

**The Paleo Diet**  
**Everything You Need to Know About the Paleo Diet**

*By Walter James Brown*

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Smashwords Edition

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## Introduction

Thank you for downloading *The Paleo Diet*. This book is an excellent guide for people who want to know everything there is to know about the Paleo Diet. Every beginner, but also those who already know about Paleo, will get massive value from this book. This book contains proven facts about the Paleo Diet, debunks many myths, and explains the common misconceptions.

When I started out with the Paleo Diet, there were just a few good books, but the majority of the books that existed contained invaluable information. So, I decided to write this book to provide value to the people who want clarity about the Paleo Diet. I would have loved it if someone had done that back when I started.

I implemented the Paleo Diet about 2.5 years ago and I would like to share my knowledge and insights. Because I never had a clear Paleo guide, I constantly had to tweak my diet to perfect it. And now I want to share the knowledge that I have built with you.

This book will provide all information needed to implement the Paleo Diet in your life. I will discuss the good and bad foods, the origin of Paleo, the benefits of Paleo, the common myths, provide recipes, and I will help you implement the Paleo Diet and show you how to stay on track in a world that only eats processed foods.

Again, thank you for downloading this book! I will provide bonus content at the end, so be sure to read the whole book! Enjoy, and good luck implementing the Paleo Diet!

# Chapter 1: The Origin of the Paleo Diet

*“The first wealth is health” ~ Ralph Waldo Emerson*

## **Our Ancestors**

The Paleo Diet descends from our ancestors who lived 15,000 years ago. They lived in the Paleolithic Era. This era distinguishes itself by the development of the first stone tools.

Our ancestors had a diet where they would only eat natural foods. These foods were foods that they would find in nature, such as fish, seeds, meat and fruits. The foods that they ate were nutritious, unpolluted, and they helped them to stay healthy and strong. Today, the “Paleo Diet” adopts these food consumption habits because of the many health benefits.

## **Diseases**

Studies shows that health problems like diabetes, obesity, high blood pressure, high cholesterol, and heart disease didn’t exist in the Paleolithic Era. These health problems directly descend from the rapid change in our diet. We had to change our diet in order to survive difficult times. So, when Europe got hit by a very strong drought, there were not many other options than eating wheat. Wheat was mixed with water and this was the birth of the bread that we know today. This also led to the invention of other foods that we know today, like unprocessed sugars, complex carbohydrates, trans fats, and processed foods.

This modern day diet was a massive change for us and for our metabolism. Our metabolism could never adapt to these changes in our diet and this led to many illnesses that we know today. Because of the fact that it was very easy and cheap to make these kind of foods, we kept consuming them. Today, food industries will do everything they can to create cheap, processed, and addictive foods to hook us. However, our bodies cannot handle these foods, and that is why there are so many sick people in the world.

## **Back To the Basics**

Because of the new food industry with all its flaws, we are constantly searching for new ways to gain back the health and body we inherited from our ancestors. First, we started by eliminating fat, but this was gradually replaced by processed sugars. Indeed, the obesity problem would not go away. In fact, the problem would only become bigger.

Then we realized that our sugar consumption was the real problem, so we tried to use artificial sweeteners for a sugar substitute. This didn’t help. Studies showed that people who would eat sweeteners would eventually eat more sugars because of their sweet tooth.

Now we have discovered that our bodies respond best to the diet of our ancestors, the Paleo Diet. This is because our bodies were made to consume natural foods, which includes veggies, meat, fish, fruits, and nuts. The now-popular Paleo Diet promotes the consumption of these foods.

## Chapter 2: 10 Benefits of the Paleo Diet

*“I believe that the greatest gift you can give your family and the world is a healthy you” ~ Joyce Meyer*

### **Benefit #1: You Are Avoiding Processed Foods**

Firstly, the Paleo Diet lets you avoid processed foods very easily. Because you are not eating any processed food, you will not fall prone to the addiction of it. Food industries today put many addictive ingredients into processed foods. They do this as a “marketing strategy”, as it has a consumer coming back all the time. Even when consumers do not feel like eating processed foods or do not feel hungry, they will eventually tend to come back and eat more.

Our body never managed to adapt to processed foods, so when you are avoiding them, you will automatically cut out a lot of synthetic chemicals that were introduced in the last century. Studies also shows that too much consumption of processed foods can cause depression. You will be baffled by just how many foods are processed or contain added processed foods!

### **Benefit #2: It Cuts Out Empty Calories**

We say that a food has empty calories when they contain calories, but do not contain any nutrition with real value. The most common foods with empty calories are sodas and sugary beverages.

Sodas and sugary beverages are far from natural, so it is common sense that we need to cut out those foods if we want to eat Paleo. The caveman in the Paleolithic Era only drank pure water, so you need to cut out sodas, juices, and energy drinks.

For some people, cutting out these beverages will result in massive weight loss. We tend to underestimate the amount of processed sugars in these beverages. Cutting them out will also help you to feel better and have more energy.

### **Benefit #3: Muscle Gain and Fat Loss**

The Paleo Diet heavily relies on animal flesh when it comes to consuming healthy proteins. These proteins are used to build new muscle mass cells and the more muscle you have, the better your metabolism will work. When you have more muscles, it requires more energy to move your muscles. So, your body will send all your energy directly to the muscle instead of to your fat cells. This energy will be stored as glycogen in your muscles instead of triglycerides in your fat cells.

### **Benefit #4: More Energy**

Most of the processed foods or sugary beverages were created in reaction to our crappy diet. We all demand more energy, and the food industry supplies us by providing energy drinks with

processed sugars and empty calories. This eventually drains us of our energy and encourages us to reach for the energy drinks and sodas again. Basically, it is a vicious cycle.

The Paleo Diet gives us the real supply we need and demand. The foods in the Paleo Diet contain a lot of energy, and this energy is more difficult to break down than those crappy processed sugars. This will result in long-lasting energy.

### **Benefit #5: It Prevents Certain Diseases**

By eating Paleo, you are automatically eating more anti-inflammatory foods and cutting out foods that cause inflammation. You are digesting a lot more foods that contain antioxidants and phytonutrients. Also, you will avoid a lot of foods that are responsible for diseases like diabetes, obesity, high blood pressure, high cholesterol, and heart disease.

### **Benefit #6: Keeps You Fuller**

Most diets constantly keep the consumer in a state of hunger. The Paleo Diet, on the other hand, focuses on feeling full, eating “a lot” while losing weight. You also are less inclined to cheat or binge because you can eat whatever you like.

As for the processed foods, a lot of the time, we eat these foods because they are addictive, not necessarily because they taste good. Just think, do you remember the time that you ate a whole bag of cookies or fast-food meal while already feeling full or not even liking the taste of it?

Besides that, the Paleo Diet contains a lot of healthy fats, and fats help you feel full for a longer period of time. This, combined with healthy proteins, vegetables, and fruit with the right amount of fiber and carbohydrates, will also make you feel fuller for longer.

### **Benefit #7: Improves Mental Health**

When you cut out all the processed foods, you will feed your brain with more high quality foods. Foods like processed sugars won't give your brain the nutrition it needs to perform optimally. Eating too much processed food can result in unconscious living, a short temper, or depression. This is because of the fact that processed foods damage the hypothalamus region in the brain. The hypothalamus region in the brain produces certain hormones that control thirst, sleep, moods, hunger, and the natural rhythms of the body.

You will notice many benefits involving the brain when you cut out processed foods. Those sudden mood swings or energy dips will be gone. Your food cravings will also be eliminated and you will control your appetite a lot better. If you find that you simply can't completely avoid processed foods, you can still implement them in your diet. However, consuming these foods should be minimal. A good rule of thumb, not mentioning calories, is that you can eat 1 “bad meal” for every 9 Paleo meals, the 90/10 rule.

