

A Beginner's Guide to the Paleo Diet

HOW TO GO PALEO



THE PALEO INVESTIGATOR



WELCOME

Julie from The Paleo Investigator here and thank you for taking time out of your busy schedule to learn How to Go Paleo with us.

I sincerely hope that our time together will open your eyes to how easy it can be to live a healthy lifestyle, without having to spend hours every day researching, planning, and prepping meals.

If you only take one thing away from this let it be: no matter how busy you are, I am here to help you find your healthy lifestyle. The Paleo Investigator was born 10 years ago when I realized that my husband, Rob, and I often traded health for convenience.

Life is busy and we simply didn't have the time to research every health trend and diet to find out what would work for us. I decided to take matters into my own hands and now I research and test different diets and health trends and share my thoughts.

I started off with the Paleo Diet and I loved the results I got. That's why I am so excited you have decided to check out How to Go Paleo with us. This eBook is the perfect starting point if you just want to know more or get your toes wet. Paleo is a great way to move to healthy habits in your life and Paleo is also a lifestyle that is sustainable.

We really hope you enjoy this eBook and get started on your Paleo journey!

Julie & Rob

TIP: Be sure to send a quick email that says "got it" to
julie@thepaleoinvestigator.com
This ensures you get all your upcoming bonuses.

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HOW TO GO PALEO



Why would anyone in their right mind want to eat like a caveman? We have wonderfully delicious, lip-smacking foods available on every street corner. Our Paleolithic ancestors did not have this convenience. Sweet, savory, salty delights can be purchased inexpensively, without us having to spend hours in our kitchen. Our cave dwelling predecessors also didn't have near the choice we have in selecting something to eat.

So why in the world would you choose a Stone Age diet when there are so many eating options available? The answer is simple. The incidence rate of cancer and heart disease has increased dramatically, right alongside the advent of modern agriculture and food processing.

Just because food is convenient, inexpensive or tasty does not mean it is necessarily healthy.

There are chemicals, steroids, artificial flavors, preservatives and unhealthy ingredients added to most processed food. These additions are not made in the name of health. They are made in the name of profits, intentionally forming dangerous addictions to unhealthy food so you keep coming back for more.

Cavemen did not have a McDonald's and Starbucks on every street corner, fortunately for them. They probably didn't even have streets, come to think of it. But you get the point here.

When Paleolithic man needed to eat, he hunted or foraged. He ate natural foods, made healthy by mother nature. He didn't have to worry about additives, refined sugar, salt, preservatives and other chemical nasties ruining his health and well-being.

The reason for returning to a more natural way of approaching your nutritional needs has everything to do with your health.





Human beings are more overweight and obese than ever before. We suffer from more heart disease, cancer and chronic diseases now than at any other time in human history. Nutrition experts, doctors and researchers now understand this is directly tied to the unhealthy processed and fast food diet which so many people unfortunately follow.

The special report you hold in your hands can be a literal lifesaver.

It explains exactly what the paleo diet is, and the advantages and benefits it offers over traditional diets. You will learn exactly what you can and cannot eat when you grub out like a caveman. You will also discover delicious fats which are part of this healthy nutrition plan.

The Paleolithic relationship to losing weight is included, and you will find out if grains, beans and dairy products are a part of this nutritious lifestyle. Finally, we take you by the hand and show you exactly how to transition, quickly or slowly, to a healthy paleo approach to eating.

Let's get started by defining the Paleolithic diet (also called the caveman or Stone Age diet).

WHAT IS THE PALEO DIET?

Your ancestors who lived in the Paleolithic era roamed the earth about 15,000 years ago. One of the most important strides humans made at this time was the development of the very first stone tools. Obviously, those human beings had a drastically different diet than the unhealthy Standard American Diet (SAD) eaten by most modern-day societies.

They only ate natural foods.



They ate whatever they could get their hands on, which predominantly meant fish, meat, seeds, vegetables and some occasional fruits. There was no pollution in the air. There were no impurities and garbage being pumped into natural water supplies. The animals and plants during the Paleolithic era were natural products.

They made up the diet of humans, and other carnivores living at that time.

Because of this, your cave dwelling predecessors were extremely healthy, both physically and mentally. Since the way that your body processes foods, and the way it works internally and externally, has not changed significantly since the Paleolithic era, adhering to that type of diet can offer you the same wonderful health rewards.

