

# PALEO

*Your Life*



A beginner's guide to eating  
grain-free

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# Introduction

Jessica | Delicious Obsessions

Hello and welcome to *Paleo Your Life*!

Do you feel like your health is allowing you to truly live the life you want to live? If you struggle with various health conditions, and want to heal your body then it may be time to change the way you eat.

The paleo diet is a great place to start. This style of eating allows you to eliminate foods that could be causing inflammation or a host of other health issues. This diet can provide your body with the nutrient-dense foods that create long-term health.

Today, we live in a sick world, and statistics show we are only getting sicker. We are constantly bombarded with pollution, toxins, and chemicals in our air, water, and food. While it is impossible to rid our lives of all these things, there is one major area that we CAN control -- our diet. We have the ability to choose what goes into our body. We have the power to feed our body and to create a foundation of health and vitality for ourselves. The choice is ours. The power is ours.

If you are new to eating a Paleo-style diet, then this book is for you! We will cover everything you need to know about getting started on your real food journey and give you the building blocks you need in order to make the transition from the Standard American Diet (SAD) to a diet that will help you become happy and healthy.

This book is a compilation of information from a wide variety of Paleo and real food bloggers. We all have unique stories and perspectives on how to create wellness in a world of sickness. We hope that our knowledge and expertise will guide you and empower you to make the best dietary decisions for you and your family!

We hope you enjoy this E-Book and please reach out to any (or all) of the contributors if you have questions or need help!

Sincerely,  
-The Writers of *Paleo Your Life*

# What is the Paleo Diet?

Ashley | My Heart Beets

If you're new to the Paleo diet, welcome!  
If you're wondering what the Paleo diet is, we're here to help.

The Paleolithic diet or caveman diet is based on the idea that modern humans have not completely adapted to eating modern foods or foods grown after the agricultural revolution (i.e. grains, dairy, refined sugar, legumes). Instead, it promotes a diet more closely resembling that of our ancestors who ate nutrient packed and nourishing foods. The belief is that this is how our bodies are genetically programmed to eat and by following this diet, we can potentially reduce inflammation and the risk of chronic illness. Paleo proponents argue that the modern diet is somewhat to blame for "modern diseases" like obesity, diabetes, heart disease, autoimmune conditions, and more. In short, the theory is that eating processed or genetically modified foods is what's making us sick. The good news is by changing our diets and lifestyles we can drastically improve our health and possibly prevent or reverse chronic disease.

To eat Paleo, we need to think like our Paleolithic ancestors. Would they have made pasta? No. Would they have eaten nachos? No. How about plants, animals, nuts, and fruits? Yes, yes, yes and yes! When you start paying attention to what you're eating, you'll be surprised at how many foods have hidden sugars and additives. Eliminating those chemicals will help you feel better. Many people on the Paleo diet have also experienced improved sleep, mental clarity, and less stress and anxiety. Additionally, following a Paleo diet may provide you with more energy and help you with weight loss. Paleo approved foods are high in protein and fiber and low in empty carbs and refined sugars. This diet is meant to keep you full and satisfied. You'll likely eat less because you'll be eating more of what you need rather than filling up on "junk" food.

Following the Paleo diet doesn't mean you have to start hunting wild game or start foraging for food. Most of us just go to the farmers market or supermarket. This diet is about choosing nutrient-dense, anti-inflammatory foods compared to foods on the Standard American Diet (SAD). It's about drinking plenty of water and eating whole, unprocessed foods. Think fresh produce and grass-fed and pasture raised meats. If your budget allows, then try to buy local and organic. This diet isn't as complicated as some make it out to be; it's really just about going back to the basics: plants and animals.

If you're worried about adhering to a strict diet, don't be. Following the Paleo diet doesn't mean we must eat exactly like our Stone Age ancestors. The Paleo diet is just a template, and there's no need to be perfect. Some health experts suggest you'll reap benefits by eating the way our ancestors did even 80 percent of the time. That gives you 20 percent wiggle room to make "mistakes." The longer you follow the Paleo template, the less it'll feel like a diet. It'll become part of your lifestyle. In time, you may find that you'll need to adjust the diet to fit your needs and preferences. You will eventually find what works for you and your body.



