

# 10 Reasons

to Start Your Paleo Diet TODAY!



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## Section 1

# All About Getting to Know Paleo

## Chapter 1

# What Is The Paleo Diet?

Many people view the paleo lifestyle as a fad, here one day gone the next - the followers of the diet would beg to differ. There are reasons why many other diets have fizzled out and why the Paleo diet will last for generations to come. The Paleo diet has nothing artificial about it. The diets that have died out were unsustainable because there was nothing natural about them, they were meant to be used for short term weight loss and they can do more harm than good.

**The Paleo diet is a simple and natural diet that uses the rules of nature to fuel the body.**

. It allows people to eat foods that are derived directly from nature, that they can hunt and gather without the aid of a machine, that they can eat like it was made to be eaten: unprocessed. The followers are allowed to eat anything that could have been hunted, gathered or created five hundred or so years ago.

Our ancestors nourished themselves by hunting and foraging for food and eating it fresh and often raw.

Today we are pushing our food through machines where it's mixed with innumerable chemicals and other processed materials.

Later in the book we will discuss more about the food of today, not only what's wrong with it but what it's doing to our bodies over long periods of time. Right now we're going to put the negative material on the back burner and focus on today's food and on why the Paleo way of eating, is the ideal way of eating.



Our ancestors enjoyed their food with minimal alteration or modification to it's original form. If we went back one hundred years we would find that people suffered from far fewer conditions or diseases, whereas now these are considered commonplace. Slowly and gradually the list of human diseases and disorders expanded to the point that, most of us now live with aches and pains and a continuous mental fog that robs us of the opportunity to function at our full capacity. Obesity and diabetes are common, even amongst youngsters.

Our ancestors didn't suffer from these things; they didn't need regular shots of insulin (they had no idea what insulin was!) didn't suffer from headaches or high cholesterol. The thought of our hunter, gatherer ancestors suffering from lethargy is almost laughable. They didn't die of heart failure at 50 either. Disease existed but was not as rampant as it is today. Our ancestors must have been doing something right to have been so healthy, right?!

## What gave them all that energy?



It is food from which we derive our fuel and if it is the right type of fuel, we can function as well as our ancestors did. So, with this hypothesis, we are suggesting that by following the nutrition guidelines of our ancestors we could have the quality of life that they had. This hypothesis has been tested by thousands of people all over the world and they have a lot of positive things to say about their quality of life.

So, let's look at the benefits of following the Paleo lifestyle as reported by the people who have adopted it:

## Chapter 2

# Benefit of Paleo

### KEY TAKEAWAY

Scientists have discovered that rather than being unhealthy and dangerous, fats are actually essential for the healthy development of cells!

# 1

## Healthy Balance of Fats

The cells in our body are made up of saturated and unsaturated fats. Fat is also our body's favored source of fuel. In most diets fat is forbidden and is actually seen as the enemy, however, in Paleo diets good fats such as grass fed butter and the fats found in fish are encouraged. This allows a combination of fats to be used by our cells, which promotes healthy cells overall.

For more than half a century, scientists and health experts have had us believing that fats are bad for us. We were under the impression that indulgence in saturated fat or polyunsaturated fat would cause us to develop heart disease and other chronic illnesses.

Turns out they were wrong! Over the past couple of years scientists have discovered that rather than being unhealthy and dangerous, fats are actually essential for the healthy development of cells. They also found out that not all fats are equal. Yes, some of them do increase the risk of cardiovascular diseases, but these are actually the fats that were pitched to us as the healthy alternatives before. How about that?!

What is one to believe when the foods we have been accepting as the healthier options (margarine for example) can actually be causing our health problems? This indicates that we have been destroying our health by following the advice of our doctors, doesn't it? Having said that, even eating too much of a good thing can be detrimental, understanding how to balance the good fats in our lifestyle is the key to good health.

Up until recently, we believed saturated fats were the enemy; we have come to understand that not all saturated fats are equal and as a result they are not all harmful. The key to finding out which types of fats are good is to stick to natural sources of fats such as coconut oil, butter, fat found on meat, or ghee - which is clarified butter and other oils that are extracted from natural and whole foods and as a result are unprocessed and unaltered when they reach you.