How can your health benefit from a Stone Age dietary approach? Let's take a look.

HEALTH BENEFITS OF A PALEO LIFESTYLE

Guess what? You may have a much more comfortable living environment than your paleo ancestors did, but they were much healthier than you are. Did you know that high blood pressure, heart diseases, diabetes, high cholesterol and obesity simply did not exist when humans were living in caves 15,000 years ago?

Those difficult, chronic, debilitating and sometimes deadly health conditions are a gift of modern times. This began in Europe when drought forced human beings to start eating wheat. Wheat was combined with water, which became the precursor for what we call bread today.

This eventually led to modern day agriculture and food manufacturing processes. Unfortunately, those food development procedures have led to the creation of refined sugar, simple carbohydrates, trans fats, MSG, table salt, artificial additives and flavors, steroids, preservatives and other unhealthy food ingredients.

Those nutrition nightmares were created so that food could last longer on grocery store shelves. Many of those components, like sugar and salt, are extremely addictive. So human beings end up eating processed food which has much of its nutrients removed, causes unhealthy addictions, and leads to a long list of diseases and illnesses.

A move back to smart eating, enjoying fish, vegetables, meat, nuts, whole foods and some fruits, is what the paleo lifestyle is all about.

The benefits include ...

- Healthy blood pressure and cholesterol levels.
- You will also find that your mental functioning is sharp and clear.
- If you have tried to quit smoking before and failed, you will discover, like other paleo converts, that it is easier to give up tobacco on this diet plan.
- You will experience plenty of healthy energy, and better sleep patterns.
- You also develop stronger, healthier looking skin and hair, and more muscle mass as well.



For those of you who have fought and lost the "Battle of the Bulge" for years, you will also notice immediate and lasting weight loss, helping you regulate a healthy body weight for your size and age (more on that weight loss benefit later).

Why is The Caveman Diet Better Than "Normal" Diets?

One of the most attractive traits of the caveman diet which makes it better than "normal" diets concerns calorie counting. You don't have to do this on the paleo diet. You simply eat foods that are good for you, and eat whenever you are hungry.

When you first adopt a Paleolithic lifestyle, you should track important food metrics, like protein, fat and carbohydrate consumption. After a few weeks, there will be no need for calorie counting, carbohydrate watching or fat avoidance. This is one of the ways a Stone Age diet is much more attractive than most other diet plans, where daily nutrition tracking is a priority.

Another benefit of this nutrition approach over traditional diets is that it actually works!

This is a lifestyle, not a 30, 60 or 90-day diet. As you probably know, most "diets" may work for a short time, but they are unsustainable. This is because you do not supply your body with the wonderful nutrients, vitamins and minerals it needs to function properly.

You end up packing on all of the weight that you lost on your miracle grapefruit diet, and in many cases, adding even more weight. On top of that, since you starved your body of the nutrition it so desperately required for the period of time you were dieting, you may have done serious damage to your health.

Another benefit is simplicity.

There are no intricate charts and systems to memorize. You eat healthy, natural whole foods, vegetables, healthy fats, lean meat and some nuts and fruits. That's it. When your nutritional approach is simple, it is much easier to stick to it.

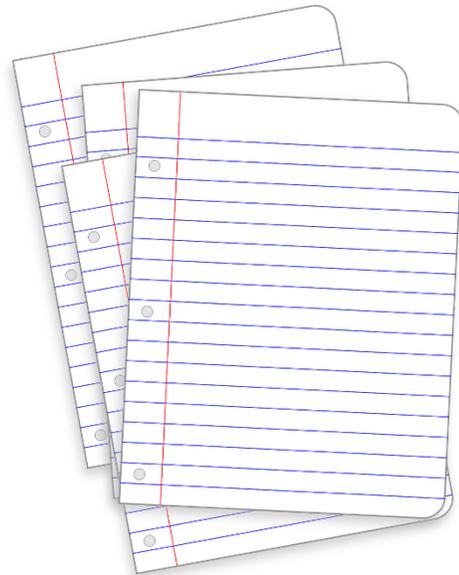
WHAT IS AND ISN'T ALLOWED ON THE PALEO DIET?

Here is where the rubber meets the road. Now we are getting down to brass tacks. (Insert your favorite cliché here if those 2 weren't enough.) What are you allowed to eat on the paleo diet? What is forbidden?