## **WHAT TO EAT**

**grassfed meat**



**Seafood**



**Vegetables**

**Fruits (in moderation)**

**Nuts & Seeds (in moderation)**

**Healthy fats-Ghee, Coconut oil**

## **WHAT NOT TO EAT**

**ProcesedFoods**

**Grains**

**Legumes (including Peanuts)**

**Dairy\*\***

**Soy**

**Sugar (unless natural)**

**Alcohol \*\***

**processed oils**

**\*\* these are a grey area**



# Paleo Doesn't Have to be Expensive

Jess | Nummy for my Tummy

Paleo eating does not mean expensive eating. People have a fear of switching from a conventional diet to a healthier way of eating out of fear for their wallet. With specialty stores popping up everywhere toting to have THE right food to eat for a healthier life, it can get pricey to eat your best. However, Paleo doesn't have to be all organic kale, grass-fed beef, and eggs from your own coop – ok, in a perfect world it is, but that's not always practical.

You've familiarized yourself with the Paleo & Non-Paleo foods, dreading a life of chicken & broccoli, and you now need to come up with a game plan.

First, rethink your meals. Don't label them BREAKFAST, LUNCH & DINNER. Think of them as meal 1, 2 & 3. The sooner you get onboard with that idea the better. It took me a few weeks, but now I can grab anything from the refrigerator for "breakfast." C'mon, you've had cold pizza for breakfast, so you know what I'm talking about. Remember, leftovers can be made into something fabulous, just think outside the box.

The foods you buy should be the BEST quality that you can afford, without preservatives or antibiotics. Do the best you can now, and eventually upgrade.



## *Here are a few meal ideas:*

1. Eggs (*any way you like*) with meat (*bacon, chicken, beef, etc.*)
2. Paleo tacos (*Spicy meat placed in romaine lettuce topped with chopped tomatoes and avocado*)
3. Stir fried meat and veggies
4. Hamburger Patty on a bed of lettuce topped with a load of veggies and bacon
5. Fruit & sliced raw almonds with coconut milk (*eat like cereal*)
6. Spaghetti Squash marinara or chow-mein
7. Chicken breast wrapped in bacon with a side of veggies
8. Grilled fish on a bed of spinach topped with walnuts and balsamic vinegar

## *TO DO LIST:*

- Remove all "Frankenfoods" from your home
- Restock your home with nutrient dense foods
- Plan your meals, especially snacks



# Inside the Paleo Pantry

Jedha | Good Food Eating

*Here's a list of a few staple items to keep on hand in the pantry.*

**Flours:** Almond flour, Coconut flour, Almond meal, Tapioca flour (aka arrowroot flour), Chestnut flour

**Coconut items:** Shredded coconut, Dessicated coconut, Coconut cream, coconut milk, coconut chips

**Nuts & Seeds:** Cashews, Walnuts, Almonds, Slivered almonds, Sesame seeds, Sunflower seeds, Pumpkin seeds (pepitas), Hazelnuts etc.

**Oils & Fats:** Extra virgin olive oil, Coconut oil, Flaxseed oil, Walnut oil, Butter, Sesame oil, Ghee

**Vinegars:** Balsamic vinegar, Apple cider vinegar, White wine vinegar

**Pastes:** Tahini / sesame paste, Cashew butter, Almond butter

**Tinned Fish:** Tinned tuna, Tinned salmon, Sardines, Mackerel, Herring

**Tomato based:** Tomato paste, Tinned tomatoes, Tomato puree

**Sweeteners:** Raw honey, Molasses, Maple syrup, Rapadura sugar, Stevia

Organic stock or bone broth

Hot sauce (tabasco)

Tamari – wheat free soy sauce (optional)

Coconut aminos

Sea salt – *celtic or himalayan*

Cracked black pepper

**Dried spices:** turmeric, sweet paprika, chili flakes, cumin, garam masala, cinnamon, coriander, etc.

**Dried herbs:** mixed herbs, oregano, basil, thyme, etc.

Whole grain mustard, Mustard

Olives – *green, black or kalamata*

Herbal teas

Pumpkin puree

Vanilla extract

**Kitchen items:** Baking paper, Foil, plastic wrap, glass or plastic containers, zip lock bags

**\*Alcohol for cooking:** White wine, Red wine, Dry sherry

**Note:** *This is not an exhaustive list but contains some of the most commonly used items. People choose different oils & fats along with additional pantry items.*

\* = Grey Area

# Paleo Tips and Tricks

Karen | Nourish with Karen

One of the greatest benefits of eating Paleo is that you eliminate processed foods from your diet. That in itself is an amazing benefit to your health! It means you are not consuming preservatives, additives, white flour, sugar and other nutritionally devoid ingredients. You will be eating foods that are good for you and have awesome health benefits.