This means that fats that were unsaturated to begin with and are processed to convert to saturated fats are not healthy. Margarine is an example of such a fat. Our bodies are engineered and programmed with the knowledge of how to deal with real foods created by nature. Our bodies have no idea how to tackle processed foods and as a result they send our bodies into dysfunction.

I'll say it again: our bodies know what to do with real food. They don't know what to do with the other stuff. As a rule, balance all three types of fats in your diet for optimum health. The three types of fats are saturated fats, monounsaturated fat and polyunsaturated fat. It's important to opt for natural sources of fat, such as fish.

Paleo promotes eating fish due to the omega 3 fatty acids found in this delicious source of protein. Most people do not consume enough omega 3 fatty acids and as a result suffer problems with their mental faculties, such as memory loss along with problems related to their eyesight.

While following the Paleo lifestyle, people consume a healthy amount of fish, which provides them with efficient amounts of this essential fat. Omega 3 fatty acids are also found in grass fed eggs and meat, which are also encouraged in the Paleo diet.



## KEY TAKEAWAY

Muscle mass ensures that our metabolism stays elevated as we age, which prevents weight gain and disease.

# 2

## Improves Muscle Mass



Almost everyone wants to replace the flab on their bodies with muscle mass. Gaining muscle mass not only makes you look trimmer and more attractive but it also improves your internal health. There are various benefits of adding strength training to your routine to improve your muscle mass while following the Paleo lifestyle.

Muscle mass is important for both males and females. Contrary to common belief, building muscle will not make a woman look bulky. In fact, muscle mass ensures our metabolism stays elevated as we age. As we get older, our body starts losing its original muscle mass as it shrinks and is replaced by fat. If extra measures are not taken to improve and build muscle mass, with passing years, we continue to decrease our activity levels, while our bodies lose muscle mass. As a result of this equation, our bodies require a reduced amount of daily calories known as the basal metabolic rate.

If we continue eating the same, while decreasing activity levels when our bodies' caloric requirement is also decreasing, it all leads to an annual weight gain. With a reduction in muscle size, our bones and ligaments become vulnerable to injuries, as bone strength and density also decrease as we get older. Our muscles act as shock absorbers for our bones. If these muscles are weak, muscle and bone injuries in old age through slight trauma is a possibility. An old age injury is horrible as bones are already weak and they take longer to mend, and can weaken even further.



The solution is to be pro-active: to add some sort of strength training to your daily exercise while following a diet that promotes the building of muscle mass. One of the best diets for this is Paleo.

One of the key foods in the Paleo diet is animal flesh, which is one of the primary sources of protein for humans. Our bodies use this protein to build new muscle cells. This promotes the building of muscle mass in people following a Paleo diet, which boosts their metabolism as well as promoting fat burn. Healthy diets, such as Paleo, help increase the amount of muscle mass in the body and consecutively shrink the fat cells in our body, making the person look trimmer and decreasing their appetite as well.

Fat loss is easier with the Paleo lifestyle in comparison to other diets.

