one of the basics of the Paleo diet; simply generally means that you eat less food. For your breakfast you can prepare two scrambled eggs and turkey bacon. This a good and hearty meal that can be combined with Paleo pancakes. You can prepare a Paleo pancake by combining one cup of almond flour, three eggs, ¼ teaspoon of a vanilla extract and ¼ teaspoon of cinnamon. This will give you around 4 to 5 pancakes. You can also try spinach and tomato omelette together with strawberries.

## **\*Paleo lunch**

You can try a protein-style hamburgers or a big salad. Begin with a combination of greens, sliced carrots, sliced avocado, diced red pepper, raw mushrooms sliced, chopped walnuts, diced spring onions, lemon juice and equal amounts of olive oil.

## **\*Paleo Dinner**

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Prepare any combination of eggs, vegetables and meat. A sofrito of the olive oil, onions, garlic and red, orange and green peppers are just sautéed Paleo. You can also try ground beef, tomatoes, sliced potatoes and spices to give a different but great taste sensation.

For a dessert, you can bake some apples slices with cinnamon and walnuts.

### **\*Snacks**

The best snacks to eat early in the afternoon are fresh fruits such as bananas, apples strawberries and blueberries. You can also try guacamole together with raw broccoli plus carrots, peanuts, almonds, cashew, or even a homemade jerky.

All dairy products such as yogurt, milk and cheese are excluded in this diet. Coffee, legumes and alcohol are also not allowed in your daily intake.

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The Paleo diet is simple and only requires you to eat healthy and natural food. This diet has no calorie counting therefore ideal for those who want lose weight. It does not require you to purchase any expensive pre-packaged food, all you need to carefully plan your meals and then prepare them. Other benefits of Paleo diet includes a smoother, healthier skin, increased energy and a deeper and much more restful sleep. Remember to consult with your doctor for more advice.

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## CHAPTER 7 – COMMON MISTAKES TO AVOID ON THE PALEO DIET

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What follows are some of the most common mistakes while on the Paleo diet that people are making every single day and the idea behind informing you of these mistakes is to help stop you from making the exact same ones yourself and undoing all of the good work that you have already put into your diet regime. There is no doubt that this particular diet can have some amazing results

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when it is done correctly, so read on in order to find out more about what you should not do.

First, people will often try to completely eliminate fat from their diet as they believe that it is evil and will result in them putting on weight rather than losing it. The truth of the matter is that you need some of it in your diet as it makes you feel more full and helps to absorb various nutrients and minerals in your food, so include some without going crazy and you will benefit from doing so.

Another mistake is that they try to make everything about the Paleo diet and this will then put undue pressure on their body as we all naturally crave different things as some kind of treat every now and then.

The problem is that so many people go from one extreme to the other when in actual fact you can have that little treat at different times as long as it does not become a mainstay in your diet because the main focus of this type of diet has to be on eating more natural meat and vegetables for the majority of your food with little tit-bits thrown in to keep your interest alive.

People are also guilty of thinking that they can eat as

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many nuts as they like because surely nuts have to be part of the Paleo diet?

In actual fact, you should look at limiting the amount of nuts you eat because they do not actually help you to lose any weight, so if you are having them as a snack, then always make sure that they are small portions rather than a big bag or you will undo the hard work you have already put in to lose some weight.

Finally, people believe that they need to eat less in order to lose weight on this diet because they believe that the idea is that in the Palaeolithic era food was scarce, which then leads to binges rather than controlled meals on a regular basis.

This is the wrong way to do things because you need to eat small meals on a regular basis and make sure that you get enough fats and protein in order to give your body the fuel it needs to actually work. Binging in your diet will only result in your metabolism going haywire and losing weight will become extremely difficult as a result so small meals on a regular basis is undoubtedly the way forward.

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People, therefore, make these common mistakes while on the Paleo diet and you can see that in order to avoid making them it simply involves you taking that little bit more care and fully understanding what the diet involves before you even start it. By taking your time you will not only manage to lose weight, but will also be healthier as well and benefit from it not only now, but in the long-term as well

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## CHAPTER 8: DANG! HOW DO I SHOP FOR FOOD?

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Shopping for food on the Paleo diet doesn't have to be difficult. If you're on a budget then there is a simple plan you can follow to get the healthiest food for your money. First, prioritize animal protein, and then move on to vegetables followed by fruits and lastly fats.

Animal protein is where you want to spend the bulk of your budget. Always go for organic grass-fed or pasteurized meat. Buy it fresh and buy what is available.

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If you can't find organic grass fed lamb but you see organic beef, then buy the beef and change your dinner recipe for that night. If you see organic chicken on special, then buy a bunch of them and eat chicken all week, or freeze some of them.

If your budget is too tight to afford the best quality, then at least try to stick to meat from ruminants (beef, lamb, venison, goat, buffalo etc). These animals feed on their natural diet for at least a portion of their lives. Their meat also has a better ratio of Omega-6 to Omega-3 than meat like pork or chicken.



It's best to buy the leanest cuts and trim the fat from them. Many of the unhealthy things like environmental

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toxins, hormones and antibiotics reside in the fat, so it should be trimmed or drained before consumption.

