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Thank you for grabbing “**Go Paleo -watch the pounds disappear**” report.

I’m glad that you are seriously thinking of going Paleo life and I’m sure Paleo lifestyle transforms your life beyond your expectations...

This short report is *aimed to give you all the information about Paleo diet* so that you can shift to the Paleo life...

# Chapter 1:

## ***Why You Should Shift To The Paleo Lifestyle?***

## **Paleo Diet A Perfect Human Diet:**

Before I get into the details first let me tell you why the Paleo diet considered the perfect human diet?

The Paleo diet is high protein and high-fat diet.

It is also low carb and gluten-free...

It is therefore best for weight loss and optimal health....

### **Paleo diet is the last diet you'll ever need:**

Overweight and obesity is a serious problem for one third of Americans....



All the modern diseases are directly linked to the obesity....

You might have already tried all the diets and found that nothing seems to be working for you...

If that is the case, I have good news for you...

Paleo diet is the only diet you'll ever need because it is well suited for your body....

First let me tell you why the paleo diet is really suitable to your body ....

Before you find the answer to the above question let me ask one question...

Do you know what your body really wants?

Your body wants;

Low starch, low sugar and low salt,

Higher levels of good fats and proteins,

Higher levels of vitamins and minerals....

This is what exactly the Paleo diet gives to your body and therefore it is considered to be the perfect diet for you...





But here is even better news for you...

Paleo diet principle meets USDA healthy eating guidelines...

The USDA healthy eating guidelines include the diets high in protein and fats but low in carbs....

And that is why you love the Paleo life....

So you can enjoy Paleo living....

## The Paleo Vs Vegan:



It has been proved that those who are on Paleo diet feel better than vegan.

Vegan mostly is a low-fat and high carb diet...

But your body needs high protein, high-fat and low carb diet...

Paleo diet only gives your body what it needs exactly....

It's like honoring your body and that's why you feel amazing...

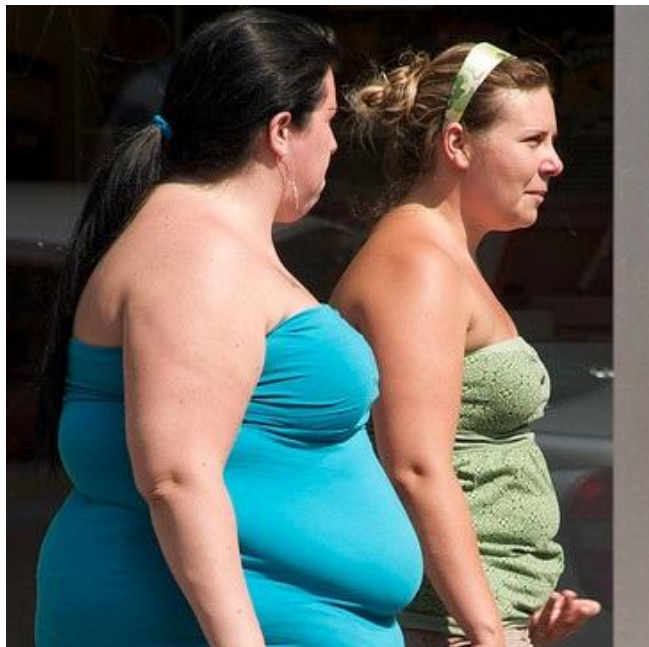
**And there is something else...**



## Research Proves That The Paleo Sugar Trims Your Waist Line:

Research in France shows that fermentable fiber found in fruits and vegetables keeps you from being hungry, helps trim your waistline and protects from diabetes....

**In fact!**



Paleo diet prevents obesity, high cholesterol, hypertension, heart disease, colitis, chronic inflammation, arthritis and celiac diseases...

## Should You Turn Paleo Life?

Take this quiz...

- Want to enjoy varieties of foods?
- Want to have highly energetic life?
- Want to explore a healthy life?

If your answers are **YES** the answer is YES...

**Pay very close attention here!**

**Before you go Paleo you need to know the lifestyle changes that you are bringing into your life;**

- You're completely changing your lifestyle...
- Deskbound to moving more...
- Processed foods to unprocessed foods...
- Stressful life to exciting life....
- Not getting enough sleep to getting enough sleep...
- Experiencing Fat to Fit transformation...