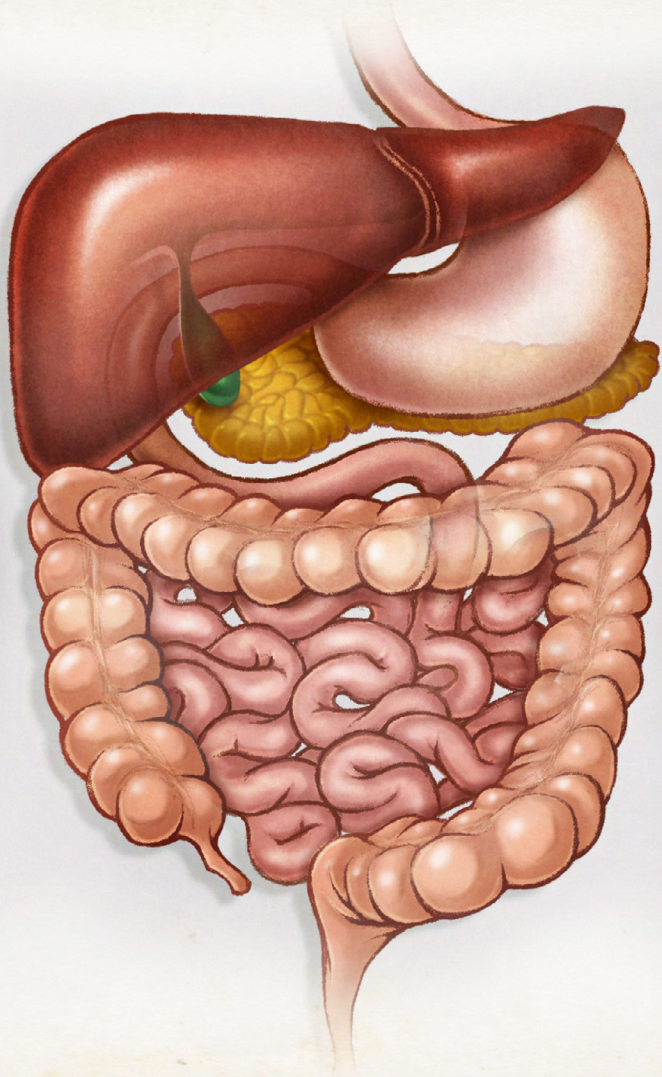


## KEY TAKEAWAY

Processed foods lack fibre, which is necessary to the digestive process. Eating whole foods, like fresh fruit and vegetables, keeps our digestive system healthy and inflammation to a minimum.

# 3

## Improves the health of our digestive system



A meal without popping an antacid has become impossible for us these days and we must realize that our bodies are losing their natural powers if we have to ingest chemicals to help them to digest the food we are eating. What causes bloating in our stomachs and why are we always bloated, constipated, and gassy?

What are our bodies trying to tell us? We go on living this ignorant life, popping pills, eating processed food and dragging ourselves through moment to moment and day to day. Our digestive system is essential for the optimum functioning of our body. Although we might only feel affected when our bowel movements are irregular or we are bloated and gassy, the symptoms and dangers do not stop there.

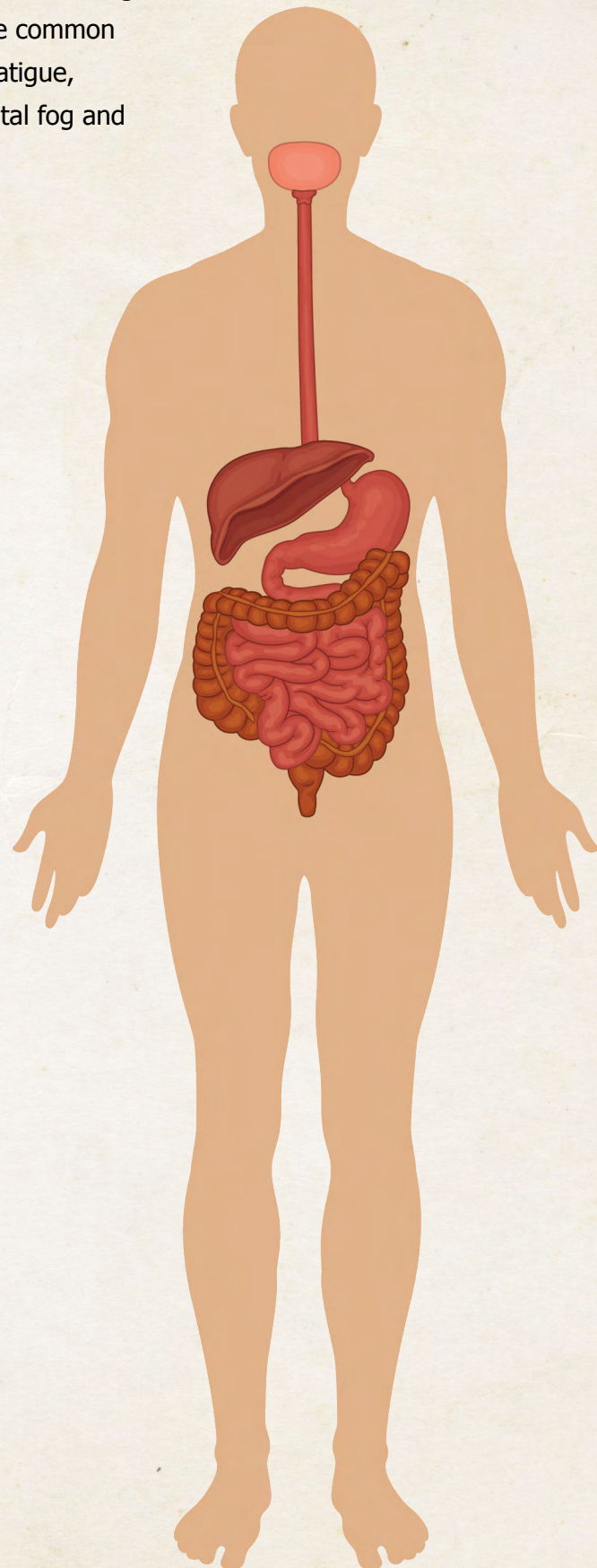
When our consumption of processed foods increases or we indulge in unhealthy eating habits, the quantity of undigested food in our digestive system increases. The bacteria in our systems feed on this undigested food and start releasing toxic gases. These gases move on to damage our gut lining and may even enter our bloodstream, causing further damage.

