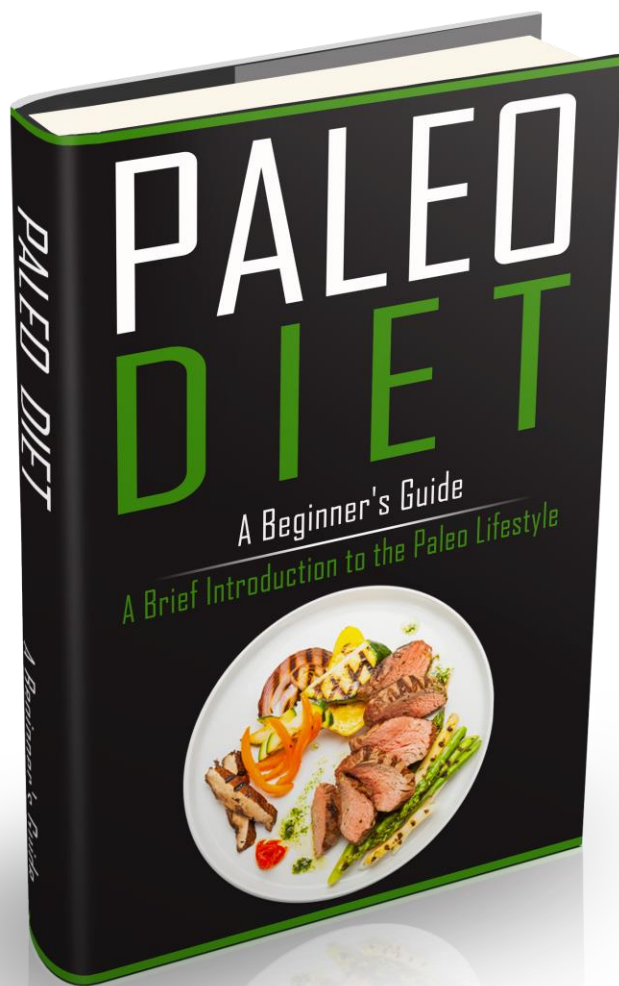


# Paleo Diet - A Beginner's Guide



Written By Joe Searle



## Introduction

Have you been wondering what the caveman or “Paleo” diet is all about? Have you heard of people talking about the fact that they are eating like cavemen? If you want to feel great, this diet is all about losing weight and getting healthy.

The Paleo Diet has become very popular in recent years even though it has been around for quite a while. Paleo dieters get other family members enticed after they see how fit they themselves are becoming.

Some of the benefits people are expressing are the relief they are feeling from illness, and how they feel like they have more energy.

If you want to look younger, become trimmer and feel more vibrant then you need to look at the Paleo diet. Transformations are taking place everywhere. Because this diet is so easy to follow, you can have the body you always dreamed of in no time.

Are you leery of trying yet another diet? You don't have to worry about that when you start the Paleo diet. The diet is very easy to transition into your way of life without too much pain or anguish.

Let's not make things more complicated but instead show you how easy this diet is to start. Going on a diet, that really doesn't seem like a diet, can be easy. You don't have to go searching for hard-to-find foods that a lot of the diets ask you to find. You can eat regular, although it more lean or non-processed foods, stay within your budget and lose weight at the same time.

When you find out how easy and simple this diet is to follow, you will wonder why you didn't try it before now. If you like eating healthy but don't like the idea of being on a diet, you will be pleased with the Paleo diet plan.

The fun thing about the Paleo lifestyle is that once you start the diet, you will see immediate results which helps your overall being. You will be much more energetic at work, become more mentally alert and you will feel good about yourself knowing how healthy you are becoming.

.

# Chapter 1 – What is the Paleo Diet?

The Paleo diet is based on the premise that you should eat things that you would “naturally” eat like the cavemen did back in the Paleolithic era. A lot of people like this concept because they are eating food that comes from the foods natural state and not processed or have any artificial ingredients added. Everything is natural, pure and clean; it is the closest to its natural state as you can get.

Paleo is based on the eating habits from the caveman in the Paleo era. People believe that this way of eating is so much healthier than what we have become accustomed to in the present day. Think of our ancestors: no processed foods or TV sets where you sit in front of the darn thing aimlessly for hours on end and stuff your face with unnatural, man-made foods.

I don't think I would want to go back to the Paleo era, but imagine if you were to live in a cave and what they had to do just to stay alive. Everything they ate came from the sweet Earth.

## The Life of a Caveman

Do you ever imagine what it would have been like to live in a time where almost every minute of the day you were wondering where your next meal was going to come from?