Always eat non-organic chicken without the skin for the same reasons. It's best to avoid pork altogether if you can't buy organic.

The next source of animal protein is fish. Since this will only last for a day at home, don't overspend here. Buy enough for one meal unless you are planning to freeze it. Wild-caught fish is good but pricey. You can buy less expensive fish that is often just as good like cod or scallops. Look at frozen fish as well; these are often a good substitute to the pricey stuff.

The final source for animal protein is eggs. There is only one rule here; buy organic. They are more expensive than "cage free" eggs but even so, they are still one of your cheapest sources of high quality protein.



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Once you have your animal protein sorted, it's time to look at fruit and vegetables. It is not always best to buy organic. It's better to spend less on fruits and vegetables and more on better quality meat. A little pesticide on your produce is tolerable if it means you get high quality protein from meat, fish and eggs.

As a general rule, always buy in season and buy what's on special. Get your vegetables sorted before you purchase fruit. You can do without fruit if necessary but you need to eat your veggies. Buy dark, leafy vegetables, as they are more nutrient-rich. Stay away from vegetables like lettuce, celery and cucumbers, as they don't have much nutrition. To save money you can also purchase frozen vegetables.

The next stop is fats. Dietary fat can be expensive so don't go crazy on things like nuts and seeds. Coconut products are good, inexpensive source of fats, especially coconut milk. In addition, avocados are a good source of fat and are available all year round. Olives preserved in salt and water is also a good choice. These are the staples for fats so go for them first. If you still have some room in your budget, you can buy nuts and seeds last.

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When your budget allows, you can go for higher priced items like cold-pressed extra-virgin olive oil, unrefined coconut oil and organic pastured butter. These are all good sources of fat and they can last for months.

The last thing you may want to consider is stocking up on herbs and spices. They can be expensive but, adding a little to your spice rack each week will make eating chicken five nights a week much more interesting.

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## CONCLUSION – START TODAY

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As we conclude this guide we must remember that the Paleo diet is a consumption plan designed to replicate the nutritional habits of humans' hunter-gatherer ancestors. It is based on the principle that human beings might attain better health and optimal weight by avoiding diets high in carbohydrates and sugar and instead eating a lot of lean meats, fish, fruits and vegetables. Below are 6 tips to help you start the Paleo diet today:

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## **1. Awareness**

You get a pretty excellent idea of what the Paleo diet is all about by researching on the internet, books, journals or joining Paleo groups in the different social networking sites such as Facebook, twitter and meetuip.com. You should know which foods the Paleo diet avoids also.

Advocates of the Paleo diet believe that there is a direct association between the increasing prevalence of several chronic diseases, like obesity, diabetes as well as heart disease, with the increasing intake of carbohydrates and sugar. Advocates recommend eating a diet like that of our hunter-gatherer ancestors where foods like sugar, bread, pasta, cereals, dairy products, trans fats and fatty meats were not available as the only way to attain better health.

Moreover, advocates recommend us to keep away from starchy vegetables like corn and potatoes, legumes, peanuts, beans, and every type of fruit juices and sodas.

## **2. Identify the best Paleo diet foods**

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A Paleo diet is rich in protein, a nutrient which enhances satiety and increases weight loss better compared to processed carbohydrates. The best Paleo diet foods should incorporate chicken, fish, shellfish, avocados, eggs, nuts, berries, turnips and carrots.

### **3. Include Paleo diet in your everyday plan**

Arrange how you'll include the Paleo diet in your everyday plan. Foods high in carbohydrate, whole grains foods are easily accessible in fast-food cafe and vending machines, however Paleo diet foods are difficult to get. Less Paleo foods are kept in a pantry. Get into the pantry and remove all processed food, such as rice, beans, bread, sugar, cereals, pasta, candy, sodas, cake mixes and potato chips that is kept there. Donate unopened and usable products to local food pantry or either throws it all away or feasts on it for some days to eliminate it. An effective start of the Paleo diet implies scheduling the foods you'll take for breakfast, lunch as well as dinner. In this way, you'll not be prone to reaching for processed foods once hungry.

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#### **4. Get ready for the effects of radically reducing carbohydrates intake**

People taking a diet rich in carbohydrates might experience a range of consequences when commencing a Paleo diet. It can result to dizziness, tiredness and constipation. Moreover, a Paleo diet might stimulate ketosis, a condition which leads to rapid breakdown of body fat. This might be particularly risky for expectant women and individuals suffering from diabetes.

#### **5. Gradual transition**

Slowly shun your processed food intake patterns and substitute them with Paleo diet foods. You can take up even a month. A best way to include this is to avoid purchasing any processed foods once you go to the market.

#### **6. Detox**

A best way to start a Paleo diet is to detox your body first. You can simply cleanse your body by taking just

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water together with lemon juice, cayenne pepper and maple syrup for a period of between 1-7 days.

Well that brings us to the end of this beginners guide to the Paleo diet, Go out and take charge of your life and your diet

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<http://sohealthy.co.nz/paleorecipebook>



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**Other useful resources:**

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