



by







biochemistry. What works for us as a family might not work for you so treat this guide as a template and customize it to suit.

Having said that, templates are always more useful when accompanied by an example and that's what this guide sets out to achieve. I've iterated many times over macro and micro nutrient analysis using lab work and the food diary app cronometer and this is what I generally consider to be optimal.

The key here is getting to your optimal. There are lots of ways to achieve this, but tracking your diet and how you are feeling for some amount of time is pretty useful. The other major component of getting clued in to how your diet is, or isn't, working for you is monitoring your blood glucose.

On top of adding loads more fat to your diet than you are used too, I think the hardest thing to wrap your head around is how much more veg you need to prepare to get yourself to a solid amount of nutrients, especially for an active and busy life. Not to mention the extra nutrients you will need if you are in the process of recovering or healing.

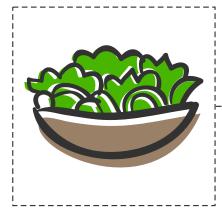




Buy lots of veg, cook lots of veg, eat lots of veg REPEAT!

What do I mean by that? Well....let's walk through my typical shopping trip...





LEAFY GREENS

- 1-2 bunches of dino kale
- 1-2 bunches of curly kale1-2 bunches of red or rainbow chard
- 1-2 bunches of spinach
- Red lettuce
- Butter lettuce

Others: Mustard greens, beet greens, bulk baby kale, bulk baby chard, mixed asian greens, arugula, bok choy

if you are not in the mood to cut up or clean them for every meal, you can also buy some of the pre-washed & pre-cut kind in the plastic shells, if you don't mind the extra \$\$ and waste, they can be real handy for making a quick salad or stir fry

CRUCIFEROUS VEG

- Broccoli
- Broccoli rabe
- Cauliflower
- Brussel sprouts









STAPLE VEG

- 6-8 zucchini
- 1lb of brown mushrooms
- 2-4 portobello mushrooms
- Asparagus
- 1 lb bag of carrots (for broth mostly)
- Celery for broth
- 2-3 yéllow onions
- 2-4 large leeks
- 2 bunches green onions

Fresh seasonal herbs like mint, basil, oregano, dill, and always cilantro

STARCHES AND HIGHER CARB VEG

- Beets
- Turnips
- Parsnips
- Celery root
- Sweet potatoes (golden and japanese)
- Squash (butternut, acorn, kabocha, délicata, spaghetti)

It takes my husband and me about 3-4 days to get through that much veg. Sometimes less time. I buy pretty much the same things every time I shop because I don't really follow recipes per say. Also, note that this list doesn't include pantry staples like coconut milk, fats and oils, meat, and spices. I'll mention them later in the guide, but this list is limited to my typical weekly shopping.

As for meat....it really needs to be clean, grass fed, grass finished, and/or pastured. We belong to a meat CSA from a farm in Petaluma, CA called Terra Firma Farms. We also order regularly from US Wellness Meats. If you find a great source of clean meat, get it with a solid fat content. Animal fat is now your friend! Isn't that the best news?? A veg and meat CSA would be really helpful since a lot of them deliver to your home or have a convenient once a week pick up spot near you. A simple google search for fruit/veg/meat csa in your area will work, there are lots these days.