It can be overwhelming to start eating Paleo when you lose the convenience of processed foods, especially those high in carbohydrates which we reach for on a regular basis.

**It takes time to adjust but there are some great ways to make eating Paleo easier.**

## **1. Be prepared and organized.**

### **2. Keep a well-stocked pantry and refrigerator.**

When you have Paleo-friendly foods on hand you won't be tempted to stray from your eating plan.

*See the section on pantry basics for more information.*

## **3. Make a weekly meal plan and grocery list.**

### **4. Set aside time to prepare food for the week.**

Prepping once is much easier than daily. This way you will have something ready when you are in a hurry. Take an hour to: boil a dozen eggs, cook sausage, chicken breast, or chop a bunch of veggies to add to lunches or as snacks.

### **5. Plan for leftovers.**

Making enough dinner that you can eat leftovers for lunch the next day is one of the easiest ways to make lunch.

### **6. Carry a snack with you, always!**

Things like nuts and fruit do not need refrigeration and can be left in a purse, bag or desk.

### **7. Shop in bulk and buy online.**

When you shop in bulk, you often realize a substantial savings. Places like Costco with their large packages offer a substantial savings. Refrigerate or freeze extra to maintain freshness. Purchasing items such as almond flour online can also mean great savings.

### **8. Buy local whenever possible.**

Foods bought locally do not have transportation costs associated with them, so they are often less expensive. They don't come with a large carbon footprint either. Local produce or meat CSAs usually offer significant discounts.

### **9. When buying produce, try and follow the Clean 15/Dirty Dozen rule list.**

Certain fruits and vegetables are grown using more chemicals than others and this list outlines these.

### **10. Never arrive at a social function starving.**

This sets you up for failure. Have a snack before going out, just in case there aren't many Paleo options available.

### **11. Remember eating is about nourishing your body.**

When you think of food as sustenance and nourishment, you start to look at food differently. Wanting to get maximum nutrition makes you more mindful of what you eat.

Don't be hard on yourself if you stray.

### **12. Let's face it – food tastes good.**

It is enjoyable and delicious. If you follow a Paleo diet most of the time you will be ahead of the game.

# 7 Ways FAT Helps Your Body

Debbie | The Sour Path is the Sweetest

One of the greatest things about Paleo eating is that it doesn't feel like a diet. You get to eat so many delicious foods! And one of the reasons why Paleo food is so delicious is because of fat!

Eating the right kind of fats is critical. You need both saturated and unsaturated fats for healthy cell membranes.

Saturated fats should be used for cooking because their chemical structure is stronger and less vulnerable to damage. Some saturated fats to try: coconut oil, ghee, beef tallow, bacon fat, lard, and butter.

Unsaturated fats can be used in salad dressings or added after cooking for flavor. Unsaturated fats should not be used for cooking because their more fragile structure is easily damaged. Unsaturated fats to try: olive oil, avocado oil, walnut oil, and sesame oil.

The key to long-term Paleo success is to make sure you're consuming enough fats. This will send signals to your brain and your body that you're well-nourished.

If you're not consuming enough healthy fats, you'll feel like you're starving! That's when you'll end up face first in a chocolate cake without knowing how you got there!

## *Here are the 7 ways fats help your body:*

1. They help control cravings by balancing blood sugar.
2. They help your body to absorb vitamins A, D, E, and K.  
These are not optional vitamins!
3. Fats are necessary to build steroid hormones, think adrenal and sex hormones. Life is not fun without these.
4. They're required to build every cell membrane.
5. They're necessary for healthy liver function and they are actually needed to produce bile.
6. They help your body to manage the inflammatory process.
7. And, most importantly, they make food taste delicious!

Another HUGE thing to consider is fat digestion. Your gallbladder and pancreatic enzymes are responsible for breaking down the fats you eat into amino acids that your body can use. Undigested fats can't be used in your body and can actually cause inflammation! But there are things you can do to support your gallbladder in its important role.

### *Some ideas to try:*

1. Beets and beet juice
2. Warm water with lemon
3. Dandelion tea
4. Ginger
5. Vitamin C
6. Apples
7. Digestive bitters

*Some people find it helpful to supplement with ox bile and/or pancreatic enzymes.  
Talk to your health practitioner.*

*I hope this helps you on your Paleo journey. You'll absolutely love it!*



# Why You're Not Losing Weight

Kelly | A Girl Worth Saving

One of the things that drew me to the Paleo diet was the fact that you don't have to count calories. Well, after following the diet for four years I can say that's a little bit of hogwash. First, I have lost and maintained a loss of 65lbs on the diet. However, from the success stories I found online, I was fully expecting to be sporting a six pack in six months and that is NOT the case.