Think about your schedule today compared to the caveman. We get up, slam down a cup of coffee, grab a doughnut or nothing at all, eat fast food junk for lunch and then go home and prepare some prepared food in the microwave.

If you were a caveman you would wake up, gather food, eat and then you and your other caveman family or friends would prepare to go out and hunt. Do you ever wonder how they decided what to hunt for the day?

After they found their target, they would stalk it to try and get close enough to kill it. Then, they would have to haul the carcass back to their cave, remove the skin, cut it into sections and then prepare it. This is an all-day task.

Not to mention the fact that you are fending off predators: both human and animal. Both will undoubtedly be after your food. You may have to exert energy by running, dodging, climbing or swimming. That is a lot of energy exerted just to eat. We complain if our microwave breaks.

Can you imagine living your life this way? Not only did they have to do this every single day, they had to go out into the elements whether it was hot, cold, snowing, raining or whatever else nature would throw their way.

No matter what the elements, in order to survive the caveman had to brave the weather and find food for himself, his family or his tribe. Maybe they had teams who went every other day to give each person a day of rest? Doubtful.

Can you imagine a caveman eating our everyday diet? How long do you think they would have lasted? Not long! There is no way that they would have had the strength and endurance it took to live this type of lifestyle.

Everything these people ate was good for their bodies. It was healthy and full of nutrients. If someone was not performing to their optimal levels, I would imagine he would not have survived. It was literally the survival of the fittest in that time period.

The Paleo diet is so simple that no one needs to shout from the mountain tops about how good this diet is for your body. This diet will take your body back to a natural state and allow you to come alive again with vigor, vitality and energy.

If you want to live healthy and feel better than you have in years, the Paleo diet is for you.

## Your Future, Healthy Life

Do you want to continue down the same path you are on right now or would you like to become healthy again? How would it feel to have that young, vibrant body again?

Good food is all around. All you have to do is know the right types of foods to eat to get that body you have always dreamed of and look and feel energetic again.

What does your life look right now? Are you lethargic? Are you overweight? Are you happy with how you treat that one and only body you received? Your body is your own and no one else's so YOU have to take care of it.

Are you on the treadmill of life where you jump out of bed, get the kids ready for school or daycare, barely eat anything for breakfast, rush off to work, return home tired and exhausted, eat unhealthy food, pick up the house, get the kids ready for bed and then fall into bed just to wake up and do the same routine the next day?

Are you always mentally and physically tired? Do you ever take a moment in the day to just stop, relax and do something for yourself? Or, are you constantly overwhelmed? What would your life look like if you could feel better, have more energy, weigh less and be less hungry?

## Chapter 2 – The Paleo Food List

It's time to start the changeover from junk food to healthy food. It's time to take a good look at your kitchen and see what exactly is hiding behind those cabinet doors.

Nothing drastic is going to take place. We all like our favorite foods but the time has come to do a purge and have an "out with the old and in with the new" tossing party.

We don't want to stir the pot too much while getting used to this new way of life. Go easy on yourself.

You are not asked to throw away anything useful in your kitchen. Do you like coffee? For heaven's sake don't throw away or sell the coffee pot. That's not what we are talking about here.

We are talking about cleaning out all of the old food that you will no longer want to eat. When you starting feeling good from healthy eating you will never want that junk food anywhere near your kitchen again.

Take a deep breath and breathe. Relax. You will get through this.

### Food to toss:

- Dairy Foods (milk, cheese, dairy spreads, butter)
- Cereal grains (Barley, Corn, Oats)
- Cereal Grainlike Seeds (i.e. Buckwheat)
- Legumes
- Starchy Vegetables
- Foods Containing Salt
- Meats that contain Fat
- Soft Drinks and Fruit Juices
- Sweets

These foods are big no-no's on the Paleo diet. No, we are not crazy but just trying to get you to be healthy.

There are actually a lot of foods on the list that you can keep in your kitchen so don't get intimidated by thinking about doing away with those few items. Later down the road,

you will be looking at this list and patting yourself on the back when you look in the mirror and know what it took to get to that fab and healthy body.

### Food to keep:

- Meats such as lean beef, pork, poultry, game, organ meats, game meats, fish and shellfish
- Fruits and vegetables (some vegetables, not all)
- Nuts and seeds (no more than 4 oz. a day)
- Eggs
- Beverages (Tea, Wine, Coffee, Beer, Spirits)
- Diet Soda (in moderation)
- Oils (in moderation)
- Paleo Sweets (in moderation)

This is a short list of the foods you CAN keep, eat and enjoy. You will need to check a Paleo Diet food list to be perfectly clear on what is acceptable and unacceptable.