***Note:** Even though you are implementing processed foods with the 90/10-rule, this does NOT mean that they are a part of the Paleo Diet. In fact, you should always strive to eliminate processed foods from your diet entirely.*

Many people don't agree with the fact that you should cheat occasionally, but this really depends on you. Some people use too much willpower when they try to eliminate processed foods that

they love. It is possible to avoid these foods for a certain amount of time, but eventually, there is a chance that you will binge. So my advice on this matter is, avoid processed foods at all times if you can. But if you can't avoid them at all times, implement the 90/10 rule. Also, realize that you'll create a processed food detox when you cut them out for 60 days. You will almost never crave these foods after the detox.

### **Benefit #8: It Requires Zero Willpower**

Every diet that needs willpower to be sustained will eventually fail, hard... You want to create a diet that doesn't require any willpower. This will result in effortless success. Because you can eat a wide range of foods in the Paleo Diet, you are less likely to use willpower. And generally there are many foods available in the Paleo Diet that you might like, so you are allowing yourself to enjoy certain foods (in contrast to restricting yourself from certain foods, resulting in binges). This helps you to save time and energy when you are wondering what to eat, because you will simply eat whatever you feel like eating.

### **Benefit #9: Guaranteed Weight Loss**

When you switch to the Paleo Diet and replace all the processed foods with healthy Paleo foods, you will automatically lose weight. This is because you are cutting all unnatural foods out. It also takes more energy and time for the body to digest natural foods, so you'll be using more calories. Using more calories will help you to lose weight very fast.

Also, when you only eat natural foods, you are less likely to become addicted to sugar or fat. And because you won't be prone to sugar or fat addictions, it will be very hard to eat extra calories. Eventually you are going to notice that you are feeling good, you are eating healthy foods and you are consistently losing body fat. This will result in a momentum that you cannot easily break.

### **Benefit #10: Detox Effects**

When you stop consuming things that sabotage your health, such as caffeine, refined sugar, trans fats, gluten, and more, you are giving your body a break. You'll be purging your body of all the built-up toxic foods. We call this a detox. Many Paleo Dieters report that they feel lighter and more focused after just a couple of weeks.

After you've had your detox, your cheat meal won't have the same satisfying effect as when you were addicted. In fact, you'll experience negative side effects immediately when you have your cheat meal. You'll suffer from diarrhea, headaches and instant bloating. This will help you to be less likely to implement cheat meals and allow you to cut out processed foods for good.



## Chapter 3: Good Foods – Proteins

*“There is no diet that will do what eating healthy does”*

### **The Basics: Protein, Carbohydrates, and Fat**

The basic macronutrients of the Paleo Diet are Proteins, Carbohydrates, and Fats. It is very important to consume these macronutrients in a good balance, so it is important to mix foods that contain these macronutrients in your meal. It is believed that a deficit of any one of these macronutrients in comparison to the others is bad for your health. However, you can eat some less than others, but avoiding them completely is undesirable.

When you combine all the macronutrients, you will provide all the vitamins and necessary nutrients to the body. This will result in having more energy.

### **Proteins**

Proteins are large, complex molecules. They play a very important role in the body. They are required for the structure, regulation, and function of the body's organs and tissues.

#### **The Effects of Proteins on Our Body**

Protein is, in fact, the building block of our body. All our organs are built of proteins. Our muscles, hair, nails, and skin are also made of protein. Many hormones are proteins and the digestive system, our blood, and the immune system all rely on protein. Without (sufficient) protein, they would fail to work properly. It is therefore absolutely essential to include enough protein in our diet.

#### **Essential Amino Acids**

Proteins are made of amino acids. The body needs 20 amino acids, and our body can make eleven of these itself. The other nine amino acids are called 'essential amino acids', and our body cannot make these on its own. So in order to gain them, we have to consume foods that contain them.

Most foods contain protein with essential amino acids, but some are richer than others. And not every food contains every essential amino acid. This is why we should combine foods to receive all our daily 'essential amino acids'. The 'essential amino acids are':

- **Tryptophan**

Manufactures serotonin. Serotonin is responsible for our memory improvement, mood, and the control of our aggressive behavior. Serotonin also influences our sleep, emotions, appetite, and sexual activity.

- **Threonine**

Helps to maintain the proper protein balance in our body. It also is involved in the liver functioning, aids antibodies, and maintains the normal functioning of our central nervous system.

- Lysine

Lysine helps in the prevention of herpes infections and cold sores. It plays an essential role in growth, manages cholesterol levels, and absorbs calcium.

- Valine

Valine is required for muscle repair, growth, and metabolism. It regulates the nitrogen balance in the body and it also assists in the regulation of the blood sugar and energy levels.

- Histidine

This is essentially needed during periods of stress, growth, and recovery from illness and injury. Histidine is also important to proper sexual functioning.

- Phenylalanine

Phenylalanine is used for vitiligo, depression, Parkinson's disease, and chronic pain.

There also exists a disease called phenylketonuria (PKU). If someone suffers from PKU, the individual should not take phenylalanine because people with PKU lack sufficient phenylalanine hydroxylase, an enzyme that breaks down excess phenylalanine in food.

- Methionine

Prevents liver damage and is also used for treating liver disorders, increasing acidity in urine, and improvement of wound healing.

- Leucine

Leucine helps you to lose weight and save muscle when dieting and is good for muscle growth.

- Isoleucine

Isoleucine is important to stabilize energy levels and blood sugar. It creates hemoglobin and is involved in blood clot formation.

## **Foods Rich in Protein**

The following foods are rich in protein. Make sure you balance these foods and pick 2 to 4 foods that you really like, then rotate between them throughout the week. As I stated in the beginning of this chapter, you need to balance your foods to get all the essential amino acids.

### **Grass fed meat**

- Chicken

Chicken is one of the healthiest meats you can find. It is low in calories, high in protein, and very low in saturated fats. It helps you to build muscle, maintain a healthy appetite, and relieve stress.

You can eat all sorts of chicken, so even the chicken wings you love! The only thing to watch out for is indulging too much in the skin of the chicken and the sauce you put on the chicken.

- Duck

Duck meat is also high in quality protein. It is a very good source of vitamins A, B3, and C. However, be sure to remove the skin before you cook it. Duck meat can be very delicious in a lot of meals, but is relatively expensive. If you have a big budget you can implement duck meat in your weekly meals, however it is not necessary.

- Turkey

A good source of vitamins B6 and B12. Turkey can help lower cholesterol levels and keeps your insulin levels stable. It also contains the amino acid tryptophan, which produces serotonin and helps to improve the immune system.

You can enjoy turkey without any limits, because it is very low in calories and high in proteins. But don't get it twisted. Enjoying turkey doesn't mean you can enjoy the Thanksgiving turkey we all know without any limits. These turkeys are stuffed with fillings that contain a lot of unhealthy (and non-Paleo) foods. So, the best way to consume turkey is to eat it without the skin and stuffing.

- Beef

In comparison to normal beef, grass-fed beef has a lot of heart-health benefits. Grass-fed beef contains less fat, more omega-3 fatty acids, and more antioxidant vitamins such as vitamin E. It is also lower in fat than regular beef.

- Lamb

Lamb meat is an excellent source of iron, zinc, protein, and vitamins. Unfortunately though, lamb has a lot of calories and saturated fats. You can implement lamb in your diet, but I recommend that you do this in moderation, especially when you want to lose weight.

- Pork

Pork is also high in protein and essential vitamins, although it contains a lot of calories and fats. It's recommended to eat pork once or twice a week. This will help you to balance your food.

## **Eggs**

Eggs are very beneficial; they provide a large amount of vitamin A, B5, B12, and B2. Vitamin A is good for your immune system, vision, and cell growth, and vitamin B is good for conditions

like stress, hair loss, anxiety, allergies, and heart problems. So eating a minimum of 1 egg a day is perfectly healthy for you!

