

Paleo Diet

Here's the ENTIRE diet in a nutshell:

If a caveman didn't eat it, neither should you.

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! Anything that didn't exist in caveman times will not be existing on your plate or in your stomach.

The Paleo Diet doesn't require counting a single calorie AND it allows you to eat until you're full and happy.

Their argument:

A few thousand years ago, humans discovered farming, the agricultural revolution took off, and we advanced from hunter-gatherers to farmers.

The problem is, our bodies never adjusted properly to eating all the grains and sugar that we we're now consuming.

So, instead of loading up on meat, vegetables and seasonal fruits, we've become a species "dependent" upon grains – bread, pasta, rice, corn, and so on. **66% of us are overweight, 33% are considered obese, and those numbers are only getting worse** ^[1]

Get carbs from vegetables, sweet potatoes, and fruit. Why is that? These foods are naturally occurring in the wild and don't need to be processed in any way (unlike grains) in order to be consumed. Vegetables are incredibly nutrient dense and calorie light.

Dairy's a tough one, as most Paleo folks tend to stay away from it – a portion of the world is lactose intolerant, and those that aren't usually have at least some type of an aversion to it.

Why is that? Because no other animal in the entire kingdom drinks milk beyond infancy.

Hunter-gatherers didn't lug cows around with them while traveling – milk was consumed as a baby, and that was it. As with grains, our bodies weren't designed for massive dairy consumption.

Okay, so if you cut out the grains, almost all processed foods, and dairy, you're left with only things that occur naturally:

- **Meat** – GRASS-FED*, not grain-fed. Grain causes the same problem in animals as they do in humans.
- **Fowl** – Chicken, duck, hen, turkey...things with wings that (try to) fly.
- **Fish** – Wild fish, as mercury and other toxins can be an issue in farmed fish
- **Eggs** – Look for omega-3 enriched cage free eggs.
- **Vegetables** – As long as they're not deep-fried, eat as many as you want.
- **Oils** – Olive oil, coconut oil, avocado oil – think natural.
- **Fruits** – Have natural sugar, and can be higher in calories, so limit if you're trying to lose weight.
- **Nuts** – High in calories, so they're good for a snack, but don't eat bags and bags of them.
- **Tubers** – Sweet potatoes and yams. Higher in calories and carbs, so these are good for right after a workout to replenish your glycogen levels.

**If you can only afford grain-fed meat, that's still better*

A Sample Paleo Menu For One Week

This sample menu contains a balanced amount of all the paleo foods.

Monday

- **Breakfast:** Eggs and vegetables, fried in coconut oil. One piece of fruit.

- **Lunch:** Chicken salad, with olive oil. Handful of nuts.
- **Dinner:** Burgers (no bun), fried in butter, with vegetables and some salsa.

Tuesday

- **Breakfast:** Bacon and eggs, with a piece of fruit.
- **Lunch:** Leftover burgers from the night before.
- **Dinner:** Salmon, fried in butter, with vegetables.

Wednesday

- **Breakfast:** Meat with vegetables (leftovers from night before).
- **Lunch:** Sandwich in a lettuce leaf, with meat and fresh vegetables.
- **Dinner:** Ground beef stir fry, with vegetables. Some berries.

Thursday

- **Breakfast:** Eggs and a fruit.
- **Lunch:** Leftover stir fry from the night before. A handful of nuts.
- **Dinner:** Fried pork with vegetables.

Friday

- **Breakfast:** Eggs and vegetables, fried in coconut oil.
- **Lunch:** Chicken salad with olive oil. Handful of nuts.
- **Dinner:** Steak with vegetables and sweet potatoes.

Saturday

- **Breakfast:** Bacon and eggs, with a piece of fruit.
- **Lunch:** Leftover steak and vegetables from the night before.
- **Dinner:** Baked salmon with vegetables and avocado.

Simple Paleo Snacks

There really is no need to eat more than 3 meals per day, but if you get hungry then here are some paleo snacks that are simple and easily portable:

- Baby carrots.
- Hard boiled eggs.

- A piece of fruit.
- A handful of nuts.
- Leftovers from the night before.
- Apple slices with some almond butter.
- A bowl of berries with some coconut cream.
- Homemade beef jerky.

Negative Effects and Disadvantages of the Paleo Diet

- It can get expensive.
- You don't eat any grains or dairy which can be good for health and energy.
- This diet can be difficult for vegetarians, especially since it excludes beans.
- Most athletes need between 3 to 6 grams of carbs per pound of their body weight, per day. This would be very hard to do with just fruits and vegetables.
- The AHA recommends limiting saturated fats which are found in tropical oils (coconut) which can increase your cholesterol and increase your risk of a cardiovascular disease.

Paleo Diet Alternatives

If you want to “health up” your diet, by all means do. But rather than going paleo, you may consider:

- Do eat three meals a day.
- Do include some protein at every meal and snack.
- Do include foods with color at every meal or snack.
- Do include some grains at every meal and snack, such as cereal, whole grain bread, rice, or pasta.
- Do include a little fat at each meal, such as nuts, butter, salad dressing, oil , or a little mayonnaise.
- Do be selective with some of the less healthy foods.

Remember that if you take away foods and nutrients and don't find suitable replacements, you can create a nutrient imbalance.

