

HEALTHY DIET: THE ESSENTIAL PALEO BLUEPRINT

Lose Weight, Raise Energy & Stay Healthy for Life

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My Story

My family has always taken pride in our healthy lifestyle. I mean, we exercise regularly, abstain from cigarettes and alcohol and were generally happy until lymphoma struck my 70-year-old dad a few years ago. Needless to say, we were traumatized by the experience. Looking for an answer with the doctors proved unsatisfactory. “It’s an old man’s illness,” was their answers.

The search for an answer led us to one weakness in our lifestyle, it was our diet. As I read these two books [1001 Ways to Stay Young Naturally](#) and [The Acid Alkaline Balance Diet, Second Edition: An Innovative Program that Detoxifies Your Body's Acidic Waste to Prevent Disease and Restore Overall Health](#), I was more convinced that to help my dad recover from his illness, he needs a radical change in his diet. So, gone was the oily, starchy, and deep fried food. It was replaced with a more balanced natural diet of vegetables, fruits, fish, nuts and berries. In other words, a Paleo Diet. Well, his health got better and eventually recovered. Although we weren’t exactly sure whether his fitness level (he was an avid jogger), diet or chemo therapy that did most of the job. But during his chemo therapy, he experienced no loss of hair, weight loss, nor loss of appetite. In fact, the doctors were amazed at the rate of his recovery.

Without actual scientific prove to back it up, I wouldn’t dare to say that his changed in diet was the main reason for his amazing rate of recovery. But, as the phrase “you are what you eat” comes to mind, I’m very sure without a change to a more balanced and

healthier diet, my dad's recovery may have taken a longer time and been more painful.

What is the Paleo Diet?

Our ancestors, the early man, foraged and hunted for seafood, meat, vegetables, fruit, nuts, roots and seeds for 2.5 million years. This period of time is known as the Paleolithic era. It was before the development of agriculture. The Paleo diet, which is also known as the Stone Age diet, hunter-gathering diet and the caveman diet. Over the many thousands of years, our ancestors have evolved, but some things haven't changed. One of them is our digestive systems, which have evolved only slightly in the last 10,000 years. Paleo for short, this modern diet is an attempt to mimic our ancestor's diet for optimum health.

The Paleo diet was first popularized by gastroenterologist Walter L. Voegtlin in the 1970's. For the last few decades, obesity has been increasing around the world. Our modern diets are full of preservatives, processed sugars, and fried foods. This modern health crisis has led to a renewed interest in Voegtlin's tested approach to a healthy lifestyle.

Advantages of the Paleo Diet

The many benefits of the Paleo Diet have been thoroughly researched and proven in numerous academic and scientific journals. It is simply amazing how just by changing what we eat can cause such dramatic changes in the quality of our life.

- Weight Loss- Although the Paleo diet is not designed for weight loss, people inherently lose weight by adopting it. This is because the foods of this diet are mainly fat burning foods. In fact, the diet allows you to eat large amount of delicious food while still restricting calories. The result is a lean and fit body.
- Disease Fighting - The Paleo diet has been proven to help prevent diabetes, Parkinson's disease, cancer, heart disease and strokes.
- Aids Digestion- Digestive problems such as irritable bowel syndrome, Crohn's disease and indigestion can all be avoided with the Paleo diet.
- Fights Acne– The Paleo diet restrict the foods that cause acne. Pimples are formed when sebum is

overproduced or obstructed, causing the sebaceous glands to enlarge. Foods in the Paleo diet restrict insulin spikes that cause a sebum boost. The result is you can expect smoother and more attractive skin.

- Feel Great- The Paleo diet not only helps you become healthier and look younger, but also makes you feel better. Paleo supporters swear by this diet because it makes them “feels” right. The only way to experience this energy and confidence is to try it for yourself.

Paleo Diet Basics

Many people assume that the Paleo Diet is complicated and difficult to follow. The fact is that it is really quite simple. Just eat real foods. As a guideline, try to consume 56–65% of your calories from animals and 36–45% from plant based foods. Proteins should be kept high at 19-35%, carbohydrates at 22-40%, and fat at 28-58%.

What to Eat

Adopting a Paleo Diet is about experimenting. Nature provides us with a huge variety of delicious foods. So, rather than settling for a box of processed macaroni and cheese pizza, feast on foods that excite your taste buds and boost your energy level. Listed below are many foods you can incorporate into your diet.