Many people think that eggs are bad for you because they are high in cholesterol. It is correct that they are high in cholesterol, but the cholesterol that eggs contain do not affect the blood cholesterol, meaning that it is not bad to eat eggs.

## **Fish**

Fish is, in general, low in fat and filled with high quality proteins. It also contains omega-3 fatty acids, vitamins (such as B2 and D), and essential minerals. It is recommended that you eat fish at least two times a week. The omega-3 fatty acids in fish help to maintain a healthy heart, aid healthy brain function, and decrease the risk of certain disorders like depression, Alzheimer's disease, dementia, diabetes, and ADHD.

- Tuna

Very low in calories. It doesn't contain as much omega-3 as sardines or salmon, but it is still considered to be a fatty fish.

- Salmon

Salmon is the best source for Omega-3s. It contains a lot of good fats and is a bit higher in calories than other fish, but it is definitely very healthy for you.

- White-fleshed Fish

Rockfish, halibut, Pollack, and flounder are called white-fleshed fish. These are the fish with the lowest amount of calories. They are not the source of omega-3s like salmon is, but they are very rich in high quality protein.

## Chapter 4: Good Foods Part II – Carbohydrates and Fats

*“Let food be thy medicine and medicine be thy food” ~ Hippocrates*

### **Carbohydrates**

The molecules of carbohydrates consist of hydrogen, carbon, and oxygen atoms. They function as storage molecules and protective membranes for cells and organisms.

### **Effects of Carbohydrates on Our Body**

Carbohydrates provide the energy that is needed to do all the activities in your life. They are also important for health reasons like healthy sleep and a healthy immune system. The amount of carbohydrates you'll automatically get from the Paleo Diet is lower than other diets, but you can decide how much to consume. It all depends on your goals; if you want to lose weight, you need to consume less carbohydrates and vice versa.

### **Foods Rich in Carbohydrates**

The following foods are rich in carbohydrates. Be sure to balance these with foods that are rich in protein and fats.

### **Vegetables**

This is just a very small list of vegetables you can eat. Basically, you can eat every vegetable that is natural, although these are the top healthy ones.

- **Broccoli**

A vegetable royalty, broccoli is one of the healthiest vegetables you can eat. It helps to fight cancer, produces enzymes that protect the heart, and protects your skin against UV light. Just eating broccoli 3 times a week can reduce the chances of cancer significantly.

- **Brussels Sprouts**

These veggies are packed with folic acid, which is a B-vitamin that prevents neural tube defects. They also contain sinigrin, which suppresses the development of cancer cells.

- **Onions**

Onions help to fight cancer, heart disease, and diabetes. They also help build strong bones. They are anti-inflammatory, antiviral, antibiotic, and contain powerful antioxidants.

- **Spinach**

Spinach provides more good nutrients in comparison to almost any other vegetable. It is loaded with vitamins, dominated by vitamin K. Vitamin K is good for a healthy blood

clotting system, helps your bones retain calcium, and prevents your blood vessels from calcifying.

- Tomatoes

Not really a vegetable. In fact, it is a fruit. However, I chose to put it on this list as I thought that it would fit better. Tomatoes are a very good source of vitamin A, vitamin B, and vitamin C. Tomatoes also fight cancer cells. I highly recommend that you buy them from the local farmer, as these tomatoes taste a lot better than the standard supermarket tomatoes.

## **Fruits**

Fruits are a very good source of carbohydrates and vitamins. The following is a list of the best fruits. Realize that there are no bad fruits though, so if you prefer other fruits over the following ones, you can of course eat those.

- Blueberries

Blueberries are very rich in antioxidants. In fact, they are the richest in antioxidants in comparison to other fruits. Blueberries are also very good for your brain. They prevent mental deterioration, and loss of coordination and balance. These are one of the healthiest foods you can consume and besides all the good nutrients, they are also very low in calories.

- Cherries

Cherries are loaded with anti-cancer, anti-inflammatory, and anti-aging compounds. They are also good against belly fat, reduce the risk of strokes, and they help you get high quality sleep.

- Kiwi fruit

A vitamin C rich food, it contains twice as much vitamin C as oranges and a lot of disease-fighting antioxidants. Kiwi fruit helps you boost your immunity system, manage your blood pressure, and improve your digestive health. Therefore, it's a highly recommended fruit.

- Raspberries

Raspberries are very low in calories and rich in fiber and antioxidants. There are just 52 calories in 100 grams of raspberries with 6.5 grams of fiber. They also contain a lot of vitamin K and vitamin E.

- Strawberries

A very delicious and healthy fruit, they help you burn fat and boost your short-term memory. They are also (like raspberries) low in calories and high in fiber. They have anti-ageing properties, they lower the risk of cardiovascular diseases, and are very good for weight loss. Strawberries are one of the better foods to implement in your Paleo Diet.

## **Sweet potatoes**

Sweet potatoes aren't related to the 'normal' potatoes we know. They are high in vitamin B6 and vitamin C and contain natural sugars. Yet unlike normal sugars, these sugars are slowly released into our blood stream. They are low in calories and high in carbohydrates. This vegetable is a delicious food to eat occasionally. However, it is not recommended that you eat them if you have blood sugar problems.

## **Fats**

Many people get confused when I say that eating fat is very healthy for you. Some cannot even accept the fact that this is true. But the truth is, eating fats is very healthy for you. It has several benefits like improving bones, liver health, healthy lungs, immune system, and promoting a healthy brain.

Crazy, huh? "But why are so many people fat?"

Well, there is a difference between certain fats. Just because eating fat is very healthy for you, it doesn't mean that *every* fat is healthy for you. There are "good" and "bad" fats. And you need to know the difference and avoid the bad fats at all costs. Consuming bad fats will almost always lead to weight gain.

## **Bad Fats**

Today, we have what are called "trans fat" and "saturated fats". These are the fats you want to avoid. These fats are formed when manufacturers process liquid oil into solid fats. They raise your bad cholesterol (LDL) and lower your essential cholesterol levels (HDL). Eating these regularly can increase your risk of strokes and developing heart disease.

## **Good Fats**

These fats are the fats you want to consume regularly (but watch your calorie intake, as fats are high in calories). The good fats are monounsaturated fats, polyunsaturated fats, and omega-3 fatty acids. They improve blood cholesterol levels, insulin levels, and blood sugar control.

## **Foods Rich in Good Fats**

The following foods are rich in good fats. Be sure to implement these (the ones you like) into your Paleo Diet. But be wary that fats (even the good ones) contain a lot more calories than carbohydrates and protein. And more calories in than calories out = automatic weight gain!

## **Natural Oils**

Also called 'essential oils', these oils are natural and chemical-free. Natural oils provide for many health benefits and are very tasty to use in recipes or while cooking. These are some of the healthiest and tastiest natural oils:

- **Almond Oil**

There are two variations of almond oil, the sweet one and the bitter one. We use the bitter one for our hair and skin (no consumption!) and the sweet one for consumption.

Sweet almond oil contains a lot of good fats and has tons of benefits such as being anti-inflammatory, helping to heal wounds faster, treating vascular issues, relieving pain, and it contains antioxidants too.

- Coconut Oil

Populations who implement coconut oil in their diet are a lot healthier than populations who don't. Coconut oil also has a lot of health benefits. And it can help you increase your fat loss, kill bacteria, eat less, reduce the risk of heart disease, and reduce seizures. Coconut oil fits into the Paleo Diet very well.

- Olive Oil

Olive oil is simply made by extracting the juice of olives, so the taste really depends on the quality of the olives. Olive oil is very beneficial for pain relief, your sex life, preventing diabetes, keeping your skin smooth, and it lets you live a longer life.

## **Avocado**

Avocado contains a lot of healthy fats, essential minerals, and fiber. It contains a lot of potassium, lowers your cholesterol, and helps to prevent cancer.