Bacteria and viruses start breeding in our blood when we continue consuming processed foods. Over time these bacteria infestations result in the common problems we face every day such as bloating, flatulence, chronic fatigue, indigestion, constipation, diarrhea, muscle aches, headaches, mental fog and many types of disorders of the skin.

By increasing our consumption of whole foods, we are ingesting fiber in large quantities, which is required by our bodies to help with the digestion of food. Processed foods are usually void of fiber and as a result make digestion difficult. The right kinds of fiber are available in natural foods, which keeps the digestive system healthy and inflammation to a minimum.

There are two types of fiber, the soluble and insoluble type. Soluble fiber, as the name suggests, is dissolvable in water and is available in natural fruits, vegetables and legumes. These types of fibers, when ingested, dissolve in our digestive system, and are released gradually while absorbing all toxic material in our digestive system. The insoluble fiber in our food helps to clean out the colon.

Remember that everything you put into your mouth will ultimately affect your body and your overall health. Just a few simple changes in your diet can often provide significant benefits. The processed foods, which are a usual part of our diets these days, cause inflammation in our digestive system. Additives such as artificial flavors, sugars and colors, may be permissible but they can have an adverse effect on our digestive systems and as a result, we face common problems such as constipation, bloating, flatulence as well as digestive problems like leaky gut syndrome. The elimination of chemicals from our diets and the addition of whole and healthy foods heals our digestive tract so that our digestive system can function properly.



## KEY TAKEAWAY

When foods are processed their nutrient contents are reduced. The paleo lifestyle encourages the eating of fresh fruit and vegetables and grass feed meet, which results in a constant supply of all the essential vitamins and nutrients!

# 4

## Say Good Bye to Deficiencies

Our bodies carry out hundreds of functions every day such as production of skin cells, healing wounds, maintaining internal temperature, turning ingested food to energy, boosting immune system function and renewing and repairing all types of cells that transport nutrients to organs, so they can carry out their individual functions, which are essential for our survival. However, our bodies also require raw material to carry out these functions. These raw materials are in the form of minerals, vitamins and other such nutrients that help ensure the optimum performance of our bodies.



Many vitamins have distinct roles in helping our body carry out essential functions. For example, in order to absorb calcium into bones to strengthen them, our bodies require vitamin D. If our bodies have a deficiency of these vitamins and minerals, our bones will weaken and may even soften.

Other trace minerals that are required in small amounts are chromium, iron, zinc, and iodine. These minerals are best absorbed through food, which goes directly into our bodies and delivers the nutrients in the most bioavailable way. Strong bones, strong teeth, healthy organs, healthy blood and so much more depend on the deliverance of these nutrients to our systems.

When you start following the Paleo lifestyle, you are invited to eat from a wide variety of grass fed meats, and vegetables and as a result you incorporate a lot of whole, healthy foods and vegetables in your diet. Eating them just the way nature intended you to eat them will ensure you get all the essential vitamins and nutrients daily.