We just mentioned how simple the guidelines of this nutrition approach are. Seriously, get ready to be underwhelmed. The following lists are short and easy to memorize, and illustrate what you can and cannot eat when you want to "pig out" paleo style.

Eat the Following Foods:

- Fresh vegetables and fruits
- Nuts and seeds
- Fish and seafood
- Grass fed meats
- Healthy oils
- Eggs



Don't Eat the Following Foods:

- Refined sugar
- Salt
- Refined vegetable oils
- Cereal grains
- Legumes
- Peanuts
- Dairy products
- Potatoes
- Processed food

That's it. That is how simple it is to adhere to a healthy, beneficial caveman diet plan that makes you look and feel great.

WHAT FATS CAN I EAT ON THE PALEO DIET?

Get ready for a real shocker! Fats are a big part of the paleo approach to living a healthy life. Yep, fat can be a good thing.

Your body needs either carbohydrates or fats to produce energy. If it has neither of these, it will begin to eat up your muscle mass to develop energy. Obviously, you don't want that. So since you are extremely limiting your carbohydrates, which is a big factor leading to the health benefits of the paleo diet, you need to produce energy from some other source.

That is where healthy fats come in. Not all fats are created equal. Some fats are good for you, others are not. Accordingly, you are probably wondering what fats you should be eating more of as a part of the paleo diet. Below we have listed some healthy and not healthy fats, those which are and are not approved as a part of the caveman diet.

Healthy Fats (Paleo Approved)

- Omega-3 fatty acids
- Coconut oil
- Butter and/or Ghee
- Animal fats
- Extra-virgin olive oil, Avocado oil and avocados
- Lard
- Palm Oil



Unhealthy Fats (Paleo Denied)

- Canola
- Corn
- Vegetable
- Soybean
- Safflower
- Sunflower
- Cottonseed

Those "bad" fats are polyunsaturates. Over-consumption can lead to high blood pressure, a depressed immune system, cancer, obesity, diabetes, sterility and inflammation.

IS Dairy Paleo?

As you can see from the unapproved foods mentioned above, dairy products are included. Strict paleo practitioners absolutely avoid dairy products. Other paleo lifestyle adherents eat dairy sparingly. So, what's the deal? Can you eat dairy, or not, as a part of the caveman diet?

Honestly, it depends on who you talk to. Some caveman dieters say if you can locate high-fat, raw, natural dairy products, then dairy is acceptable. Others point out that cave dwelling humans didn't eat cheese and drink milk, so dairy is definitely out.

You have to make the decision for yourself.

Strictly, dairy is forbidden. When you take a look at 99.9% of the dairy products you find at your local grocer's, you will see they are definitely on the no-no list. Processed goods are not allowed on the paleo diet. Most cheese, milk and other dairy products are heavily processed, so they have no place in this healthy nutrition approach.



However, as mentioned above, if you can find raw, organic, natural dairy products, you have to make the decision for yourself if you are going to include this usually restricted food item in your paleo practice.

Are Grains and Legumes Paleo?

The unapproved paleo food list includes cereal grains and legumes. Your Paleolithic ancestors ate whole foods that included meat and plants, but industrialized plants such as wheat and other grains were not available. Grains are also very carbohydrate-rich.

This can cause a drastic spike in blood sugar levels, which can in turn lead to obesity and eventually diabetes. Phytates, gluten and other "anti-nutrients" are often found in grain products as well. For this and other reasons, grains should be avoided on the paleo diet.