You can use avocados in very diverse ways. You can cook them, add them to recipes, or simply eat them raw.

## **Nuts and Seeds**

Very high in essential fats, and (what you wouldn't expect) helps you to lose weight. This is because eating nuts and seeds can be very satisfying for your hunger and helps you to control your appetite. The best nuts and seeds are almonds, cashews, pecans, hazelnuts, pine nuts, walnuts, macadamia nuts, sunflower seeds, and pumpkin seeds.

Nuts and seeds are rich in energy, important omega-3 fatty acids and vitamins, and have a lot of health benefits. Make sure you eat a handful of nuts and seeds every day to maximize the benefits they carry.



## Chapter 5: Bad Foods

*“The food you eat can be either the safest and most powerful form of medicine or the slowest form of poison” ~ Ann Wigmore*

### **What Food Should You Avoid?**

Now that we know what we can eat, it is important to know what we *can't* eat. The general rule is: you eat what your ancestors ate. But how do we know what our ancestors ate? The rule of thumb is that they ate natural foods. So, you would think that you can consume everything that grows directly in nature, but that's not entirely true. Here is a list of all the foods you should avoid.

#### **Artificial Foods**

It is really crazy if you think about it, but many of us eat foods that aren't really foods. Artificial sweeteners, dyes, High Fructose Corn Syrup, and trans fats are all manmade foods. These foods are added into the majority of our foods today and are very bad for our health. Artificial foods lead to health problems like mental disorders and physical health issues.

The food industry uses a lot of these foods as a marketing strategy. They taste very good, are addictive, and very cheap too - the perfect marketing mix! I don't need to say that artificial foods weren't available in the Paleolithic Era; in fact, many of these artificial foods were made in just the last 100 years!

#### **Dairy**

Many people are lactose intolerant and that is one of the biggest reasons dairy is a no-no. Humans are also the only species to drink milk from another species. It is normal to drink milk when you are a baby, but we shouldn't consume it anymore after that. Also, a high consumption of dairy may increase the risk of cancer.

#### **Hydrogenated Oils**

These oils contain a lot of trans fats and are meant to be stored for a long time, and therefore are not really Paleo. Watch the food labels closely and find out if the food you are going to eat has hydrogenated oils in it. Many food companies hide these oils and trans fats, but make sure to recognize these foods and avoid them.

#### **Refined Sugar**

Refined sugar and High Fructose Corn Syrup (HFCS) has a lot of fructose. The liver is the only organ that can process fructose, and if fructose is eaten in large amounts, it will automatically turn to fat. Refined sugar has no vitamins or minerals, which is why it is called empty calories. It is found in foods like candy bars, sodas, pastries, and even in sauces like ketchup. Refined sugar

and HFCS are made very cheaply and do us a lot of harm. They are the main cause of insulin resistance, they are addictive, and they raise the risk of obesity, diabetes, and heart disease.

## **Processed Foods**

Processed foods are foods that are changed from their natural state. Foods like cereals, cheese, bread, salty snacks, soft drinks, and microwave meals are all processed foods. The food industry puts all kinds of artificial ingredients in them to taste better, become cheaper, and be more addictive than natural raw foods. Most of the time, these foods aren't nutrient dense, are very unhealthy, and contain a lot of salt, refined sugar (or High Fructose Corn Syrup), and trans fats.

## **Potatoes**

Many people think that potatoes are Paleo, but they are not. Potatoes can only grow and be harvested when the farmer lives in one spot. In the Paleolithic Era, our ancestors kept moving from place to place to find and hunt for food, therefore they couldn't be consuming potatoes. Besides that, potatoes also contain a lot of pesticides. These pesticides are added for the growth of the potatoes, but they are very bad for us. Some potato farmers even admit that they would never eat the potatoes they are growing, knowing that they are way too unhealthy.

## **Grain**

A very commonly consumed food in the SAD (Standard American Diet). It may be a surprise to know that grains are *not* Paleo. There are 2 problems with grains we should know. The first one is the simple carbohydrates it contains. Grains contain a lot of simple carbohydrates and they break down into sugar very quickly. This will cause spikes in your blood sugar levels and eventually, they will turn into spikes in your insulin levels.

When your insulin level spikes sky high, your body won't burn fat. Your body will convert the excess glucose into energy and store the rest as fat.

Besides the high simple carbohydrates it contains, grains also contain anti-nutrients. These anti-nutrients negatively affect your digestion. Grains contain the following anti-nutrients: Gluten, Lectins, and Phytates.

- Gluten

Gluten is a protein that causes allergic reactions to one third of the population. This allergic reaction causes vomiting, stomach pain, diarrhea, and bloating.

- Lectins

These are sticky anti-nutrients and proteins. Overconsumption of lectins can cause intestinal damage, leptin resistance, and compromised intestinal bacteria. You can't avoid lectins altogether, but grains are filled with them. Grains contain the most lectins out of all the food groups.

- Phytates

Phytates bind to minerals in the body and eventually these minerals will become unavailable and be removed from the body, meaning all the vitamins you digest will become unavailable.

## **Legumes**

You should avoid legumes at all cost when you are following the Paleo Diet. One of the reasons is that legumes are very low in nutritional value. Raw legumes have much nutritional value, but when you cook them, they will lose it all. They contain a lot of minerals, but aren't absorbed well because of the phytate levels they have. Other reasons to avoid legumes are: they are high in Protease Inhibitors (enzymes that break down proteins), they have a lot of carbs which prevents weight loss, and they contain FODMAPs. FODMAPs cause digestive problems for many people.

## **Chapter 6: Common Paleo Myths Debunked**

*“Skepticism is the sadism of embittered souls” ~ Emile M. Cioran*

### **Our Ancestors Died Very Young**

“Why bother going on the Paleo Diet if all our ancestors died before they were 30?” This is true, but we don’t consider all the causes of death when we just formulate it like that. Our ancestors had a lot of other challenges than we have today. There was tribal warfare, little to no emergency medical care, a high infant mortality rate, and exposure to the elements. These are factors that we don’t experience in significant numbers in our time.

Study shows that our ancestors would live just as long as we will if they hadn’t have had these challenges. The difference is, they wouldn’t have developed any diseases like diabetes, heart disease, obesity, or inflammatory diseases.

### **The Paleo Diet is an All-Meat Diet**

By now, if you’ve read the book, you’ll know that this is definitely not true. When people have little to no knowledge about the Paleo Diet, they tend to confuse the Paleo Diet with an all-meat diet. It is true that the largest amount of the diet consists of meat, but meat is not the only food that you will consume on the Paleo Diet. In order to receive fats and carbohydrates, you will need to consume foods other than meat. The most effective and healthy way to get them is by eating vegetables, fruits, sweet potatoes, and nuts. With this information at hand, we can safely say that this myth is just not true.

### **The Paleo Diet is Dangerous, it Contains Too Much Protein**

It is true that protein toxicity exists. Protein toxicity is an illness where the individual consumes too much protein in a short amount of time. The individual develops kidney problems because of the fact that the kidneys need to process too much protein.

However, like we discussed in an earlier chapter, it is important to consume your macronutrients in a good balance. The amount of protein you will consume is up to the individual. Some people need to build muscle so they tend to consume more protein, while others want to lose weight and consume as much protein as fats. This is up to you.

Again, the goal of the Paleo Diet is to consume these macronutrients in a good balance. It is never smart to consume too much of one macronutrient and neglect the other two.

### **You Can Never Drink Alcohol Again**

It is smart to “cheat” once in a while when you are on the Paleo Diet. Drinking a glass of alcohol occasionally is perfectly fine. The thing is, you don’t want to over-consume alcohol (again, balance is key)! Make sure that you do not binge when you drink and don’t drink every day. At first, it seems harmless to drink one glass of alcohol a day, but when you are doing something

every day, it won't take long until it becomes a habit. The habit of drinking one glass a day can quickly evolve into alcoholism.