Calories do count and unfortunately to make it even more confusing your weight loss "formula" is unique to you. Some people can load up on carbs and not gain a pound while others (like myself) simply look at a banana and gain five pounds. If you try the tips below and still don't notice any weight loss, make sure that your thyroid glands and adrenal glands are functioning properly. By the way, it's always a good idea to see a doctor to make sure that your health is on track.

*Here are 8 things to check:*

1. **Are you paying attention to what you're eating?** I recommend food journaling for a week so you really see what is going into your mouth. Limit high calorie foods like nuts and fat. Drastically reduce Paleo treats like cookies, cakes and pies in your diet.
2. **Get enough sleep.** Sleep is necessary for weight loss.
3. **Pay attention to carbs.** Again, the effect of carbs tends to vary per individual, so try eating fewer carbs for two weeks and adjust from there. Eat carbohydrates with meals to balance blood sugars rather than eating them alone as a snack.
4. **Limit sugar:** Limit dried fruits, honey, maple syrup, etc.
5. **If you tolerate dairy,** choose preferably full-fat, organic, pastured, and raw dairy. Limit dairy if you are not seeing a loss and again, adjust.
6. **Increase your protein intake.**
7. **On the opposite side of the spectrum, you might not be eating enough.**
8. **Reduce stress in your life.** Stress makes us gain weight and can stall your efforts.

As you can see, weight loss is not a black or white issue.  
You will have to tweak and adjust your diet to find what works best for you.

# Paleo Myths

Emily | The Urban Eco Life

Whilst romanticizing about the caveman experience may turn some people on, for most of us, the idea of dragging our wives along the ground by their ponytail, sleeping in a cold and dank cave, knocking each other over the head with wooden clubs and eating mammoth steaks by the slab, is slightly off-putting to say the least. It may come as a surprise then but most people who eat a Paleo diet are pretty darn normal citizens of modern society.

*Let's debunk a few other common myths  
associated with the Paleo lifestyle.*

***The Paleo diet is based on outdated science and  
caveman who died at a young age.***

Whilst yes, a large basis for the Paleo diet is to eliminate Neolithic foods, there is no reason to forgo modern science and all that we have learned just for the sake of emulating a historic people if our goal is to obtain optimal health. Modern science has its place but there's no denying that the modern way of eating has caused us to drift from what constitutes REAL food. The Paleo diet is not about replicating the caveman lifestyle. That is, cavemen who faced the threat of imminent danger around every corner and faced early death with a lack of medical expertise to treat illnesses and wounds that are, for the most part, unheard of in our modern society. There's a big difference between the two worlds, much like Venus and Mars. We live in different times, face different challenges and perceive the world with a different pair of eyes.

***It's all about eating big chunks of meat and steaks.***

By calorie density, you would most certainly say proteins and fats make up the largest portion of the Paleo eater's macronutrient intake. It is not, however, just about the meat. By mass, vegetable consumption would top the list based on the fact it has a lower calorie density. I for one find myself eating more vegetables than even my vegan and vegetarian friends, and most certainly more than in my former life. There is plenty of room in my diet to eat a wide variety of plant-based foods like vegetables, fruit, nuts, spices, and herbs simply because my daily calorie needs are not made up of nutrient-devoid processed foods. It's about eating real food that you are comfortable with and provides a balance of nutrients to work towards gaining optimal health.



## ***You have to be perfect and eat Paleo 100% of the time.***

*Consistency over perfection will amount to more at the end of the week.* Perfection is not only unsustainable, it's *unattainable*. Unless you live in a cabin in the middle of Alaska, hunt wild venison and have no contact with fellow human beings, the likelihood of being able to sustain a social life in the real world trying to emulate this lifestyle will send you to the kooky asylum. Modern society is fraught with temptations. They needn't be feared though. If you so feel the need to partake in a social event that requires you to step outside of your little Paleo box, then so be it. At the end of the day, you won't be granted access to Paleo Heaven based on how many home-made gluten-filled apple pies you were able to turn down that your dear Grandmother wanted to share with you (unless of course you have celiac disease or some other unfortunate medical condition and said foods are completely OUT of the question). A healthy approach to the lifestyle without Orthorexic tendencies will do more good for your health than anxiety-laden meals that send your cortisol sky-rocketing.

