



paleo eating basics: start here.

[+] eat whole foods

MEAT, SEAFOOD & EGGS

It is ideal to enjoy meat and seafood from grass-fed, pasture-raised, organic-fed animals or wild-caught and sustainable seafood sources. (Resources can be found in the guides on the following pages.)

VEGETABLES & FRUITS

Making a dietary change doesn't mean your food needs to be boring or repetitive! There are more than 50 kinds of vegetables in the guide on page 29. Use that guide regularly, as well as the recipes in the book, to discover new and interesting vegetables at your local farmers' market or grocery store. Better yet, grow your own outdoors or in an indoor vertical garden.

Fruit can be hard on your blood sugar if you overdo it, so I encourage you to limit your fruit intake. Avoid adding fruit to your meals; instead, eat it for dessert. If you exercise a great deal and want to maintain athletic performance, you can include more fruit in your nutritional plan.

NUTS & SEEDS

When you are new to a Paleo-type of diet, nuts are a great go-to snack item. That said, nut consumption can easily be overdone. If your goal is fat loss, I caution against eating too many nuts. Please refer to portion recommendations in the Meal Planning section.

FATS & OILS

When you're cooking or simply want to add healthy fats to a meal with very lean meats, choose the *best* quality fats you can find. Please refer to the "Fats and Oils Guide" later in the book for details as to which fats are recommended.

[-] eliminate refined foods

REFINED GRAINS

This includes, but is not limited to, cereals (yes, even rolled or steel-cut oatmeal), toast, muffins, scones, croissants, English muffins, sandwiches, burritos, tacos, pancakes, waffles, pasta, rice, pita bread, bagels, etc.

WHOLE GRAINS

Whole grains, including but not limited to wheat, barley, rye, oats, spelt, corn, rice, quinoa, millet, bulgur wheat, buckwheat, and amaranth.

PACKAGED SNACKS

Breakfast bars, granola bars, toaster pastries, snack bars, protein bars, prepackaged protein shakes, crackers, cookies, pretzels, chips, baked goods, snack pack items, etc.

DAIRY PRODUCTS

Eliminate processed and pasteurized milk, cheese, yogurt, cottage cheese, ice cream, frozen yogurt, etc. (See the Guide to: Food Quality on page 31 for information on dairy quality.) Raw dairy is a gray area.

CERTAIN BEVERAGES

Do not drink anything sweetened, especially with artificial sweeteners. This includes soda, diet soda, energy drinks, juice, sweetened teas, presweetened coffee drinks, shakes, or smoothies. Minimize your caffeine intake from coffee and tea. Avoid alcohol, especially gluten-containing forms. (See the FAQs on pages 119-120 for caffeine and alcohol recommendations).

SWEETENERS

These should only be used in small amounts, and manufactured foods with added sweeteners should be avoided. Refer to the Guide To: Sweeteners for the best and worst options on page 111.