It is not true that you can never drink, but manage it in a smart way and do not go crazy when you drink. It is smart to avoid alcohol altogether for the people who are trying to lose weight, doing a detox, or who need a healing phase.

### **The Paleo Diet is Too Strict**

The Paleo Diet is not strict at all. You can choose to eat whatever you want, but it needs to be natural foods. People confuse natural foods with food that tastes bad, but this is not the case. There are many natural foods that taste good. The trick is to find out which foods you really like and stick to these. If you can figure out which Paleo foods you love, this can be an effortless diet.

The only "hard" part (objectively seen) is eliminating processed sugars and foods. However, cutting out processed foods is easier than you think. The only problem with processed foods is that they are addictive, not necessarily much better tasting than natural foods. If you go on a 30-day detox, you will be eliminating the cravings for these foods.

It is like drugs, cigarettes, and other addictive things. If you never try them, you won't realize that you are 'missing out'. You never bothered to try them until you were influenced by someone to use it, and I am guessing that the first time wasn't a very good experience either.

Start your detox, figure out what Paleo foods you love, and you will enjoy the Paleo Diet effortlessly!

### **The Paleo Diet is Too Expensive**

The Paleo Diet can be as expensive as you want. You can buy all your Paleo foods in an expensive supermarket, or you can choose to buy your Paleo in cheap places like your local markets. It is smart to buy these foods in bulk and in places where they are cheap. You can also choose to grow your own vegetables, as this will make them very cheap and fresh.

It is true that processed foods are (a lot) cheaper than natural foods, but if you look at it in the long run, the processed foods will cost you much more money. Paying for health insurance or being unable to work because you are sick costs you a lot.

So, see it as an investment in a better future and realize that eating natural is cheaper than you might think.

### **The Paleo Diet is Too Low in Carbs**

You can choose how many carbs you take in with the Paleo Diet, so it isn't necessarily a low-carb diet. It all depends on your health goals. If you want to lose weight, it is smarter to stick to a low-carb plan, but if you are not, you can balance all your macronutrients.

### **It is a Fad Diet**

When you are choosing to go on a diet, you will also eventually leave it. The Paleo Diet is more than a diet, it is a lifestyle. It is based on how our ancestors ate, so it's unlikely that you will go

off your diet. The Paleo Diet is initially not intended as a weight-loss diet. Compare it to vegetarians; they will not decide to become vegetarian one day and decide to be a meat eater the next (well, not the majority of them). However, you can choose to lose weight with the Paleo Diet, it's up to you. It is not a fad diet because it was never intended to be a weight-loss diet in the first place.

## Chapter 7: Implementing the Paleo Diet

*“Rome wasn’t built in a day”*

### **Habits**

Human beings are creatures of habit. Most things you do on a daily basis, you do automatically. Our brain tends to create habits so we can focus on the things in our life that really matter. For example, when you are driving a car you are doing this effortlessly (most of the time). You are not thinking about all the little steps you are taking. You just step into your car, turn on the engine, and go. And all this while talking with the person next to you. Why is that? This is because we created this habit by repeating it often. If you had to think consciously about every little step you needed to take, you wouldn’t be able to focus on other things.

The same thing goes with your diet. Most of the time, we eat the same thing, the same amount, and at the same time every day. This helps us to focus on the important tasks in our life and not on our food.

### **Replace Your Food One Step at a Time**

When you want to implement the Paleo Diet, it is very important to do this one step at a time. It is too difficult to change your whole diet overnight. You can try it, but most of the time, you will fall back because it’s too much to digest at once. It’s like the saying ‘eat the elephant piece by piece’. It is important to replace your bad foods with good foods. Here is a 5-step action plan for how to implement the Paleo Diet immediately.

#### **1. Start with the beverages**

The easiest and most important thing you can change overnight is replacing all your beverages with water and green tea. A lot of the daily sodas and juices we consume contain a lot of added sugars, toxins, and empty calories. The best thing you can do is to avoid these beverages and consume water or green tea instead. You will notice that you are going to feel much better because you are getting rid of all of those artificial drinks. If you really don’t like the taste of plain water or green tea, you can be creative with it. Start mixing water with fresh fruit. This will give you the sweet taste while drinking a lot of water.

#### **2. Replace Sugar with Honey**

When I began implementing the Paleo Diet, I hated the fact that I couldn’t add any sugar to my green tea. I really disliked the taste of plain green tea, so I searched for ways to replace sugar with something healthy and Paleo. At first I replaced sugar with sweeteners, but eventually I learned that this isn’t a healthy substitute (it contains a lot of toxins) and it is not Paleo. Then I realized, why don’t I use honey as a replacement? Honey is Paleo, sweet and a lot healthier than sugar. So, if you really have a sweet tooth and can’t possibly find a way to get rid of sweets, I highly recommend that you replace your sugar with honey.

### 3. Replace the Bad Carbohydrates with Paleo Substitutes

Some of the toughest things to remove from our diet are processed carbs. I always loved potatoes, pastas, and bread. We ate these things a lot at home and when I started to change my diet, I couldn't find a way to get rid of these carbs. I tried to eat more vegetables, but it did not do the trick for me. The one thing that helped me to control my carb cravings were Paleo substitutes. Paleo substitutes taste just like your favorite carbs, but are healthy *and* Paleo. Who doesn't love that? Here is a list of the Paleo substitutes:

- Potatoes

Replace potatoes with **Sweet Potatoes**. These have the same crunchy bite and are very healthy for you. Eating sweet potatoes also helps to improve insulin resistance.

- Rice

Use **Cauliflower Rice** as a rice replacement. Cauliflower rice is low in calories, contains anti-cancer chemicals, and is a very good source of vitamins.

- Pasta

**Zucchini** is an excellent replacement for pasta. It is ultra-low in calories, is good for your heart (because of the amount of potassium it contains), and can be prepared very quickly.

- Flour

You can use **Almond Flour** or **Coconut Flour** as a substitute for regular (non-Paleo) flour. Keep in mind that almond flour is almost twice as expensive as regular flour, so the best thing to do is to make almond flour yourself. Homemade flour is very easy and cheap to make.

- Dairy

Eliminate dairy products altogether by using **Grass-Fed Butter**, **Almond Milk** and **Coconut Milk**. These are healthy and taste delicious.

- Crisps

If you really want to control your crisp cravings while avoiding crisps, you can use **Sweet Potato Chips**, **Paleo Crips**, or **Kale Crips**. They are all very healthy and tasty substitutes.

- Chocolate

Replace milk chocolate with **Pure Chocolate**. I recommend the 99% chocolate, which contains 99% cocoa. Very healthy and Paleo!

### 4. Start Eating Grass-Fed Meat, Fish, and Eggs

If you didn't already, start eating grass fed meat, fish, and eggs. You can choose which meats, fish, or eggs you'll eat, but it is important to eat them all in a good balance. The best way to



implement this is by trying a new meat, fish, and egg every day and writing down which ones you really like. Fine-tune this until you have a perfect mix you like.

### **5. Only Keep Paleo Foods at Home**

Start throwing away (or giving away if you think throwing away food is a waste) all the non-Paleo foods. Also, start buying Paleo foods only. This will help you stick with the diet when you are having a hard time. When you start to implement the Paleo Diet, it will come as a willpower challenge to stay away from pastas, bread, or other things you really love. If you keep them at home, you will most likely eat them, even if you weren't intending to eat them at first. So get rid of these foods.

## **Chapter 8: Motivation - How to Eat Paleo in a Processed World?**

*“Those not chasing their dreams should stay out of the way of those who are” ~ Tim Fargo*

### **The Shift**

Chances are that when you are going to shift from a normal (or ‘standard American’) diet to the Paleo Diet, people around you are going to become very confused. The friends you got hammered with every weekend in the past are saying that you are changing. Your spouse or children do not like the Paleo way and keep sticking to the junk food diet. Your colleagues keep filling the cafeteria with processed foods. Or many people keep saying that the way you are eating is nonsense.