Once you replace the old junk, processed food with the new, healthier food you are going to open yourself up to a whole new world of different types of food.

## Chapter 3 – Combine Paleo with Working Out

The Paleo diet will definitely do one thing for you: fill you up with protein. By filling up with protein you will be a lean, mean machine blasting fat right out of those pockets where it lives. Because the diet is based on eating lots of protein, you will be fueling your body instead of adding on the pounds so you will start to lose weight with little to no effort.

Want to lose weight even faster? If you think that just by changing your diet you can lose weight, try adding a good workout plan. Your results will be phenomenal.

If you are someone who has never worked out in your life or just don't have the inclination to do so, be prepared to be surprised by your desire to want to work out.

When you start on the Paleo diet and follow the eating habits that is prescribes, you will actually feel like exercise whether it be in the gym or just taking a walk. You will start to feel like that caveman who only ate food that was good for him. Remember, he needed lots of fuel to keep up with all of his daily activities which were at times extremely strenuous.

With all of the processed foods that we consume, it is amazing that anyone has an ounce of energy to spare at the gym or go for a walk or run. Our diets directly affect every single thing that we try to accomplish.

How do you expect to make it through one simple sit-up? How about a pull-up? Run a mile? Forget it. You won't make it continuing down the unhealthy road you are on.

By combining the correct diet packed with lots of protein, your exercise time will be much easier for you.

### How to Pick An Exercise Routine to combine with the Paleo Diet

There really is no magic formula here. Combining the Paleo diet with your normal exercise routine will be the most beneficial. This diet/exercise plan does not call on you to buy expensive equipment, useless DVD's or any other product that is going to sit on your shelf and gather dust.

Because the Paleo diet is so easy, finding the right exercise routine to combine it with is a breeze.

Think about what a caveman used to have to do during his day in the wild. What responsibilities did he have during the day? Let's put on our thinking caps here.

Think about what muscles and what parts of his body did he have to use? Cavemen

exerted a lot of energy every single day. If I were to say one thing he probably needed more than anything else it probably would have been cardio agility.

Start with that area of your body. Don't try to work on all parts of your body at once. Start with one area and perfect a regime until you feel comfortable enough to add another part to your workout.

If you are starting with cardio, you can do anything that will get your heart rate up and pumping. Do NOT overdo it. Be sure to check with your physician if you are unsure about starting an exercise routine.

Contrary to popular belief, running is not more beneficial than walking. And, running is hard on your knees. Take a walk for an hour which is about the equivalent of three miles. Not much to it and it meets the requirements of a workout.

After you have mastered the cardio area, think about lifting a few weights. Those cavemen had to lift heavy items such as the things they killed. Or, they had to carry water or something else that was heavy such as the food they gathered.

Sneaking through the grass, running, jumping and spying on animals before they would kill them uses a lot of squatting skills. Next, add some squats next to your routine.

You get the picture.

Continue adding exercises that are similar to what the caveman would experience during a typical day. This routine will make you optimally fit without overdoing it in the meantime. No pain here. Just quick, easy ways to become physically fit.

By eating a Paleo diet, you will find that working out is easier than you think. You will wonder why you didn't start sooner.



## Conclusion

After eating like a caveman for a while, you will find that your life is going to change drastically. You will be the person with the 6-pack whom everyone else is so envious.

Not only will you feel better, you will truly be living a healthy lifestyle. You will be able to sleep well at night, look in the mirror and know that you are doing only good things to your body instead of abusing it day after day.

Once you feel comfortable you can introduce the Paleo diet to your family. The Paleo lifestyle is good for kids too. A lot of foods on the diet are focused around natural foods such as fruits, vegetables and eating naturally.

Since there is no calorie counting or watching what you eat your life will truly be simple without adding any aggravation to your life. Don't do something that you will not enjoy and it will make you want to quit before you start.

With the Paleo diet, you can wake up in the morning knowing that you are going to be eating healthy all day. Breakfast, lunch and dinner are now stress-free zones. You can eat from the Paleo food list without feeling guilty all day long.

The Paleo food list contains foods that are good for your body. You may be already eating several choices of the foods.

By eating the Paleo way, you will be burning fat almost every second of the day. This truly is effortless on your part just by eating the right foods. Burning fat instead of storing it is the end-game we are all seeking.

By going back to our caveman roots, we go back to eating healthy. When you eat healthy, you will be able to see and feel a difference. Once that body starts to take shape, you will never want to turn back to your old habits.