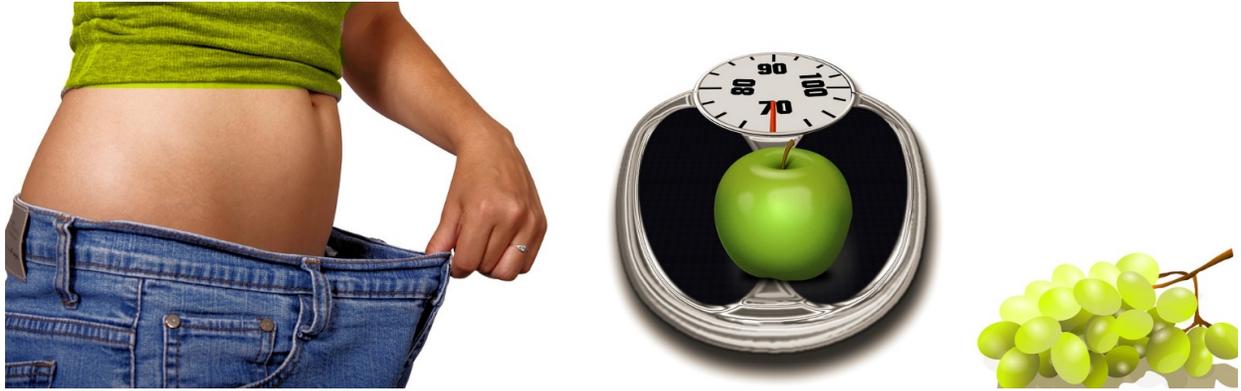
As far as legumes are concerned, they simply were not a part of your ancestors Stone Age diet. Only a few Paleolithic people ate legumes, the Australian Aborigines and some Kalahari Desert tribesmen. Additionally, they often contain toxic ingredients like phytic acid and lectin.

The basic premise of the paleo diet is to get back to the healthy approach to nutrition our ancestors enjoyed. That means steering clear of foods which they did not eat. Our Paleolithic brethren were very healthy. As noted, things like heart disease and cancer simply didn't exist back then.

This is because our ancestors ate a very healthy, all natural diet. They ate very few carbohydrates, and more fats. This caused their bodies to burn fat for fuel, which made them lean and healthy. Avoiding grains and legumes is a part of that approach.

In the end, the choice is up to you. Probably enjoying a few grains, beans or peanuts here and there may not have a drastic, negative health effect. However, it could start you on the slippery slope to straying outside the boundaries of a paleo diet.

WHY (AND HOW) THE PALEO DIET WORKS FOR HEALTH & WEIGHT LOSS



If you have a weight problem, you probably have a carbohydrate problem. Carbohydrates and other simple starches can be effectively used for energy sources. However, when you take in too many carbohydrates, those excess carbs tend to get stored as fat.

The paleo diet naturally restricts the amount of carbohydrates you ingest to a healthy level. Your blood sugar doesn't spike, you don't run the elevated risk of developing diabetes which too many carbohydrates in your diet can deliver, and your body burns fat for energy.

This process is what kept your Paleolithic ancestors lean, strong and healthy. It also leads to all day energy stores. Since fat is your energy fuel, and you consume a limited number of carbohydrates, you don't develop excess body weight.

Modern-day health professionals agree that overweight and obesity are severe health problems. When you start carrying around too much weight, your cardiovascular, respiratory and digestive systems have to work much harder. This can lead to a long list of health problems.

Limiting carbohydrates and eating natural, nutritious foods allows your body to properly regulate itself. All of your internal and external processes and body parts function as they should. You don't have to attempt to look great, feel great and enjoy the best health of your life ... it just comes naturally as a byproduct of eating a smart, healthy, natural diet and avoiding modern-day processed and unhealthy foods.

HOW TO TRANSITION TO A PALEO DIET

There are certain tips that make transitioning to a paleo diet easier. We highlight a few of those in this section. You should also consider whether you are going to take the paleo plunge all at once, or parcel it out over time. You know yourself better than anyone else.

Either you are going to be successful slowly moving to a paleo lifestyle, or your chances of success are better when you make an immediate and total switch. Whether you decide to transition slowly or quickly to a caveman diet, the information contained in this section will improve your odds of making this substantial nutritional change with as few hiccups as possible.

Go Paleo Overnight or Transition Slowly?

There are arguments to be made for slowly moving to a Paleolithic approach for nutrition. Some would argue that an all-or-nothing, overnight change makes more sense. If you are sold on the health benefits of a Stone Age approach to eating, and you don't know if you should make a wholesale change overnight, or transition gradually, keep the following points in mind.

Gradually Learning to Eat Like a Caveman

Are you the type of person who likes to "test the waters" before diving into the pool? If so, you will probably decide to take the same gradual approach to your paleo transition. Here are a few pointers to help you make the move slowly, but successfully.

Write down 3 or 4 of your favorite foods that you are going to have to sacrifice. Replace one of them each week over the next month, rather than depriving yourself totally right away. You should also make a list of all of the non-paleo foods in your home.