The fact that you are trying to change in a positive way, while everyone is bringing you down, can be very overwhelming and demotivating. This can lead you to giving up on the Paleo Diet. I struggled with this at first when I tried to change my eating habits and it was very hard.

Eventually, I managed to overcome these problems and people are respecting the way I now eat. In this chapter, I will provide some handy tips on how to deal with these difficulties.

### **Changing Your Mindsets**

Firstly, before you even begin eating Paleo, you need to change your mindset. These mindset changes will help you to stay grounded when you deal with social pressure.

#### **Mindset Shift #1: I Know Why I Am Eating Paleo**

With everything you do in life, you need to know why you are doing it. You need to be clear on your goals and determine why it is you are striving towards them. You can’t be rash with the decisions you make in your life, because when you do this, people will test you and you won’t be able to ‘justify’ the behavior. This is not a justification to others, but to yourself. Because there will be times when you will become less motivated and people will question your behavior, this will lead into self-doubt. It is very important in these times that you stay grounded and know why you are doing something.

So for the Paleo Diet, you need to know why you want to eat Paleo. It is not enough to say, “I want to eat Paleo to become healthy.” This mindset will not work in the long term. Some good reasons to eat Paleo are:

- You want to feed your brain with all the foods that provide health benefits like memory improvement, happiness, or relaxation.
- You want to change your body and lose weight.
- You want to avoid processed foods because they are too damaging.
- You want to live longer.

- You want to think clearer.

## **Mindset Shift #2: The World Is Overweight, So I Will Take Every Criticism With A Grain of Salt**

This mindset shift is very controversial, but we can justify why we think this. If you look at the statistics of America, you will see that the world is overweight. Studies show that the percentage of adults who are 20+ and overweight is 69%! With all the processed foods, the world is becoming more and more overweight as the years pass by.

Look around you, how many people over the age of 25 are looking good, with a slim waist or a six-pack? Not to be skeptical, but I think that you cannot point out many people who look like this... People are getting fatter and feeling slimmer. Why? Because we keep setting the bar lower and lower. Being overweight is becoming normal.

At some point when I was losing weight, I became skinny-fat. Many people knew this, but they still called me 'muscular' or 'thin'. This was good for my self-esteem at first, but was damaging for me in the long run. This ensured that I did not pursue my real goal, having a flat tummy. So I was complacent and stayed skinny-fat for a long time.

So realize that most people are fat or mildly obese. Even the people who look thin with clothes on have a fat tummy underneath. This will help you realize that you do not need to listen to the criticism.

## **Mindset Shift #3: People Will Change Their View When They See Your Results**

It is somewhat 'normal' for people to be skeptical when you announce a change in behavior, especially when you liked to overeat on junk food at first. I think people are doing this to protect you from yourself. They are afraid that you will fail and that you will become very disappointed. This is relieving and helpful in the short term, but sabotaging in the long run.

The third mindset shift you need to make is that people will change their view when you show results. People tend to judge 'the book by its cover' and aren't looking underneath. So when you say you are going to change your eating habits, they will judge your future by your past failures. However, they don't realize that you didn't have any knowledge about food back then or that you are fed up with your eating habits and you have the leverage to pursue your new goal.

## **Practical Ways to Deal with Social Pressure**

Having a set of good mindsets is not enough. You will need to know how to deal with social pressure, because you will encounter this eventually. This is one of the hardest parts of staying motivated, dealing with your environment. Here are some practical ways to deal with social pressure.

### **Practical Way #1: Make a Public Announcement**

When you finally decide to pursue the Paleo way, it is smart to make a public announcement. You can do this with social media or face-to-face. This makes you accountable to stick with your Paleo Diet and it help others understand your food choices when you are out with them.

At first this can be very scary, but I encourage you to step outside your comfort zone and make the announcement. You will see that many people will support you. There will be skeptics (as mentioned above), but they will accept and respect your choice eventually.

So be honest about your choice; it is not necessary to hide it. If people don't respect your choice or do not take you seriously, try to explain to them in private that you don't like the fact that they are disrespecting you. Most people will respect the fact that you are honest and will adapt.

### **Practical Way #2: Give in a Bit**

Remember the 90/10 rule we discussed in chapter 2? It is okay to give slightly into the eating habits of others, but the thing is, you should plan it and it has to be inside of the 90/10 rule. So, for example, if you know that you are going to eat at someone's house, it is okay to eat non-Paleo if it fits your 90/10 rule. If you were disciplined for 90% of your meals, you can give in one time. But don't overdo it and make sure you get right back on track after that non-Paleo meal!

### **Practical Way #3: Avoid Meals with Certain People**

When you know which people just can't accept that you are on the Paleo Diet, the best thing you can do is to avoid them. For some people, it is just outside their reality to understand why the Paleo Diet is so important. Trying to explain over and over again, having discussions, or becoming angry at them drains too much energy and is demotivating.

Just accept the fact that they simply can't understand and try to avoid meals with them. You don't have to ditch these people; just trying to avoid eating together with them is enough. They will understand your decision eventually when they see your results.

### **Negative vs. Positive Motivation**

When you start with the Paleo Diet, you usually do this for a very strong reason. This reason can either be negative or positive. Maybe you are fed up with your weight and want to lose it, so your motivation is triggered by negative emotions. Or your motivation is triggered by positive emotions and you just crave healthy living and want to transform your body into an athletic one.

If it comes to motivation, you can take both routes. However, the issue with negative motivation is that it only can bring you so far. You will eventually go back to old habits when you are starting out with negative motivation. This is because of the fact that you won't feel the negative emotions any longer, which will result in you going back to old habits.

Negative motivation is not necessarily a bad way to start. In fact, it is very effective. But you need to change your goals and views into positive ones when you get the ball rolling and have already lost a significant amount of weight. You can eventually change your goals from "losing fat" into "living healthy and feeling good all the time".

## Chapter 9: Very Easy Paleo Recipes

*“A recipe has no soul. You, as the cook, must bring soul to the recipe” ~ Thomas Keller*

### Recipes

If you just are starting out with the Paleo Diet or you just want to know some more Paleo recipes, then these recipes will add a bunch of value to you. You can implement these recipes immediately and start tasting excellent Paleo recipes. These recipes aren't too difficult to make and don't require too much effort!

### Index

Here is the index of the used measurements

|               |            |
|---------------|------------|
| <b>Tbsp</b>   | Tablespoon |
| <b>Tsp</b>    | Teaspoon   |
| <b>°F</b>     | Fahrenheit |
| <b>°C</b>     | Celsius    |
| <b>100 °F</b> | 38 °C      |
| <b>Ibs</b>    | Pound      |
| <b>Kg</b>     | Kilograms  |
| <b>1 Ibs</b>  | 0,45 Kg    |
| <b>Oz</b>     | Ounce      |
| <b>Ml</b>     | Milliliter |
| <b>1 Oz</b>   | 29,6 Ml    |

### **Paleo Breakfast Recipe #1: Baked Tomato Filled with Egg**

Preparation Time: 5 Minutes

Cooking Time: 40-50 Minutes

#### Ingredients:

- 2 Large Tomatoes
- 2 Large Eggs

- 2 Pieces of diced bacon
- 1 tsp Italian Parsley
- Sea Salt & Black Pepper

#### Directions

1. Preheat the oven to 400 °F
2. Line a baking sheet w/ aluminum foil
3. Cut the tops of the tomatoes
4. Clean the inside of the tomatoes using a spoon
5. Divide the diced bacon between the tomatoes
6. Crack the eggs, scramble them and divide them in the hollowed tomatoes
7. Bake at 400 °F for 30-40 minutes
8. Let it cool down for 10 minutes
9. Sprinkle with the sea salt, cracked black pepper and minced parsley
10. Enjoy!