## KEY TAKEAWAY

Processed foods that are high in sugars and carbohydrates cause insulin spikes that stop the body from burning fat or using fat stores, inciting weight gain and blood sugar level imbalances over time.

# 5

## Limit and Eliminate Insulin Spikes

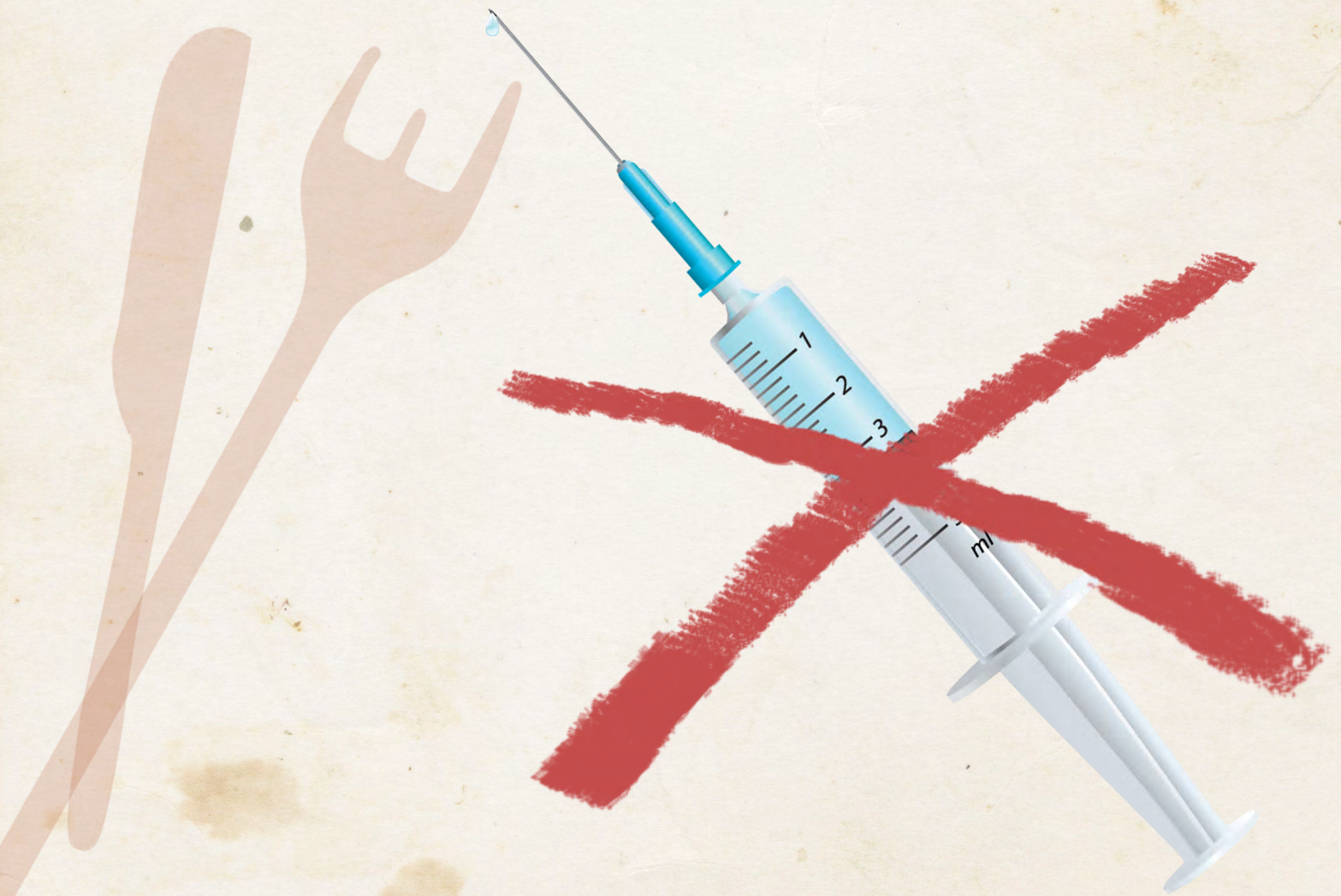
An average person's diet is full of carbohydrates and sugary foods that cause an insulin spike after consumption which restricts the burning and use of fat storage in the body. The hormone insulin is released in the blood whenever we eat something that is converted into sugar molecules, either a sugary food or a refined carbohydrate, which is treated as sugar molecules when ingested. Insulin is released to control the blood sugar levels.