## ***Paleo is just another low-carb diet.***

Your diet could consist of 100% sweet potatoes and it would still be classed as eating 'Paleo,' technically speaking anyway. By default, a Paleo diet is generally lower carb than the SAD diet where a bulk of calories are sourced from refined grains and wheat products. It does not, however, necessarily mean you have to adhere to the low-carb mantra. Ketosis is a whole other ball game as far as diets go. Unless you are highly active, have a specific health issue you are trying to address or attempting to lose weight, many would recommend there is no need to limbo your way around carbohydrates.

## ***Paleo is a diet fad. It will pass.***

Sorry to say, it's here to stay. Actually, I take that back. No apologies here baby. Eating real food is what will sustain us as human beings, and our earth, into the future. It's eating the SAD that is not sustainable. That is the fad. A diet that eats to the seasons, is filled with organic produce and proteins, supports local farmers and helps to sustain the environment, is what the world will come to realize is also the optimal way to support our health.

## ***Paleo is only for people who want to lose weight.***

It's for anyone and everyone regardless of health goal. It's a way of life that is highly adaptable and one that people from all walks of life have adopted over the years. It is, after all, a diet that is based on the ways of many traditional cultures, taking the best of each and putting it together to form a blueprint for optimizing human health. So regardless of your health goals, eating in such a way can certainly be adaptable.

### ***Paleo isn't vegetarian/vegan friendly.***

There are many options on a Paleo diet for non-meat eaters. Regardless of your reasons for choosing this way of life, you will find many variants to the Paleo diet. Basic principles still apply but it's merely a template for you to find what works best for your body.

### ***Paleo is too restrictive. It cuts out whole food groups.***

For some people, such as those with food intolerances or allergies, or suffer from chronic illnesses, this is just what they need. There is no reason why someone would want to continue incorporating food into their diet that is working against them in achieving their health potential and simply making them sick. In regards to wheat and grains, the modern kinds we eat are far removed from the traditional grains of years past. Not only are they nutrient-inhibiting, there are so many genetically modified seed strains flooding the market, one could say it's like playing Russian Roulette with your health. When adopting a Paleo lifestyle, focus on adding nutrient-dense foods, rather than cutting out foods.

### ***Saturated Fat is bad for your cholesterol levels and meat causes cancer.***

There is no sound science that proves these statements. Correlation does not mean causation. I love this example that uses these principles to 'prove' that pickles must be bad for you.

100% of all soldiers have eaten pickles; therefore, pickles must be related to wars. ([Source](#))

There are certainly other factors in one's lifestyle that contribute to health problems. Our bodies are complicated as are the environments that surround us. The saturated fat argument has been in play since the 1950s fuelled by a multi-billion dollar low-fat food industry that set out to vilify saturated fat and cholesterol. For more information on the matter, you can watch this [video](#).

### ***There are no calcium sources on the Paleo diet.***

Not only can you get calcium from a multitude of vegetables, it needs other supporting nutrients such as magnesium in order for the body to properly absorb and store. You could be drinking all the processed milk until the cows come home but not only will it be doing you no good, the calcium is rendered as insoluble due to the pasteurization process ([Source](#)).

# WHY you should be eating organ meats

Vivica | The Nourished Caveman

## *Nutritional value*

Heart is a muscle, so it compares to other muscle cuts of beef, although with a higher protein and nutrient content. Beef heart contains all essential amino acids, zinc, selenium and phosphorus. It has more than double the elastin and collagen than other cuts of meat and a highly concentrated source of coenzyme Q10, also known as CoQ10.

Pastured, grass fed and finished beef is to be preferred at all times, not only for humane and environmental concerns but also because of the much higher Omega 3 content.

## *The X Factor*

Weston A. Price, author of "Nutrition and Physical Degeneration," hypothesized that a fat soluble vitamin acting as a catalyst for the absorption of vitamins is present in organ meats. More powerful than vitamins A or D, Price called this vitamin "Activator X." In his study of indigenous food cultures, he found that every group had some food it considered sacred. He noted that all hunter-gatherer tribes ate the organ meat of any game killed first, and often raw.

## *Coenzyme Q10*

Beef heart is a rich source of Coenzyme Q10, known as CoQ10. According to the university of Maryland Medical Center, CoQ10 boosts your energy level, is vital for your immune system and works as an antioxidant -- fighting free radicals that damage DNA.