### **Paleo Breakfast Recipe #2: Baked Eggs in Avocado**

Preparation Time: 5 Minutes

Cooking Time: 20 Minutes

#### Ingredients:

- 2 Large Avocados
- 4 Eggs
- Sea Salt & Black Pepper
- 1 tbsp Chopped Chives

#### Directions

1. Preheat the oven to 400 °F
2. Slice out the avocados in half
3. Carefully take out the pit

4. Crack an egg in each avocado and sprinkle it with sea salt and pepper
5. Place in the oven, cook for 20 minutes
6. Sprinkle with the chopped chives
7. Enjoy!

### **Paleo Breakfast Recipe #3: Chocolate Banana Pancakes**

Preparation Time: 5 Minutes

Cooking Time: 15 Minutes

#### Ingredients:

- ½ cup of Ghee
- ½ cup of Coconut Flour
- 1 Banana
- ½ cup of Water
- 2 Large Eggs
- ½ tbs Vanilla
- 1 tbsp Cocoa Powder
- Sea Salt
- ½ tsp Baking Soda
- 1 tbsp Coconut Oil

#### Directions

1. Put all these ingredients (except for the Coconut Oil) into a blender and mix
2. Grease the pan with ½ tsp Coconut Oil
3. Cook each pancake on one side for 4 minutes
4. Repeat until you are all out of mix
5. Enjoy!

### **Paleo Breakfast Recipe #4: Granola Cereal with Almond Milk**

Preparation Time: 5 Minutes

Cooking Time: 0 Minutes

Ingredients:

- A variety of nuts and seeds (use the ones you like)
- A variety of dried fruits (use the ones you like)
- Unsweetened coconut flakes
- Natural sweeteners that you prefer. (For example, Coconut Oil, Honey or pure Maple Syrup)
- Almond milk

Directions

1. Put all the ingredients into a blender and mix
2. Put this mix in a bowl
3. Add the Almond Milk
4. Enjoy!

## **Paleo Breakfast Recipe #5: Blueberry Lemon Bars**

Preparation Time: 5 Minutes

Cooking Time: 45 Minutes

Ingredients:

- $\frac{3}{4}$  cup Coconut Flour
- $\frac{1}{2}$  Cup Granulated Sugar
- 1 tbsp Baking Powder
- $\frac{1}{4}$  tsp Salt
- 2 tbsp Water
- 2 tbsp Lemon Juice
- Zest of a small lemon
- 1 Cup of Blueberries



- ¾ Applesauce

#### Directions

1. Preheat the oven to 400 °F
2. Line a square baking pan with parchment paper
3. Put the Granulated Sugar, Coconut Flour, Salt, Water, Lemon Juice, Baking Powder and Lemon Zest into a blender and mix
4. Spread the mix evenly in the bread pan, sprinkle with blueberries, spread another mix evenly in the bread pan and sprinkle again with the blueberries
5. Bake for 45 minutes
6. Let it cool down for 20 minutes and slice into bars.

### **Paleo Breakfast Recipe #4: Granola Cereal with Almond Milk**

Preparation Time: 5 Minutes

Cooking Time: 0 Minutes

#### Ingredients:

- A variety of nuts and seeds (use the ones you like)
- A variety of dried fruits (use the ones you like)
- Unsweetened coconut flakes
- Natural sweeteners that you prefer. (For example, Coconut Oil, Honey or pure Maple Syrup)
- Almond milk

#### Directions

1. Put all the ingredients into a blender and mix
2. Put this mix in a bowl
3. Add the Almond Milk
4. Enjoy!

### **Paleo Dinner Recipe #1: Sweet Potato Soup**

Preparation Time: 5 Minutes

Cooking Time: 35 Minutes

Ingredients:

- 1 Large Sweet Potatoe
- 1 Cup Canned Coconut Milk
- 1 Cup Organic Chicken Broth
- ½ Chili
- Salt and Pepper

Directions

1. Preheat the oven to 400 °F
2. Puncture the Sweet Potato
3. Cook for 35 minutes
4. Put all the ingredients into a blender and mix
5. Sprinkle with Salt and Pepper
6. Enjoy!

## **Paleo Dinner Recipe #2: Honey Mustard Drumsticks**

Preparation Time: 5 Minutes

Cooking Time: 30 Minutes

Ingredients:

- 4 Ibs Chicken Drumsticks
- ¼ Cup Dijon Mustard
- 3 Minced Garlic Cloves
- 1/3 Cup Raw Honey
- Chives
- Sea Salt and Black Pepper
- 2 tbsp Mustard Powder

- ½ Chili
- Coconut Aminos
- Salt and Pepper

#### Directions

1. Put the Honey, Dijon Mustard, Coconut Aminos, Mustard Powder, Garlic Cloves, Salt and Pepper together
2. Pour the Mustard Mix over the Drumsticks
3. Put the Drumsticks into the refrigerator for two hours
4. Preheat the oven to 400 °F
5. Grill the Drumsticks for 30 minutes, turn every 5-7 minutes
6. Sprinkle with chives when the Chicken is cooked
7. Enjoy!

### **Paleo Dinner Recipe #3: Cauliflower Pizza Crust w/ Topping of Own Choice**

Preparation Time: 20 Minutes

Cooking Time: 15 Minutes

#### Ingredients:

- 2 ½ Cups Cauliflower
- 1 beaten Egg
- 1 minced Garlic Clove
- 1 tsp Oregano
- 1 Cup shredded Mozzarella Cheese
- 2 tbsp grated Parmesan Cheese
- Salt and Pepper
- ¼ Cup Tomato Sauce
- Toppings of own Choice

#### Directions

1. Line a baking sheet with parchment paper
2. Preheat the oven to 400 °F
3. Grate the Cauliflower into crumbs
4. Place the crumbs into a bowl and microwave for 8 minutes
5. Mix the Cauliflower with the Mozzarella, Parmesan Cheese , Salt, Pepper, Oregano, Garlic Clove and Egg
6. Pat into a 10-inch prepared pizza pan
7. Spray with nonstick spray
8. Bake for 15 minutes
9. Top the pizza with the Tomato Sauce
10. Top with favorite toppings (for example: Chicken, Pork, Minced Beef, Seafood or Mozzarella)
11. Enjoy!

## **Paleo Dinner Recipe #4: Salmon w/ Scrambled Eggs and Quinoa**

Preparation Time: 5 Minutes

Cooking Time: 10 Minutes

### Ingredients:

- 4 large Eggs
- 1 tbsp Water
- 1 tsp Black Pepper
- 1 tsp Coconut Oil
- 4 ounce smoked Salmon
- Chives
- 1 cup uncooked Quinoa
- 2 cups of Chicken Broth

### Directions

1. Heat a pan over medium heat

2. Add the Coconut Oil
3. Crack the Eggs in a bowl, add Water and Scramble
4. Cut the Salmon in small dices
5. Add the Eggs and Salmon into the pan
6. Stir continuously and cook until the Eggs are soft
7. Put the Quinoa and Chicken Broth into a saucepan to a boil
8. Reduce to a low heat and cover the pan
9. Cook until the all the liquid is absorbed
10. Serve the Salmon and Quinoa on a plate and sprinkle with Pepper and Chives
11. Enjoy!

