

# Paleo Food Guide



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In the following guide I've listed a quick do's and don'ts list for Paleo Foods. It really depends on 'how paleo' you want to be as to how closely you follow it. The closer you follow this list, the greater the rewards. With each entry, I've provided guidelines on which do's and don'ts are most critical to your health, so you can decide what's most important to you.

In most cases if you stick to this one fundamental rule you can't go too far wrong:

'If you can safely eat it in its natural, 'unrefined' state, then its probably paleo!'

And, As always, before you begin any new diet, please discuss with your Doctor!

## FOODS TO INCLUDE:



**Meat and Eggs:** All meats are fine to eat, and the leaner the better. This doesn't have to be meats from game and therefore includes beef, lamb, pork, ham, poultry, fish, seafood and eggs are great too. If money isn't an issue then buy organic if you can, but the diet will work just fine

with non organic meats. Eggs did receive some bad press in the medical media in recent years, but unless you have a specific problem with metabolising cholesterol, its generally considered that eggs are good for you and an important part of the paleo diet (though note that some paleo plans recommend limiting to an egg a day). If you're at all concerned about the effects of eating more meat and eggs on your health, then see your Doctor for some baseline lipid tests (to be honest I recommend this to everyone starting a new diet) then get them checked again when you're properly established on the caveman diet. You should be pleasantly surprised with the results.



**Fruits and Vegetables:** Veggies are another real staple on the Paleo Diet. Some plans recommend that you avoid white potatoes and corn. White potatoes are controversial within the Paleo world, as some believe they can cause insulin spikes due to their high starch content, but they are edible as found in nature

which essentially makes them paleo and I personally include them in my diet but try not to overdo them. Corn is also high in starch and most strict paleo plans will recommend you avoid them. Most other veggies (though see the section regarding legumes further on) are fine and should be eaten and enjoyed in abundance. If your main goal on the caveman diet is weight loss and muscle toning, then you should make vegetables your main source of carbohydrates, and eat a little less fruit to compensate. As far as fruit is concerned all whole fresh fruit is fine and as I'm sure you know very good for you. Avoid juices, as they can cause insulin spikes due to the higher levels of sugars. Again if your main goal is weight loss then limit intake of fruit to one or two servings per day.



**Nuts and Seeds:** Nuts and seeds are an important part of the paleo diet and particularly useful to have on hand for snacks. Any nuts and seeds are ok (except peanuts) and can be eaten raw, or lightly roasted, preferably unsalted. Nut butters are great too and are easy to make at home if you're concerned about additives in store bought products. Try to avoid

branded roasted nuts, as these are often roasted in processed oils and may also be heavily salted.



**Fats and Oils:** There is some disagreement on which fats and oils are ok on the Paleo Diet, but coconut oil is generally considered fine, and is great for most cooking (even stir fries) as it doesn't go rancid at high temperatures. Olive oil is also fine, but is more suited for use in salads and lower temperature cooking. Almond oil and flaxseed/ grape seed oil are also

promoted in some plans and avocados (and avocado oil) are also an excellent source of good fats.



**Herbs and Spices:** Most herbs and spices are fine, in fact the list is extensive but here's just a few which are fine to use: Basil, cardamom, chilli, cocoa powder, cumin seed, dill, garlic, ginger, ground cinnamin, lemon zest, nutmeg, Oregano, paprika, rosemary, thyme and tumeric. Try to

restrict salt intake and use unprocessed whole salt if possible. If you like pepper, use whole black peppercorns in a pepper grinder if possible.



**Drinks:** Juices and soft drinks are off the table on the Paleo Diet. These are full of sugars and will cause insulin spikes and undo all of your other hard work. Try to stick with water as much as possible and drink lots of it. Black coffee is considered ok on most plans and some teas also. There are also a range of paleo friendly smoothies that you can make. If you want to follow strict paleo then milk and other dairy products should be avoided for reasons I have listed below.

## Foods to Avoid



**Sugar:** This is absolutely off limits if you want to reap the full benefits of the caveman diet. Refined sugar causes rapid rises in blood glucose, insulin spikes and a resulting low blood glucose level. The insulin surge produced also promotes formation of body fat. Sugar intake is also linked to the proliferation of intestinal yeast which can have a number of ill effects on your overall health.



**Artificial sweeteners:** Unfortunately, substituting sugar with artificial sweeteners is not a good option either. Some of these can still produce insulin spikes and as they are heavily processed, they make extra work for your liver and are on the whole not good for your health. There are still plenty of ways to sweeten your food on the caveman diet. Raw unfiltered honey has lots of health benefits and tastes great. Some paleo plans also recommend Stevia as a natural sweetening agent to use in baking and otherwise.



**Grains:** Sorry, but refined wheat products are definitely off the menu. This includes most store bought breads, cakes, pasta and a whole range of foods made from refined wheat flour. Grains have limited nutritional value, promote insulin spikes leading to insulin resistance and diabetes, cause a range of intestinal issues, promote the growth of intestinal yeast, are addictive and are ultimately going to undo most of your weight loss efforts. There are breads that can be baked using paleo friendly ingredients and some (but not all) paleo plans suggest eating Sprouted Whole Grain (SWG) breads if you really need your bread fix.



**Legumes / Beans / Peanuts:** If you want to follow strict Paleo, then legumes should be avoided. Legumes weren't eaten by our caveman ancestors as they required cooking in order to be eaten. They contain phytates which bind to and reduce bone minerals and lectin which increases

intestinal permeability and increases passage of gut bacteria into the blood stream. Legumes also have a negative effect on your immune system and can promote the development of some auto-immune diseases. While not as troublesome as grains, peanuts and beans should be avoided if possible on the paleolithic diet. In particular, soy beans and especially manufactured and processed soy products should be kept off the table on the caveman diet.



**Dairy:** Milk products are not Paleo. Our caveman ancestors did not milk cows, churn butter or make cheese and as such our bodies are not properly suited to them. If you don't believe this then ask yourself why so many people are lactose intolerant, quite simply we haven't yet evolved sufficiently to tolerate it. Dairy products spike insulin levels, have poor nutritional

value and have been linked to the development of some cancers. Modern dairy farms feed their cows on grains and add antibiotics and growth hormones to their cows feed. If you're not looking for strict paleo, then a little dairy is ok, but definitely buy organic if at all possible.



**Alcohol:** I have seen some Paleo Diet Plans, which allow a little alcohol, but if you're following strict paleo then all alcohol should be avoided. This includes all beers, wines, liquors and spirits. If you're not following strict Paleo then try to choose red wine (preferably organic) over other drinks. Beer should be avoided as its loaded with grains and yeast. Organic red wine, has a rich full taste, so you

tend to drink less, has none of the harmful additives you may find in non organic wine and there are in fact some studies which show health benefits from drinking red wine in moderation.

## What to do Next ?

1. Try my [metabolism type test](#), this will help you tailor your own diet more individually so you know what proportions of proteins, carbs and fats you should include in your diet to function at your best.
2. Re-invent your pantry: Get rid of all those processed foods from your cupboard, donate them to the food bank and get to the supermarket to purchase lots of tasty , nutritious paleo foods.
3. Read through the other free guides in your downloads (you need all the info before you begin on paleo)