CoQ10 may also prevent blood clot formation, lower blood pressure, reduce fluid in the lungs and swelling in the legs -- making it an important aid in preventing heart disease and heart failure.



# Moroccan Heart Stew

Vivica | The Nourished Caveman

**Serves:** 4 People

## Ingredients

- ½ teaspoon ground cardamom
- ½ teaspoon ground cinnamon
- ½ teaspoon ground cayenne
- ½ teaspoon ground clovec
- 2 pounds pastured, grass finished beef heart meat (*could also be lamb or turkey hearts*) cut in 1-inch cubes.
- 1 pound pastured, grass finished beef stew meat
- 2 tablespoons ghee OR schmalz OR lard
- 3 cups sliced onion
- 2 tablespoons peeled, chopped fresh ginger
- 2 cups water or bone broth
- 1 1/2 cup dried unsulfured apricots, quartered
- 1 organic lemon cut in rounds
- unrefined sea salt to taste

## Instructions

### The Night before:

1. Marinate heart meat (whole or cubed) in ½ cup of whey or 2 tablespoons of apple cider vinegar.

### On the same day:

1. Heat fat in a dutch oven or heavy bottom casserole, add the onion/ ginger mix and saute' on a low flame till onion is transparent.
2. On the side brown all the meat in a large skillet on a high flame, dividing it into small batches so that it just quickly sears the surface.
3. Mix the spices together and add to the onions. Stir well for 2/3 minutes.
4. Now add the meat to the onion mix, and stir well to coat with the spices.
5. In the meantime deglaze the skillet with a cup of water/broth, scraping all the inice brown bits from the bottom.
6. Now pour the deglazing liquid on top of the meat, add the sliced lemon and a good pinch of salt.
7. Bring to a boil, then lower flame to a simmer and cook for about 1.5 hours, until heart is very tender.
8. Add apricots to pot and simmer uncovered for about 10 min, until liquid is thickened and reduced.

*Serve with rice pilaf and a salad.*

# Weekly Grocery List

Liz | Paleo On A Budget

Here's an example weekly grocery shopping list!

Personalize this list weekly depending on what you need to stock up on and what you have planned for your menu!

## Meat

Ground Beef  
Ground Pork  
Steak {*Your Favorite Cut*}  
Chicken {*Your favorite cut*}

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## Frozen Foods

Bag Pepper Strips  
Bag Broccoli  
Bag Green Beans  
Bag of your favorite Vegetable Mix

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## Herbs & Spices

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## Other

Canned Diced Tomato  
Canned Crushed Tomato  
Ground Coffee and/or Tea

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## Fresh

Eggs {2 dozen}  
2 lb. Bag Onions  
2 lb. Bag Carrots  
Mushrooms  
Tomatoes  
Lemons  
Cucumbers  
Sweet Potatoes, Squash {Optional}

## Fresh Veggies That Are On Sale:

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## Extra Items:

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### Quick Note:

\* Read Ingredients to what you're buying

\* Don't forget your Coupons!

\* Make sure canned tomatoes are as close to  
"Tomato Only" As you can get

\* Stock up on any Sale Items

\* Double Check list before checking out

# Two Week Meal Plan

Writers of *Paleo Your Life*

Here is a meal plan for dinner for the next two weeks!

*Questions on any of the recipes?*

Contact the writer directly, they're more than happy to help and answer any questions!

## Week One

### Day 1

[Spaghetti Squash Ground Beef Casserole](#)

By: Ashley at My Heart Beets

### Day 2

[Bacon Burger with Basil Guacamole](#)

By: Debbie at The Sour Path is the Sweetest

### Day 3

[Cauliflower Fried Rice](#)

By: Jedha at Good Food Eating

### Day 4

[Ginger Chicken](#)

By: Kelly at A Girl Worth Saving

### Day 5

[Gluten-free Meatloaf](#)

By: Joyce at The Skinny Pear

### Day 6

[Paleo Beef Shanks, Osobuco](#)

By: Vivica at The Nourished Caveman

### Day 7

[Simple Asian Beef Soup](#)

By: Emily at The Urban Ecolife

## Week Two

### Day 1

[Easy Chicken Fingers](#)

By: Orleatha at Level Health & Nutrition

### Day 2

[Thai Basil Stir Fry](#)

By Meg at Meg's Vegucation

### Day 3

[Crockpot Barbecued Pulled Pork](#)