PROTIENS

Meat	Game	Poultry	Fish	Shellfish	Eggs
Beef	Pheasant	Goose	Tuna	Lobster	Chicken eggs
Veal	Deer	Chicken	Salmon	Shrimp	Goose eggs
Pork	Duck	Turkey	Trout	Scallops	Duck eggs
Lamb	Wild Turkey	Quail	Halibut	Crab	Quail eggs
Goat	Rabbit	Duck	Sole	Clams	
Rabbit	Moose		Bass	Mussels	
Sheep	Woodcock		Haddock	Oysters	
Wild Boar	Elk		Turbot		
Bison			Cod		
			Tilapia		
			Walleye		
			Flatfish		
			Grouper		
			Mackerel		
			Herring		
			Anchovy		

VEGETABLES

Standards	Green Leafy	Squash	Root	Mushrooms
Cauliflower	Collard Greens	Butternut	Turnips	Oyster
Broccoli	Lettuce	Spaghetti	Carrots	Button
Celery	Spinach	Acorn	Beets	Portabella
Bell Peppers	Watercress	Pumpkin	Parsnips	Chanterelle
Onions	Beet Top	Zucchini	Artichokes	Porcini
Leeks	Dandelion	Yellow Summer	Rutabaga	Shiitake
Green Onions	Swiss Chard	Buttercup	Sweet Potatoes	<u>Crimini</u>
Eggplant	Mustard Greens	Crookneck	Radish	Morel
Brussels Sprout	Kale		Yams	
Artichokes	Turnip Greens		Cassava	
Asparagus	Seaweed			
Cucumber	Endive			
Cabbage	Arugula			
Okra				
Avocados				

SUPPORTING PLAYERS

Fats	Fruits	Nuts & Seeds	Flavor Enhancers	Fresh & Dry Herbs
Olive Oil	Apples	Brazil Nuts	Cayenne Pepper	Parsley
Avocado	Oranges	Pistachios	Chilies	Thyme
Coconut Oil	Bananas	Sunflower Seeds	Ginger	Lavender
Clarified Butter	Strawberry	Pumpkin Seeds	Onions	Mint
Lard	Cranberry	Sesame Seeds	Garlic	Rosemary
Tallow	Grapefruit	Pecans	Black Pepper	Chives
Veal Fat	Peaches	Walnuts	Hot Peppers	Tarragon
Duck Fat	Pears	Macadamia Nuts	Star Anise	Oregano
Coconut Flesh	Nectarines	Pine Nuts	Mustard Seeds	Dill
Nut Oils	Plums	Chestnuts	Fennel Seeds	Bay Leaves
Nut Butter	Pomegranates	Cashews	Cumin	Sage
Lamb Fat	Pineapple	Hazelnuts	Turmeric	Coriander
	Grapes	Almonds	Cinnamon	
	Papaya		Paprika	
	Cantaloupe		Nutmeg	
	Kiwi		Cloves	
	Lychee		Vanilla	

Foods to Avoid or Even Eliminate Altogether

The main foods you should avoid or eliminate are processed foods. These are the largest source of toxicity and malnutrition. Grains used for sandwich breads, cereals and pasta are not part of the Paleo Diet. Moreover, the processed fats and vegetable seed oils used in processed foods are counterproductive to our health. Legumes, especially soy, should also be banished from your diet. There is absolutely no room for refined sugars and processed foods in the Paleo diet plan.

Tips for a Paleo Lifestyle

It is really unfortunate that the cheapest and most convenient foods available are usually the least nutritious. Our busy lifestyles have led to our children being raised on a diet of unhealthy processed and fast foods. In addition, the popular culture has even make eating healthy foods a rather odd concept. Even after knowing the benefits, many people never try the Paleo diet simply because they think it is too inconvenient and difficult. If you strive to live a long, healthy, and fulfilling life, it is well worth to make a few small changes. While it may not be as easy as stopping at the nearest drive through, maintaining a Paleo lifestyle is nonetheless achievable with these few tips.

- Be Organized- The first tip is to always be organized, prepare and plan your meals. The challenge is to have Paleo foods stocked up at home. So that you are more likely to eat healthier if these foods are readily available at home.
- Rethink How You Shop- Look for the best farmers' markets, butchers and grocery stores near you. Prepare a list of items you plan to buy before going to the grocery. Avoid the aisles that are filled with processed foods. This may seem difficult at first, but you will get used to it after about a month and you will no longer feel the need to visit the sugar aisles.

