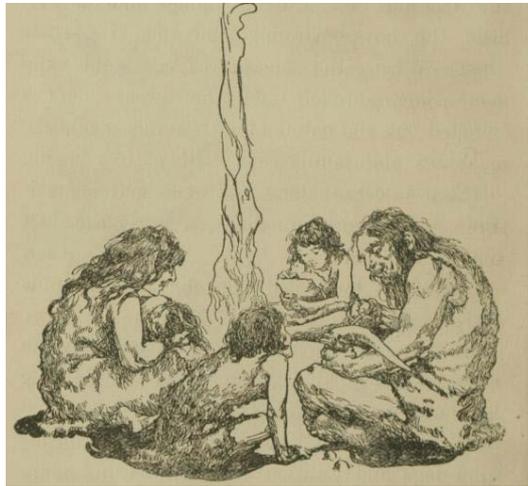


THE PALEO DIET

WEEK ONE Start Up Guide:



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Welcome to your first week of paleo! I love the caveman diet and once you make the transition to paleo I'm sure you will too. The paleo diet is not just a diet but a whole new way of living. It requires a complete lifestyle change which focuses on 4 key areas which are reviewed below.

DIET



Dietary changes may be only one fourth of the paleo puzzle but they are nevertheless very important. For the best results follow the guidelines below.

STEP ONE: See your doctor.

Now I know all guides say this to cover themselves but in this case there's a special reason I want you to do this. First, in case you do have any health issues its always important to get these checked out before starting a new diet but you also need to get some baseline blood glucose and lipid tests done. The paleo diet suggests some dietary changes that in some areas conflict with conventional dietary wisdom, and if you get some blood tests before and 6 months later you'll be able to provide your family, friends, yourself and even your doctor with some solid evidence that you're following a healthy path. Don't just use the paleo diet to lose some weight, make it a way of life, and prove to yourself and to those you love that a paleo life is a long and healthy life!

STEP TWO: Sort out your kitchen.

This is REALLY important. If you're going to follow the paleo diet, having a pantry full of chips and other processed snacks is going to make it almost impossible to stick with it. Most people in western civilization are addicted to sugar and refined wheat and going cold turkey (turkey is fine by the way) will be much easier if you remove the temptation from the kitchen. So, check out the do's and don'ts listed in my paleo food list , get rid of all the bad foods and go shopping for some nice healthy caveman style foods.

STEP THREE: Meal planning

Choose some of your favourite foods from the paleo food list, choose some recipes from the recipe start up guide and plan out your first week of paleo eating. Include breakfast, lunch, dinner and snacks and make sure you don't starve yourself in any way. If you eat paleo you will lose weight without getting hungry! I've included a sample one week meal plan which you can follow with the other free downloads, but feel free to adjust to your own tastes from all the options offered in the paleo food list.

SLEEP



Getting good sleep was important in caveman times and its just as important now. When you're over-tired your body gets hungry so If you don't get enough sleep you won't lose weight, its as simple as that. Here are some simple guidelines to getting good sleep:

STEP ONE: Change your sleep environment.

Dark is best: Make sure your bedroom is a good place to sleep. Firstly it must be dark, and I mean really dark. Remove all sources of light, use blackout curtains (or cardboard over the windows if these aren't an option straight away) , make sure no light filters into your bedroom from other rooms in the house, even cover the LED light on the alarm clock but make sure the room is dark.

Silence is golden: Its easy to be woken by things that go bump in the night so if you live in a noisy neighbourhood and you can't effectively block out all the noise, get some effective and comfortable earplugs. If you're worried about not hearing your alarm, you could try a vibrating wrist watch alarm, though bear in mind that once you're established on the paleo lifestyle you WILL wake up in good time and feeling well rested.

Get comfortable: Make sure the bed is comfortable, that its made well before you go to bed, has the right amount of linen for the ambient temperature and that the bedroom is kept at the best temperature for good sleep (For some people this is a little on the cold side, for others a little on the warm side, do some experimenting and see what works for you).

STEP TWO: Start a night time routine.

Get into a pattern about an hour before bedtime that lets your brain know that its time for sleep. Different things work for different people, but a few suggestions include; switching off the TV and computer, taking a hot bath or shower and playing soothing music.

STEP THREE: Get enough sleep.