By: Karen at Nourish with Karen

### Day 4

[Oven-Baked Pancakes \(Grain, Dairy, & Nut Free!\)](#)

By: Erica at Edible Attitudes

### Day 5

[Mango Chicken Coconut Curry](#)

By: Lauren at Mindful Meals

### Day 6

[Butternut Squash Sausage Stew](#)

By: Liz at Paleo On A Budget

### Day 7

[Pan-Seared Cajun Cod Filet](#)

By: Jessica at Delicious Obsessions

# Healthy Dessert Round-Up

Writers of *Paleo Your Life*

We all completely understand that there are going to be those days when you just need something extra sweet and extra special. Instead of turning back to your old stand-by desserts, try these healthier (and yummiier) options!

*Looking for a specific something sweet?*

Get in touch with one of the writers and we'll point you in the right direction!

[Paleo Chocolate Chip Cookies](#)

&

[Paleo Lemon Poppy Seed Muffins](#)

By: Kelly at A Girl Worth Saving



[2 Ingredient Carmels](#)

&

[Carrot Fudge](#)

By: Ashley at My Heart Beets



[Banana Bread](#)

&

[Strawberries & Cream Pancakes](#)

By: Jedha at Good Food Eating



[Sticky Almond Toffee](#)

&

[Easy Apple Crisp](#)

By: Debbie at The Sour Path is the Sweetest



[Pear Crisp](#)

&

[Grain-Free Fruit Cup](#)

By: Joyce at The Skinny Pear



[Pumpkin Pecan Brownies](#)

&

[Dark Chocolate Brownies](#)

By: Jess at Nummy for my Tummy

[Three Nut Chocolate Torte](#)

&

[Nutty Fudge](#)

By: Karen at Nourish with Karen



[Chocolate Avocado Mousse](#)

&

[Banana Pudding](#)

By: Orleatha at Level Health & Nutrition



[Decadent Flourless Chocolate Cake](#)

&

[Pumpkin Pie Spice Balls](#)

By: Emily at the Urban Ecolife



[Pumpkin Spice Bread](#)

&

[Lemon Lime Coconut Candies](#)

By: Jessica at Delicious Obsessions



[Almond Butter Truffles](#)

&

[Coconut Chocolate Sweet Potato Cookies](#)

By: Liz at Paleo On A Budget



# Coconut Strawberry Bars

Erica | Edible Attitudes

## Ingredients

- 1 cup thawed strawberries
- 2 cups shredded apples
- 1 cup shredded coconut
- 1/4 cup melted coconut oil
- 1 Tbsp. honey (optional)

## Equipment

- Food Processor
- Dehydrator
- Spatula

## Instructions

1. Thaw the strawberries.
2. Melt the coconut oil.
3. Peel and shred the apples.
4. Place all the ingredients but the coconut oil into the food processor.
5. Pour the coconut oil over the shredded coconut. The coconut will harden if in contact with the apples or strawberries too long without being mixed together.
6. Mix all the ingredients together until all fruit chunks are gone. The flakes from the shredded coconut will still be there which is fine.
7. Spread evenly on to a dehydrator pan, approximately 1/4 inch thick.
8. Dehydrate at 135°F for 4 to 5 hours. It is done when it is hard enough to hold together but not be brittle.
9. Cut into square portions and store in the refrigerator.

# Upside Down Cranberry Orange Bread

Meg | Meg's Vegucation

## Ingredients

- 2 cups fresh cranberries
- 4 eggs
- 1/4 cup + 1 tablespoon coconut oil, melted + divided
- 1/4 cup + 1 tablespoon honey, divided
- 1/4 cup + 3 tablespoons arrowroot powder, divided
- 1/4 cup + 2 tablespoons coconut flour
- 2 teaspoons baking powder
- juice of one orange
- zest of one orange

## Instructions

1. Preheat the oven to 350 degrees.
2. Grease a cake pan (8 or 9 inches) or a 9 X 9 square baking pan with coconut oil.
3. Melt one tablespoon of coconut oil in a pan (or quickly in a bowl in the microwave).
4. In a small bowl, mix together one tablespoon coconut oil, one tablespoon arrowroot powder and one tablespoon of honey together.
5. Pour into the pan and distribute evenly.
6. Add cranberries on top of the wet mixture. Spread evenly. I used a small round pan and in some places had cranberries double stacked!
7. In a separate bowl, mix four eggs, four tablespoons coconut oil (melted), four tablespoons honey, juice of one fresh orange and zest of one fresh orange. Combine thoroughly.
8. In a different bowl, mix together coconut flour, 1/4 cup + 2 tablespoons arrowroot powder, and baking powder.
9. Combine wet and dry ingredients in one bowl and mix well.
10. Pour combined mixture over cranberries, distributing evenly.
11. Bake for 30 minutes (or until knife can be poked into it and comes out clean).