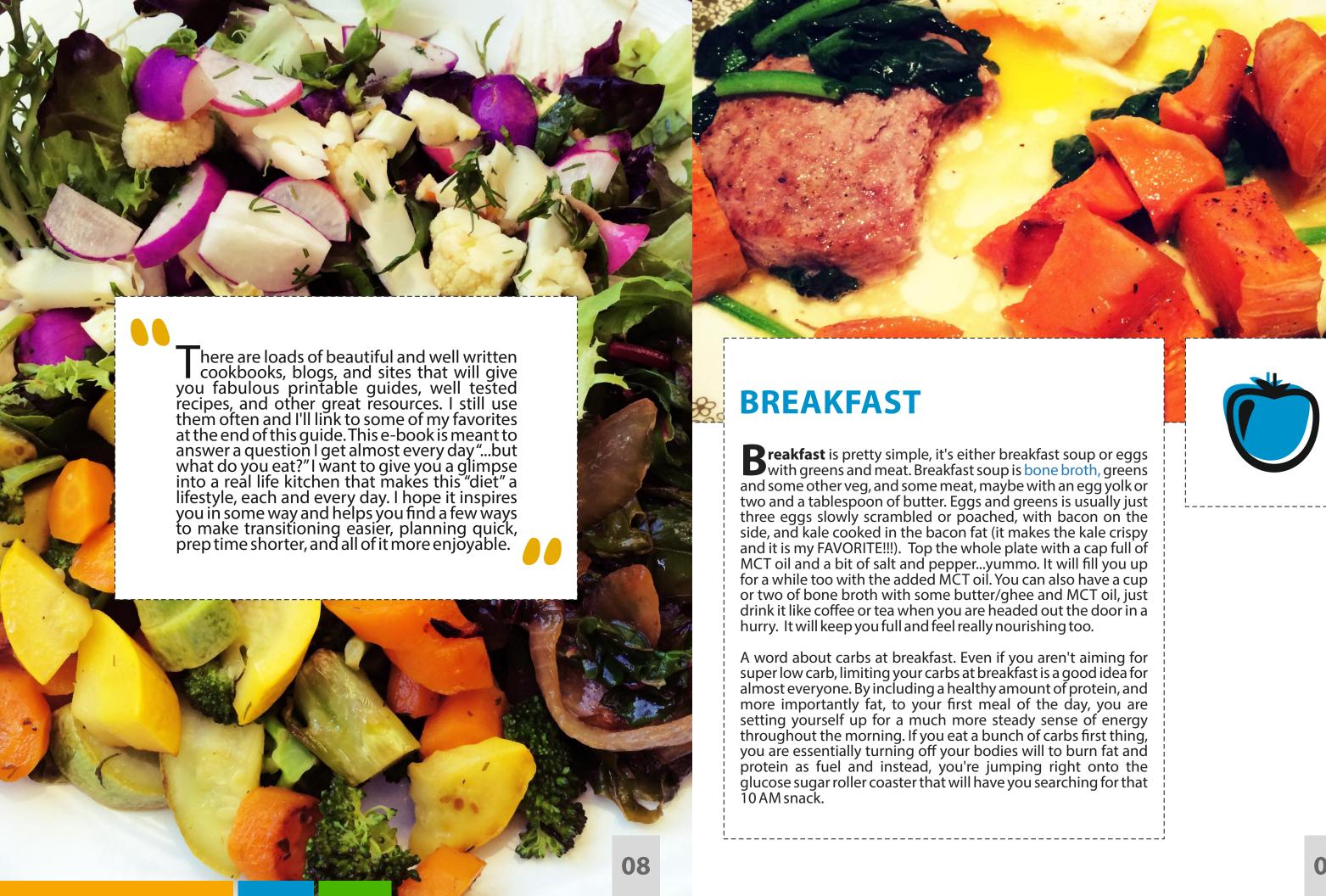
WHAT OUR MEALS REALLY LOOK LIKE

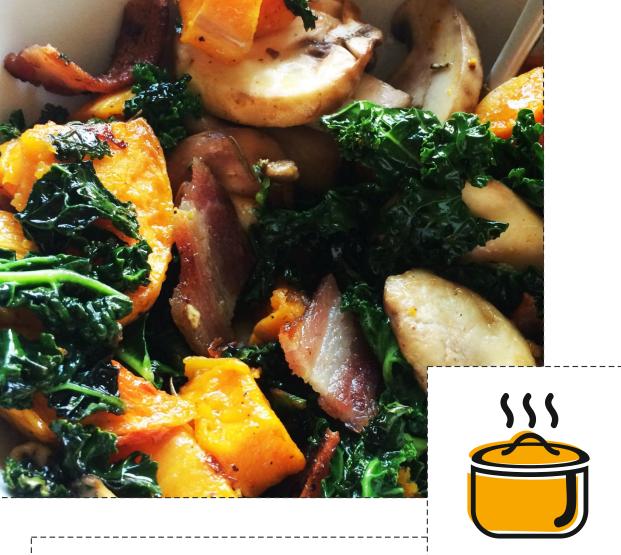
On our way to health and healing we've been through the whole gamut of Paleo. About three years ago, we started with the standard Paleo template with pretty high carbs for athletic performance. We then moved to the Autoimmune Paleo (AIP) template to heal Chris's gut and weed out his food intolerances. We moderated and iterated with macronutrients for about a year and now we're been eating a ketogenic modified AIP (includes eggs and butter) template.

I think it's worth adding a brief caveat about nutritional ketosis before we go any further. A ketogenic diet is pretty controversial within the paleo, ancestral, and AIP communities. While we understand and believe the science that points to nutritional ketosis being stressful on the body, we also understand that this might be different when you approach ketosis from a place of health. However, when you have healing and recovery to do, except in a few specific disease states, we don't think your priority should be ketosis.