Insulin tells the body whether to burn fat or store it and as a result it can breakdown the fat in our bodies for energy or keep it stashed away. Whenever the body senses sugar entering it and the blood sugar levels elevate, it calls upon insulin to decide the next course of action.



Whenever there are frequent insulin spikes, the insulin hormone wants to clear the sugar molecules from the blood, and as a result stores the glycogen molecules in the muscles stores where they will be used up when we exercise. Blood sugar is stored in here as the molecule better known as glycogen. When the muscle cells can no longer store anymore glycogen, they signal to the body that they are full. When this sugar cannot be stored in the muscles any longer it starts building up in the blood, which increases the levels of insulin in the body. As a result, any more sugar in the blood will be stuffed away in the remaining cells in the body. Usually these are the fat cells which get stuffed if the person doesn't exercise and the muscle cells do not empty. This is why for a person who eats excessive carbohydrates and sugary foods, and doesn't exercise, insulin will keep storing the blood sugar into the fat deposits and the person will continue to accrue body fat. This is why a person with a lot of body fat feels unusually hungry; the body cannot utilize the energy from any of the reserves in the body and as a result they need to eat constantly so that the food they ingest can be converted to immediate energy.

For a person following the Paleo lifestyle, the sugar levels are quite steady due to the lack of unhealthy foods in this person's diet. This causes the body to consume glycogen from the fat reserves for energy, which makes the fat cells shrink and slowly empty.



## KEY TAKEAWAY

*It's a fact that many people are allergic to processed foods. When you remove these foods from your diet you eliminate inflammation and allow your body to heal from your symptoms of intolerance.*

# 6

## Reduction in Allergies and Inflammations



Many people feel relief from allergies after about two weeks on the Paleo diet. What causes this to happen? Allergies are caused when the antibodies that are a part of our immune system, mistake any outside substance as a danger and initiate the defense mechanism of releasing histamine. The release of this chemical causes sneezing, which is the body trying to push the harmful substances out.

Then there are food intolerances that occur when our digestive system doesn't agree with a type of food, such as lactose. Individuals may have different types of intolerances, and eating the foods they are intolerant of can cause unpleasant digestive reactions. Gluten and dairy are two common food types that many people unknowingly are intolerant of. Eating these foods can cause inflammation in our gut lining and as a result allows food to pass into the blood.



When a foreign substance enters the blood, it triggers a reaction from the immune system, and often what we perceive as an allergy is actually food intolerance. Severe allergies are easy to detect, however low intolerance or allergic reactions usually go undetected which makes them worse as they can cause chronic conditions.

The Paleo lifestyle encourages the minimization of grains and dairy as these are known to cause allergies in many people. When these allergy causing foods are eliminated, individuals start feeling better as their bodies recover from the inflammation that was due to their intolerance to these specific food groups.

Another factor is the decrease in processed foods that contain additives that create allergies in many people; though people are usually not able to pin it down to what food is causing them the suffering. This is why they have difficulty eliminating the right group of food from their diet. After two weeks of following Paleo and not indulging in dairy and gluten, people automatically start feeling better.



**KEY TAKEAWAY**

Help guide your body to use stored up fats for energy by controlling your sugar and carbohydrate intake - choose natural foods that your body can easily digest!

**7****Increased Energy**

Many of us feel an unusual strain, a feeling of lethargy throughout the day which can make the easiest of tasks seem like trying to move a large boulder alone. We are usually short of energy and as a result many of us opt for an energy drink or coffee to get us through. The cause behind this chronic fatigue has been explained above under the heading of insulin spikes. When we continue consuming sugary and refined carbohydrate rich foods throughout the day, these foods are converted to blood sugar. Every time this sugar is released into the blood, insulin must be released to remove the sugar from the blood. This causes insulin spikes.