- Clean Up Your Pantry- Get rid of all the unhealthy cereals, pasta, and processed foods in your pantry and replace them with foods that are much more satisfying, fresher and healthier.
- Learn to Cook- There are so many delicious foods to eat in a Paleo Diet that you will never become bored. The best way to take advantage of this is to learn how to cook. By combining all the diverse flavors nature has to offer, there is an endless number of tasty dishes you can whip up to excite your taste buds.
- Dress Up Your Food- Although most of the condiments available in the store shelves are filled with unhealthy preservatives, you can still enhance the flavor of your foods by making your own condiments. Ketchup, mustard, salad dressings and sauces of some of the delicious dressing that can be made at home quickly and easily.
- Exercise Regularly- Just by changing your eating habits to a Paleo Diet will help you to lose weight naturally. By adding exercise to the mix, you will be amazed at how quickly you achieve your weight loss goals. Your true, toned physique will reveal itself as you start shedding the pounds. You will even notice yourself feeling more energetic than before. Other benefits include feeling stronger, mentally sharper and feeling younger.

- Join Support Group- Look for chat groups and forums where people on the Paleo Diet meet. Join a gym where the Paleo Diet is the recommended choice. It is always nice to exchange ideas and advice on the best Paleo recipes and on staying true to the diet plan. By joining an online community or in person will motivate you to learn about how the other members' lives have improved just by keeping true to the Paleo lifestyle.

Paleo Friendly Desserts

Desserts are one of the biggest stumbling blocks in a Paleo Diet plan. Most desserts contain artificial sweeteners and starchy carbohydrates that will spike insulin levels. This makes them recipes for disaster. However, for kids, especially during special celebrations like birthdays, a sweet treat is in order. There are recipes for some tasty Paleo desserts that can help your transition into the Paleo lifestyle without indulging in unhealthy choices. Although it is not advisable to have desserts after every meal, Paleo style desserts can stop those cravings from your pre-Paleo days.

Below is a list of healthy whole foods you can use to whip up those delicious Paleo friendly desserts.

- Almond flour- Use this nutritious and high protein flour perfect to make muffins breads and macaroons.
- Raw Honey– Since honey can be eaten straight from the bees' nest, it is a true Paleo sweetener. Although it is considered a whole food and is the perfect sugar substitute, honey is high in calorie and can spike the insulin level, so use sparingly.

- Cocoa- Dark chocolate is packed with nutritious antioxidants and won't break the dairy limit rules. Opt for the unsweetened natural cocoa over the Dutch processed version that loses its benefits during processing.
- Pure Vanilla Extract– You can find pure vanilla extract in any baker's pantry. Just be sure you buy the pure type and not the cheap flavoring.
- Coconut Oil- Coconut oil contains medium chain fatty acid. Meaning it is transferred directly to the liver to be used for energy rather than being stored as fat. It also helps to stimulate the thyroid gland to speed up metabolism.
- Coconut Milk- This is a great dairy substitute. It contains lauric acid which is proven to help fight influenza, herpes, HIV and also improve our immune system. Use it to make ice cream, hot cocoa, pudding, and egg nog.
- Nuts– Nuts are packed with healthy fats our bodies need. Hazelnuts, pecans, macadamias and almonds are real lifesavers you should have in your kitchen. Use them for pie crusts, candies or just simple spiced nut blend.

- Frozen Fruit- Frozen berries make great desserts. Use berries to make rich smoothies or sorbet. Eat frozen grapes and cherries straight from the freezer, they taste delicious. You can also try frozen bananas on a stick or blend them for a lovely creamy ice cream.
- Dates- Dates are another great source of natural sweeteners that, unlike honey, do not add its own flavor. They contain simple sugars like dextrose and fructose which are easily digested and help to replenish your energy.

Conclusion

The Paleo Diet is a proven system to help you to shed pounds and to have a healthier life. Adding regular exercise to the mix and you will surely achieve the lean and sexy bodies often seen on models. Contrary to popular belief, the Paleo lifestyle isn't restrictive at all and can actually help to open your palette to a whole new world of delicious and healthy culinary experiences. Check out the many variety of high quality cookbooks and websites that can help your transition to this new lifestyle more easily. Once you have experienced the transformation, you will start to wonder how you ever functioned without it. Get the most out of your beautiful life and enjoy it with optimum fitness with the Paleo diet plan.

Additional Resources:

[Healthy Smoothie Recipes Collection](#)

[Fat Free Forever](#)

[Home Fitness Program](#)