# Chapter 2:

## ***What Is Paleo Diet?***

First be clear that the Paleo diet is not a diet per se...

In fact it is a lifestyle....

A lifestyle of eating whole, natural and real foods and eliminating all kinds of processed foods...

As the name suggests the Paleo diet is caveman diet...

The lifestyle that our ancestors followed for almost 13 million years...

That is why our body is fully adapted to this lifestyle...

The modern diet we have been following is just 10,000 years old only...

Our body, therefore, not yet fully adapted to the modern diet...

That is why we are overweight, obese and sick....

First let us know what our Paleo ancestors actually ate....

They ate Heavy meat and vegetables...

So it means they have consumed predominantly meat and to some extent vegetables also...

### **Here is the caveman menu....**

Research suggests that caveman get about **35% calories** from fats, **35% from carbohydrates** and **30% from protein**...

## What You Can Eat?

- Meat
- Nuts
- Fruits
- Vegetables
- Fish and seafood
- Natural oils like avocado, coconut, Olive and butter (grass fed)



## What You Shouldn't?

- Legumes
- Grains... Wheat, barley, rye and corn...
- Hydrogenated oils
- Dairy [Some recommend moderation]

Here you must know the difference between Standard American diet and the Paleo diet;

## SAD Vs Paleo diet

You know that standard American diet predominantly grain-based....

Here is the shocking truth....

Studies prove that a diet high in grains and low in fat can shrink our brains....

This is the reason we suffer our emotional well-being ....

It is therefore quite evident that shifting to the Paleo lifestyle is good for our emotional well-being also.

## **First Thing To Know Before You Go Paleo....**

It's not all meat, meat and meat ....

Eat fruits and vegetables as vegetarians....

Also eat healthy dairy like natural yoghurt, cheese and butter

## **When Paleo “Doesn't Work” For You?**

- When you don't love cooking...
- When you feel it is restrictive...
- When you are not eating enough...



# Chapter 3:

## ***Evidence supporting Paleo life....***

*“I have lived my entire life on high fat — dairy, eggs, butter and lard — which, as you all know has not been the recommended diet for the last 50 years.” - Dr. Jay Lehr is a 78-year-old Ironman triathlete*

### **Recent studies prove that eating fat does not make you fat**

*“Increase healthy fats and reduce your carb intake and see your pounds are shedding”... Science journalist Gary Taubes in his bestseller... “Why We Get Fat”*

### **The number one weight loss misconception debunked....**

*Dr. David Ludwig at Harvard debunked the myth that restricting calories is the best way to weight loss....*

### **The bottom line...**

Go high-fat Paleo diet for slim and healthy look....

# Chapter 4:

## ***Myths and misconceptions about Paleo diet***

## Paleo Is Expensive:

One major criticism against the Paleo diet is that it is highly expensive...

Apparently this argument seems to be correct... But if you go deep into the issue you can realize that it isn't

Recently I have seen an article in a popular magazine...

### Here is the extract...

How Paleo diet Put **\$1,000,000** in Your Pocket?

- Paleo diet prevents cardiovascular disease, cancer and Type 2 diabetes....
- Diabetes average medical expenditure - \$548,000
- Long-term cancer care - \$300,000
- Cardiovascular expenses - \$110,000
- High blood pressure - \$45,000

So if you see the whole picture you will understand what I am saying to you.

## **If you're creative you will find ideas to live on your budget;**

First realize that you are saving on chips, candy and breads...

### **Here are some tips to live on budget:**

- Shift to a simple life....
- You can buy used things instead of new ones...
- You can make use of coupons...
- You can reduce your cost on your wardrobe...

Quite simple the more creative you are, the more ideas you get...

## **Misconceptions about the Paleo diet....**

It's not about eating meat, meat and meat....It's about eating whole, real food but not processed foods...

It is not avoiding carbohydrates completely...it is about including enough carbohydrates that your body needs...

Finally remember that there is no one-size-fits-all Paleo diet....You must tailor to your body needs based on the Paleo principles...

# Conclusion:

## How your Paleo Lifestyle look like?

- Whip up meals at home with whole and fresh foods...
- Experimenting with varieties of new foods...
- Searching online for new recipes....
- An active, creative and healthy lifestyle....

I hope this short report helps you understanding the basics of Paleo diet lifestyle...

And hopefully, you will take advantage of this lifestyle....