Insulin stores sugar away in the muscle storage as glycogen. When these stores are full, the glucose molecules are stored in fat reserves. If we keep on consuming processed foods, these fat reserves keep on getting stuffed and storing glucose as fat, causing flab. When insulin is filling reserves, it won't allow the body to use up these fat reserves as fuel and instead whenever we need energy we are required to eat to release energy immediately from the food we consume.

This causes us to feel lethargic until our next meal so that our body can absorb energy from that meal, while the fat reserves stay untouched and just keep getting stuffed. When we lack energy, our body craves food that will provide us the quickest source of energy, which are usually sugar rich foods.

A much better option for increasing energy is to control sugar and carbohydrate consumption, which will cause the body to use up the stored fat for fuel. A person following a Paleo lifestyle doesn't feel these insulin spikes, which cause temporary energy spikes because they readily get their energy from their stores.



## KEY TAKEAWAY

The Paleo lifestyle is both a preventative measure and a way of healing the damage done so you can protect yourself from disease!

# 8

## Reduction in Diseases



HEALTH



DISEASE

The main focus of the Paleo lifestyle is to consume foods that are naturally harmless and won't put you at risk of type 2 diabetes, heart disorders, high blood pressure and obesity. It eliminates all harmful foods and promotes a healthy diet due to which our bodies start healing in the absence of the processed foods, chemicals, sugar and carbohydrates.

The balance of good fats, fiber, vitamins and nutrients provide the body with all the right type of fuel required to carry out the functions of the body to ensure every component is healthy and carrying out its function optimally. The real source of many diseases is insulin, and excess of this hormone is the cause behind many of these diseases. It is directly linked to many of these diseases and indirectly linked to the rest.

When we eliminate sugar spikes, our fat deposits start clearing up, reducing the strain on our heart, breaking up the fat that might be blocking our arteries along with eliminating gluten and dairy causing our digestive system to function healthily. When we get to this stage we lose weight and our blood cholesterol, blood sugar and blood pressure start to balance out. The fact of the matter is that the type of fuel you provide your body will have an impact on your health. Polluted fuel will make your engine sick whereas good clean fuel will prolong your life.

## KEY TAKEAWAY

Looking for a way to lose weight and keep it off? Try a lifestyle change, not a diet – one that takes you away from the path of processed convenience foods, and gets back to basics.

# 9

## Sustained weight loss



We all have tried one diet or another and lost weight successfully, only to gain it all back as soon as we got back to our old eating habits. This is due to the fact that we all look at diets as temporary; we purge our dietary sins as soon as our weight spirals out of control. It is a control mechanism, for the losing and gaining of weight. Trying to balance weight loss and healthy eating can be difficult, and those who don't have the right tools for success can feel food deprived or develop eating disorders. A more user friendly approach is to adapt a lifestyle that allows us to eat healthier versions of our favorite foods, while eliminating sugar spikes so that we do not feel the cravings throughout the day or the energy spikes that make us seek solace in comfort foods. The fact of the matter is that by following a healthy lifestyle, anyone can rid themselves of their eating obsessions and eating disorders. The secret is to eliminate sugar from your diet after understanding the harmful effects it has on your mind, body and life.

It is an addiction like no other, which keeps us chained, craving more and more while trying to stay away, which is like a double force acting at all times, one wanting to embrace the comfort provided by sugar and the other the guilt trying to keep us away. Every single day is a battle between these two forces that tears our lives apart.

What we are trying to say is that we only live once, is this really how we want to spend each day of our lives, winning or losing the battle of the two forces? There has to be a better way of living our lives that would allow us to break free from this cycle that keeps us locked in its temptations.

A Paleo lifestyle, within the first two weeks or less, could help you to conquer your cravings once and for all. You would no longer have to spend a substantial portion of your paycheck on food that you would regret spending it on. This is your life and you can regain control of it and of your health. You have the choice to decide how you want to spend the rest of your life. Do you want to spend it developing and suffering from one disease after another, engaged in the battle of the two forces everyday as long as you live? Or, do you want to be free of any internal food related turmoil, and instead be healthy, active, energetic and at top of your health?