Try for at least 7 – 9 hours sleep every night and if when you wake you don't feel fully rested then assume that you're not getting enough sleep. Modify your nightly routines and sleep environment until you find yourself waking fully rested and then stick with this pattern.

STRESS REDUCTION (RECOVERY)



Stress was unavoidable in caveman times and its unavoidable now. The big difference back then was that cavemen (and cavewomen) avoided stress where they could and even more importantly gave themselves sufficient time for rest and recovery after stressful incidents. This section then is actually more about rest and recovery.

STEP ONE: Know your limits.

Its important to be there for the ones we love, but sometimes its important to say no once in a while. This way we can be the best we can for the people who really matter to us and for the tasks that we know we have to do well. If you're exhausted and suffering from regular bouts of sickness then there's a good chance you're overdoing things. Learn to say no to at least some requests and find some time in each day just to enjoy some time out!

STEP TWO: Get enough sleep

See how all 4 aspects of paleo living link together!

STEP THREE: Exercise regularly (but not too much)

Again, paleo is all about making all aspects of your lifestyle work together

STEP FOUR: Eat properly

Paleo eating will reduce your stress levels, but if stress is a particular issue then try eating more of the following foods within a balanced paleo diet;

Salmon, Turkey, spinach and other dark green vegetables, sweet potatoes, avocados, dried apricots, oranges, walnuts, almonds, pistachios.

STEP FIVE: Recovery

If you've had a stressful time, make sure you balance that with some recovery time. The recovery time should match the stress level. Don't assume that you won't complete what you need to each week if you take a little time out. Research shows that type A personalities who exist in a constant state of hurry actually don't get more done. Its possible to lead a busy life but not a hurried one!

EXERCISE



Choosing to exercise for health, wellbeing and weight loss is a modern concept , paleolithic peoples didn't exercise, they just lived active lives which included lots of slow movement with brief bursts of high energy release. In other words they walked to get from A to B, maybe a brisk walk but not power walking (which would leave you too tired to run from danger if the need arose) , they were active gathering food and they hunted. The hunter side of the hunter gatherer lifestyle requires you to be extremely active for a short period of time. Whatever you're hunting will probably be running fast (or fighting back) , so you also need to run fast (or fight back), but it would be brief and then (and this is particularly important) would be followed by rest and possibly by enjoying the fruits of your labour (eg eating what you have just hunted). So with this in mind here are some simple steps for healthy paleo exercise.

STEP ONE: See your doctor first

I know I said that before when I mentioned diet, but it really is important to discuss with your doctor before starting a new exercise program, especially if you have any pre-existing health conditions.

STEP TWO: Keep active

Unless you work on the 40th floor of your building , stop taking the lift, but even if you do, get off on level 35 and walk the rest of the way. Get off one train station earlier than you need to (assuming that's a viable and safe option) , change sedentary hobbies and time spent veging out in front of the TV into time spent walking the dog, swimming at the local pool with your kids, whatever activities enrich your life while keeping you more active as a happy side effect, your body will thank you for it. The only rule here, is that this is not an exercise program, whatever you do, make sure you enjoy it and it just becomes a part of your new life.

STEP THREE: High impact exercise

Within your own body's limits, try at least 3 times each week to complete a short high impact exercise routine.

Specific exercise routines go beyond the scope of this start-up guide, but your local gym should be able to give you good advice especially if they have a personal trainer who is familiar with paleo style exercise. (NOTE: Don't get talked into long slow cardio routines, they really aren't necessary) or if you can't afford a personal trainer then I would highly recommend [Paleo Burn](#) which includes a full exercise program plus over 40 instructional videos for good paleo exercise.

STEP FOUR: Rest and recovery

Your body needs sufficient time between workouts to properly recover, make sure you include proper recovery into your paleo exercise plan. Exercise should enrich you, NOT exhaust you.

STEP FIVE: Protein intake after working out

Now I know what you're thinking. Why am I telling you to eat after exercise, surely that will negate all your hard work? Strangely enough by having a [healthy protein shake](#) (make sure its healthy, there are paleo friendly options) or other protein rich paleo snack after a workout you'll be telling your body to burn fat and retain shapely muscle, plain and simple.

WHAT TO DO NEXT?

Now that you've considered the 4 key aspects to paleo living, what to do next?

1. Read through the other free guides to fine tune your transition to the paleo diet
2. Consider trying one of my recommended [paleo plans](#) for further support and information.