**Makes:** 16 Servings

# Skincare Recipes

Michelle | Cheshire Fields Nature Inspired

If this is a new dietary change for you, your skin may be showing signs of change as well. Using a natural cleanser can help your skin in adjusting itself naturally.  
Many of the ingredients can be found at your local health food store.

## Coconut Salt Glow *(facial scrub or all over polish)*

1/4 Cup Virgin Coconut Oil  
1/4 Cup Extra Fine Grain Pink Himalayan Salt 1  
Tablespoon Raw Honey  
5 drops of your favorite essential oil (optional)  
Can be used 2-4 times a week on the face. Plain  
virgin coconut oil makes an excellent cleanser as  
well.  
Apple Cider Vinegar  
1 Cup Rose Water  
1/4 Cup Raw ACV  
1/4 teaspoon Raw Honey  
3 drops of your favorite essential oil (optional)



Relaxation techniques can help in dealing with  
stress as well as allow for the body to perform at  
its optimal best.  
Stress can oftentimes be counter intuitive to any  
dietary changes you are making.

## Body/Massage Oil

2 Tablespoon Grapeseed Oil  
*(or Sweet Almond, Apricot Kernel, Peach Kernel or Sunflower)*  
2 drops Lavender Essential Oil  
1 drop Vetiver Essential Oil  
1 drop Patchouli Essential Oil  
2 drops Ylang Ylang

Cravings can sidetrack our best intentions and  
may leave you feeling frustrated.  
A cup of hot tea can calm the mind and even  
help with curbing some of those cravings.

## Craving Tea Blend *(a part can be a teaspoon or tablespoon depending on how much you want to make)*

2 parts Yerba Mate'  
1 part Raspberry Leaf  
1 part Dandelion Root  
1/2 part Ginger Root



# 8 Final Tips!

*Before letting you go we've got a few simple tips to help you get started on the paleo journey.*

## ***Paleo Tip #1:***

Clean out the pantry. If you are trying to clean up your life then keeping naughty things in sight is one sure way to slip you up. When we are trying to overcome years of habits it helps when we don't have distractions.

## ***Paleo Tip #2:***

Cook once, eat twice, or even better eat 3 or 4 times. Do a big batch cook on the weekend and freeze some meals to help you save time during the week when you're busy.

## ***Paleo Tip #3:***

It's best to eat grass fed meats if you can but if they are not accessible or they are not within your budget, don't let it stop from following the paleo diet. You will still be better off on paleo with conventional meats, than you will be with a diet full of grains.

## ***Paleo Tip #4:***

Still feeling hungry after meals? There are 2 things you can do, increase your fat intake or increase your meal size. If you are brand new to paleo, it does take a short while to get accustomed to not having the full feeling that grains give you. Give it time and the hungry feeling goes away and you find you need to eat less to feel satiated and full. In the meantime, increase fat or meal size or try combining a bit of both to find what works for you.

## ***Paleo Tip #5:***

Changing your diet and lifestyle can be a huge learning curve. So take it one step at a time, go easy on yourself, don't give up, keep learning, keep moving forward and the results will always come.

## ***Paleo Tip #6:***

Practice the KISS method. Keep It Simple Stupid! Don't overcomplicate things, it's really not that difficult. Overall the basic rule is you want to eat clean natural food and you want to include a portion of protein, some vegetables and some good fats at every meal.

## ***Paleo Tip #7:***

Stuck on what to eat? Look at what your current food habits and flavors are and work from there. If you enjoy eating pastas, you can still enjoy a creamy carbonara sauce made with coconut cream and instead of serving it with pasta, have it with some cabbage noodles. Think outside the square and be sure to explore the recipes in this book.

## ***Paleo Tip #8:***

Try new things. Don't get stuck in a rut or bored eating the same old foods. Be adventurous and try new things, new cuts of meat, new herbs, different vegetables, new recipes. Keep it interesting and you will enjoy it more!

*We hope this book helps you start your paleo journey and we'd all love to hear from you so visit our websites and come and say hello.*