## **Paleo Dinner Recipe #5: Chicken Veggie Stew**

Preparation Time: 20 Minutes

Cooking Time: 20 Minutes

### Ingredients:

- 4 lbs Chicken
- 1 Sweet Potato
- 1 lb Carrot
- 1 yellow Sweet Pepper
- 1 green Sweet Pepper
- 1 large Onion
- 1 Tomato
- 8 Oz of Mushrooms
- 8 cups of Water
- 1 sliced Leek
- 4 sliced Thyme
- 2 tbsp Paleo Cooking Fat

- Salt and Pepper

#### Directions

1. Chop all the vegetables in big chunks
2. Melt the fat over medium heat
3. Cook the Chicken, Leek, Garlic and Onion for 7 minutes
4. Place the rest of the ingredients (except for the thyme) in the center of a large stockpot
5. Add 8 cups of Water
6. Cook on low for 20 minutes
7. Sprinkle the soup when it is done with Salt, Pepper and Thyme
8. Enjoy!

### **Paleo Dessert Recipe #1: Chocolate Chip Cookies**

Preparation Time: 15 Minutes

Cooking Time: 10 Minutes

#### Ingredients:

- 1 tsp pure Vanilla Extract
- 1 tsp Salt
- ½ tsp Baking Soda
- ½ tsp unflavored Gelatin
- 6 tbsp. of melted Coconut Oil
- 3 cups of blanched Almond Flour
- ½ cup of melted Coconut Milk
- ¼ cup of Honey
- ½ cup of tiny chopped Dark Organic Chocolate

#### Directions

1. Preheat the oven to 350 °F
2. Line a baking sheet with parchment paper

3. Put all the ingredients in a bowl and mix together until a dough forms
4. Stir the cookie dough in little Chocolate Chip Cookies
5. Put on the baking sheet
6. Let it bake for 10 minutes until golden brown
7. Let it cool down for 5 minutes
8. Enjoy!

## **Paleo Dessert Recipe #2: Chocolate Chip Cookie Dough Ice Cream**

Preparation Time: 2,5 hours

Cooking Time: 10 Minutes

### Ingredients:

- 1 tsp pure Vanilla Extract
- 3 Egg yolks
- $\frac{3}{4}$  cup of Egg free Chocolate Chip Cookie Dough
- $\frac{1}{3}$  cup Honey or pure Maple Syrup
- 16 oz full fattened Coconut Milk

### Directions

1. Freeze the Chocolate Chip Cookie Dough (made in the previous recipe)
2. Put the pure Maple Syrup (or Honey), Vanilla Extract, Egg yolks and Coconut Milk in a saucepan.
3. Bring in a low boil and whisk
4. Let it cool down for 10 minutes when it is done.
5. Put the mixture in a bowl and cover it with a plastic wrap
6. Put the mixture in the refrigerator for 2 hours
7. Put the mixture in an ice cream maker and run
8. Remove from the ice cream maker
9. Remove the Chocolate Chip Cookie Dough from the freezer and cut into chunks

10. Stir the chunks of Chocolate Chip Cookie Dough into the mixture

11. Enjoy!

### **Paleo Dessert Recipe #3: Chocolate Banana Ice Cream**

Preparation Time: 2 Minutes

Cooking Time: 0 Minutes

#### Ingredients:

- 3 tbsp. Cocoa Powder
- 2 cups Frozen Bananas

#### Directions

1. Put the Frozen Bananas in a blender and mix for 30s-1m
2. Mix until smooth
3. Add the Cocoa Powder and mix again until smooth
4. Enjoy!

### **Paleo Dessert Recipe #4: Paleo Brownies**

Preparation Time: 10 Minutes

Cooking Time: 45 Minutes

#### Ingredients:

- 3 Eggs
- ½ cup of melted Dark Chocolate
- 1 ripe Banana
- ½ tsp Sea Salt
- 1 tsp Baking Soda
- 2 cups of Almond Butter
- 1 cup of Organic Honey
- 1 tbsp. Pure Vanilla Extract



- ½ cup Dark Cocoa Powder
- Coconut Oil

#### Directions

1. Preheat the oven to 350 °F
2. Put the Eggs and Almond Butter until they are smooth
3. Add the Vanilla Extract and Honey and mix as well
4. Add the Baking Soda, Sea Salt and then add the Cocoa Powder (add the Cocoa Powder VERY SLOWLY)
5. Fold in the Banana and Dark Chocolate and mix as well
6. Grease a baking dish with Coconut Oil and put the mixture in it
7. Bake for 45 minutes
8. Cut the brownie in little slices
9. Enjoy!

### **Paleo Dessert Recipe #5: Paleo Waffles**

Preparation Time: 10 Minutes

Cooking Time: 45 Minutes

#### Ingredients:

- 8 Eggs
- ½ cup Coconut Oil
- 1 tsp Pure Vanilla Extract
- ½ tsp Sea Salt
- ½ cup Coconut Flour
- 1 tsp Cinnamon

#### Directions

1. Crack the Eggs in a bowl and mix well
2. Add the Coconut Oil, Pure Vanilla Extract, Cinnamon and Sea Salt and mix well

3. Add the Coconut Flour and mix well
4. The batter should be thick, add more Coconut Flour if it's too thin
5. Put the batter into a greased and heated waffle iron
6. Cook for 3 minutes or until it the waffle is light brown
7. Repeat until you are out of batter
8. Enjoy!

## Chapter 10: BONUS Content

### **Bonus Content: FREE Books and My Latest Books**

If you are interested in my latest books or my FREE books, you can sign up for my mailing list. You will receive updates when I am releasing my latest books and you will also get an update when I have FREE books available!

Sign up here below, it is spam free. I promise ;)



## Conclusion

Congratulations, you've reached the end of The Paleo Diet. I hope you know a lot more about the Paleo Diet and that you (if you aren't already) will start it. Now that you know it isn't a *fad* diet, that it has a lot of benefits, and that it is easy to follow, I hope you are motivated to implement the information in this book.

Personally, the Paleo Diet has really changed my life. I became healthier, physically and psychologically. I made a lot of more friends who have the same interests as me and it helped me to lose weight when I was stuck for a long time.

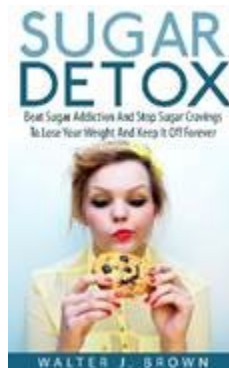
Again, thank you for downloading The Paleo Diet. If you liked this book, then I would ask you for one little favor: would you be thoughtful enough to leave a short but honest review? This will help me to improve all my (future) products.

## Other Books by Walter James Brown



### **Depression**

How to Overcome Depression and Be Happy For the Rest of Your Life



### **Sugar Detox**

Beat Sugar Addiction and Stop Sugar Cravings to Lose Weight and Keep It off Forever

# About Walter James Brown

## Biography



Walter James Brown is a health and self-development coach based in Miami, FL. His mission is to help others reimagine their lives and empower them to become the person they want to be. Using a personalized combination of experience and planning, he works closely with each client to develop a plan that's perfect for their needs. Walter is the author of several books on self-development, health and fitness.

Besides training and coaching in several fitness gyms, Walter James Brown really dedicated himself to providing value to others. Walter James Brown manages to continuously share his knowledge and experiences by writing and publishing several high quality books every month. He developed the passion of writing since he was a child, this was his way to cope with all his struggles.

## **Disclaimer**

This book is designed to provide information on the Paleo Diet, everything you need to know about the paleo diet only. This information is provided and sold with the knowledge that the publisher and author do not offer any legal or other professional advice. In the case of a need for any such expertise, consult with the appropriate professional.

This book has not been created to be specific to any situation or needs of any individual or organization. Every effort has been made to make this book as accurate as possible. There may, however, be typographical and or content errors.

Therefore, this book should serve only as a general guide and not as the ultimate source of subject information. This book contains information that might be outdated and is intended only to educate and entertain. The author and publisher shall have no liability or responsibility to any person or entity regarding any loss or damage incurred, or alleged to have incurred, directly or indirectly, by the information contained in this book. You hereby agree to be bound by this disclaimer or you may return this book within the guarantee time period of two days for a full refund.