To heal, recover, and simply find your optimal place of health, your main priority should always be **nutrient density**. It's something I can't stress enough. Once you've maximized nutrition in your diet, run some baseline lab work to ensure you don't have any nutrient deficiencies, and generally are feeling and performing at your best, then you can play around with other diet modalities to see if there is extra benefit to be had. Until then just eat whole, real, clean food and worry most about how you are going to get all the nutrients you need each and every day.

This guide includes some things that we have elected to take out of our diet, but could be really great for you if you are eating a standard Paleo diet, or easily removed if you are eating an AIP version of Paleo, or even a ketogenic variety. This is not a recommendation for exactly what you should prepare every day, it's more to show you that it's doable, and doesn't have to be super fancy or perfectly planned to the letter.





LUNCH

unch is also a big pile (1-3 cups) of cooked veg, maybe over some fresh arugula, spinach, or mixed greens like a salad. This would be a great place to have some precooked beets, maybe some hard boiled eggs if you didn't have any for breakfast. Just cram as much veg as possible onto your plate, and top with some kind of protein and fat. Deli meat is fine if it's clean. Canned sardines or salmon are awesome, and a major staple in our day to day life. Again, pre-cooking on the weekend, or making enough dinner so you have leftovers for lunch, is a great way to make sure you have stuff on hand and aren't scrambling when lunch time comes. Also, make sure you are including enough fat by way of adding avocado, homemade mayo, and an extra dash of MCT oil, in addition to your olive oil. Sauerkraut and kimchi are also great foods to add some crunch, flavor, and nutrients to any of these meals.

A lot of people I talk to really struggle at lunch when they are trapped at work. I always suggest keeping some canned sardines, kippers, salmon, and tuna in your desk. It would also be great if you kept a little stash of good quality olive oil and balsamic vinegar there as well. This way you've always got a good quality source of protein and fat to top your run of the mill salad bar salad with. Most people have somewhere to grab a basic salad, so having these things on hand keeps you out of crisis mode. You could also bring a small container of leftovers with you to throw into your store bought salad too. A little bit of foresight and planning can go a long long way. This is also a great travel trick too!



DINNER

inner I just saute 2-3 types of the veg from the shopping list above in some good quality fat and some herbs, and then throw some type of protein on the side. Are you sensing a pattern yet? Dinner is a bit different in that I make a sauteed greens dish and a separate veg side, like broccoli or cauliflower, in addition. We usually just precook a batch of some kind of carb to have on hand. For example, we cook 4-6 sweet potatoes whole in the oven and just leave them in there to pull out when we need one. I usually cut them up and mix them with whatever veg I make for dinner, or just grab one and have it as a snack with some sauerkraut. You can do the same with butternut squash, cut up in cubes and roasted then just toss it into whatever you are making as some added carb. Beets work well for this too. Carbs usually take the longest to cook so it's great to have them made ahead of time.

Soups made from any of the veg listed with a base of bone broth are really easy too. Sometimes I just make a normal saute of veg like I mentioned above, then I add some broth to it and call it a quick soup, great with a piece of fish on top, or some sausage even, served over some root veg, cauliflower rice, or some sweet potato.



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The real key to making all of these things work is having what you need on hand. I can't tell you how hard it was for me to transition to AIP because I felt like there just wasn't anything I could eat. Taking a little time to read recipes, make a list of pantry items I needed, and preparing to make the change was what it took to get me on board. It's simply not realistic to think you can start tomorrow. You have to plan ahead, at least a little, if you want to succeed. I always like to recommend that when making a big shift in the way you eat, make sure you've done at LEAST a weeks worth of planning before you start. Learn your guidelines, stock up on your staples like veg, herbs, spices, etc. Source your meat supply well, and figure out how you're going to turn all of it into meals three times a day. Make it a habit so you don't have to recreate the wheel again next week.

For me, it's farmer's markets, two or three of them, a week. They really are my outlet and source of inspiration at the moment. I'm extremely lucky to live where I live with such great access to so many amazing ones. That's not the point though. The point is, it takes a bit of effort to redefine the way you shop and source your food, but I also think there is joy to be found somewhere on the road to making it routine. I also couldn't make this lifestyle work without having a great market to get other staples, ordering some things from Amazon Prime, using a local CSA certain times a year, and having places like US Wellness Meats as a resource for go-to products I always keep on hand. I've included a lot of resources that make my life infinitely easier in the resources section of this guide.