Box up and donate those foods which you know you will not have a problem doing without. Then take a look at the remainder of your list. These are the foods you should gradually replace over the next 30 days. Creating a food replacement journal and planning for the removal and addition of specific foods on a daily basis will improve your odds for success.

People often think of the willpower issue of drastically changing your dietary approach. The mental difficulties associated with this change can be significant.

However, there are also physical side effects which sometimes accompany a move to the Stone Age diet which make a slow and gradual transition sensible.

Constipation and an upset stomach are 2 issues that paleo diet newbies sometimes report. Your body is going through a pretty substantial change. A withdrawal known as the "Carb Flu" is often experienced when someone begins eating drastically fewer carbohydrates than they were used to.

If you feel run down, have little energy, are irritable and "out of it" like when you have the flu, these are typical carb flu symptoms. They usually pass in a few days.

As you enter ketosis, your body begins to burn primarily fat instead of carbs for energy. Unfortunately, this can lead to what is known as "Ketogenic Breath". The result is a mildly unpleasant aroma to your breath, which can be defeated by chewing on cilantro or mint.

This side effect does not affect everyone.

You also may experience hypothyroidism. This is when your thyroid slows down, which is what leads to the fatigue, sluggishness and low energy the carb flu is symptom eyes by eat more paleo friendly vegetables to keep your carbohydrate level where it needs to be.



Finally, you are going to have serious carb cravings. An extra large order of french fries or a couple of bags of potato chips will seem like absolute heaven. Don't worry, these cravings pass after a week or two.

The good news is, when you no longer experience cravings for carbohydrates, you will enjoy a high level of natural energy and a mental clarity which is well worth waiting for.

From Processed and Fast Food to Paleo and Healthy Fats Overnight

Some people prefer quick change. They decide on a plan of action, and they get started right away. As opposed to a gradual paleo transition, this may be what you are planning on.

Performing an "overnight" paleo change is also a good idea if your willpower is weak. This removes any and every non-paleo food temptation from your home all at once. You are basically forcing yourself to begin adhering to the caveman diet with an "all in" approach.

This requires extensive planning that is not needed with a gradual transition. Study your paleo foods list. Do some reconnaissance shopping at your local supermarkets and grocery stores.

Make a meals list for your first 2 weeks or 30 days. If you are fortunate enough to be making this move with a partner, one of you can be cleaning out your pantry, refrigerator and freezer while the other is shopping for paleo approved foods.

TRANSITIONING TO a PALEO DIET - CHECKLIST

You don't have to go Paleo overnight! Use this checklist to help you transition over time, so you maximize your chances of success!

- Read up on all the benefits of Paleo to keep you motivated
- Print out a list of Paleo and non-Paleo foods
- Go through your pantry, noting anything that isn't Paleo
- Either give that food away, or slowly eat your way through it
- Now it's time to start shopping for Paleo foods only – make a list
- If necessary, write down some Paleo food swaps for your favorites
- Start eating Paleo as soon as you're ready
- Note down your weight and measurements at this point
- Don't beat yourself up if you accidentally eat a non-Paleo food!
- Don't beat yourself up if you cheat – keep moving forwards!
- Keep tracking your weight and measurements to motivate yourself (if weight loss is your goal)
- Make a meal plan at the beginning of each week
- Batch cook healthy, Paleo meals to make it easier
- Batch prepare healthy, fresh ingredients to save time
- Join a Paleo community online to stay motivated
- Recognize that this is a journey and you won't always be perfect!

PALEO NUTRITION TIPS

Anytime your body is subjected to massive change, mental and physical issues can arise. We discussed that earlier, when you decided whether you wanted to ease into a healthy paleo lifestyle, or make a sudden and lasting change.

There are also other considerations which need to be mentioned. The following tips, reminders, pointers and information will help you successfully move from the SAD eating habits you currently have, adopting and benefiting from a Stone Age diet plan.

Make Sure You Are Eating Enough

Going paleo means you're going to be eating a lot of foods which are full of healthy dietary fiber. These foods are also nutritionally very rich, and extremely good for you. This combination means that you can quickly feel full.

That may not sound like a problem. However, some people transitioning from a predominantly processed food diet to a Paleolithic lifestyle initially do not consume enough calories. This is because many of the fiber-rich vegetables you will be eating do not have near the calorie load of the nutritionally nightmarish food you are used to.

For instance, one cup of broccoli delivers just 55 cal and 6 g of carbohydrates, but delivers more than 2 dozen essential nutrients. That single cup of broccoli fills you with a full 21% of the fiber you need in an entire day. A cup of fast food french fries delivers between 200 and 300 cal and a whopping 30 g of carbohydrates.

So when you eat broccoli, and other paleo friendly foods, you may feel full before you have eaten a healthy number of calories on the day. This filling, nutritious aspect of the caveman diet is why it is so great for helping you regulate a healthy body weight. You should still, however, track your calorie intake daily, and make sure you are not starving yourself calorie-wise.

You should also have target numbers for daily carbohydrate consumption as well. Paleo nutrition trackers are available as free downloads for most smart phones and computers. They provide a perfect way to ensure you are getting the correct amounts of calories, carbohydrates and healthy fats in your daily paleo diet plan.

One of the wonderful benefits of the paleo plan is not having to track and count calories. At the beginning, using a paleo nutrition tracker will help you figure out how much of what food you need to be eating each day. After a while knowing what to eat every day will become second nature, and you may not need to refer to a nutrition tracker.



Understand How to Build a Balanced Paleo Plate

Eating should always include a plan. That plan should account for the right amounts of fats, carbohydrates and protein for each meal. With a Paleolithic lifestyle, aim for the following serving sizes at each meal.

- Eat about a thumb sized amount of fat at each meal. This is roughly $\frac{1}{4}$ to $\frac{1}{2}$ of a small avocado, or 2 to 3 tablespoons of nuts. If you add oil or fat to your meal, this is the equivalent of 2 or 3 teaspoons.
- You should eat at least, but not much more than, protein equivalent to the size of 1 or 2 of your palms. Your body can only process so much protein at the time, so eating more than that is wasteful.
- Include a fistful of carbohydrates at each meal.
- Fill the rest of your plate with vegetables
- herbs and spices approved on the paleo plan can be used liberally, as they are extremely healthy, and virtually absent of calories, carbohydrates, protein and fat.

Eating Paleo Away from Home

Sometimes you want to enjoy a meal out. This means dining at the home of a friend or a restaurant, without wrecking your paleo nutrition plans. At a restaurant this can simply be accomplished by speaking with your server, chef or a member of the restaurant management staff.

Ask them exactly how their food is prepared. Mention that you practice of paleo lifestyle and give them a quick and simple definition if need be. The key is asking a lot of questions, and realizing that eating away from home does not give you the wide variety of paleo choices you enjoy in your own kitchen.

Another great tip is to eat before you head out. Do some shopping around, and talk with your Paleo-minded friends. Once you find a restaurant that gives you plenty of choice while also adhering to your dietary constraints, convince your friends and family members to meet you there for dinner.

You should also probably totally avoid restaurants which specialize in pizzas and sandwiches. There just aren't going to be any reasonable alternatives that fit your lifestyle.

Why not tell your waiter or waitress you have a gluten allergy? Ask if whatever you are considering ordered is breaded. Ask if they are capable of using all of oil instead of their standard cooking oil.



Batch Cooking the Paleo Way

Batch cooking makes sense no matter what type of dietary approach you take. You take the time to cook once, making all of your meals for the following week. Website Paleo.com recommends keeping a weekly meal planner. They also suggest cooking on the same day every week. On the day you are going to batch cook, pull out your meal planner. This is when you keep information like when you are cooking for friends, how many meals are required for how many people each week, and other mealtime specifics.



After you plan what meals you're going to eat in the following week, take your meal planner to the grocery store, using it as a shopping guide. Back at home, focus on one pot recipes like casseroles, soups and stews. These can be made in large batches, and portioned off. You can also use the batch approach to vegetables and meats, cooking in large quantity and then freezing and refrigerating individual serving sizes.

Are there any non-Paleo foods that you really don't want to give up? List them here, and try to think of alternative foods or treats:

Non-Paleo Food or Recipe	Ideas for Paleo Alternatives

Paleo Meal Planning

Planning your meals ahead of time is one simple way to eat more healthily – it's usually a lack of time and forethought that causes us to eat mindlessly! Fill in the blanks to plan your meals for the week.

	BREAKFAST	LUNCH	DINNER	SNACKS
MON				
TUES				
WEDS				
THUR				
FRI				
SAT				
SUN				