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Fat is really what makes all of the above work...we'd be hungry all the time if it wasn't for adding ample fat to our diet. Use a variety of it too...we cook in coconut oil, beef tallow, pork lard, bacon fat, butter, ghee, and we almost always add a couple of tablespoons of MCT oil (you can also find it on Amazon made by Now Foods, but the link is good info about why MCT is a good addition) to our finished dishes.

Fat makes almost all of the nutrients in all that veg availabe to you for digestion and assimilation. We love to look at vegetables fabulous vehicles for fat. Cook in fat, but don't forget to dress your finished meal in a little extra.

Don't be worried about fruit, but try to stick to berries and seasonal local fruit is even better. I don't think anyone needs more than 1 serving of fruit a day. Maybe two in the Summer. Try to eat it with some sort of fat when you want it too. Berries with coconut milk is awesome or fried plantains with coconut milk....super yum. As for dairy like yogurt and cream, I'm cool with them if they are whole fat and even more fine with them if they are raw, as long as they don't upset your tummy. Not if you are on AIP, them I'm not cool with dairy at all.



- It Starts With Food
- Perfect Health Diet
- The Paleo Approach

A great podcast to get started with is:

- Revolution Health Radio Chris Kresser
 Start at episode 1, you'll hear loads of good info and great interviews too, that will lead you to look up other people in the community and a lot of them have podcasts too.

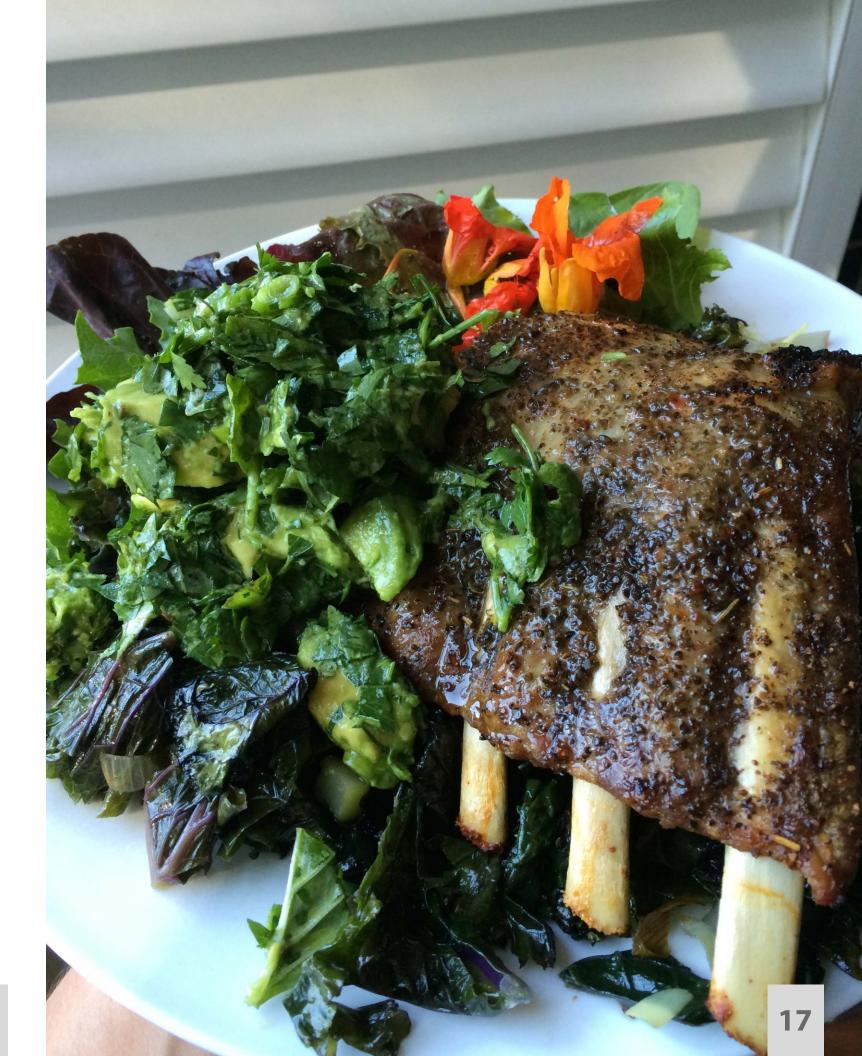
And also:

• The Nourish Balance Thrive podcast

If you need some cookbooks I recommend the following:

- Practical Paleo
- Nom Nom Paleo : Food For Humans
 - This is also a GREAT website resource
- Well Fed 1 and Well Fed 2
- This one is great for busy people!!Against All Grain

Check out our blog for lots more meal inspiration and other tasty content!"







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- Thank you