You have the choice and you must decide which path you are going to travel on from this day onwards. After just 14 days, you could have lost a significant amount of weight that will not return if you maintain the healthy lifestyle – you could say goodbye to cravings, to lethargy, and to moodiness. You could finally shake the ‘hangry’ feeling – no more anger due to being hungry again!

If you choose this lifestyle, your metabolism will improve and you will look and feel more attractive without worrying about the yo-yo weight loss/gain effect.



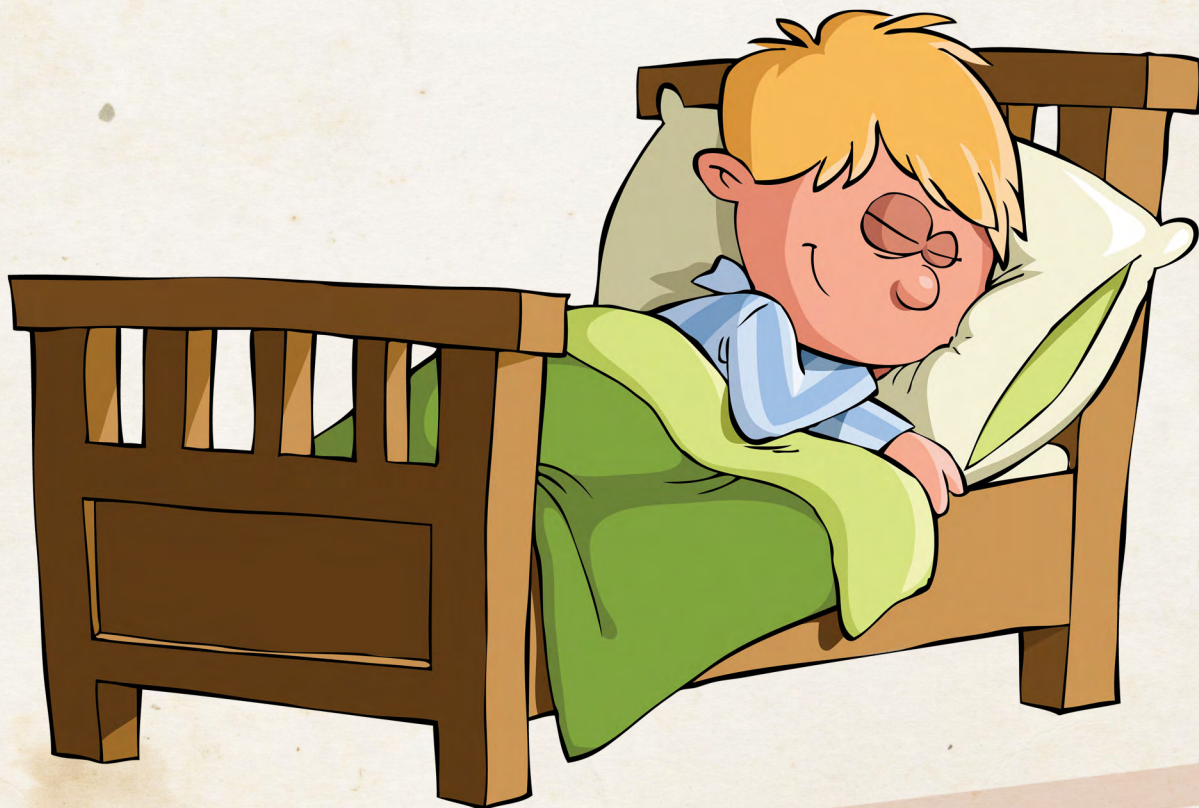
## KEY TAKEAWAY

A good dose of fat before bed can contribute to a better quality of sleep! For added benefit try coconut oil chocolates to satisfy your sweet tooth!

# 10

## Improved sleep

One of the most important parts of functioning optimally and allowing our bodies to heal (so that they are ready for the next day's challenges) is allowing them proper rest, which means at least 8 hours of sleep per night. Lack of sleep makes us cranky and disoriented, while making it difficult to resist temptation that we come across throughout the day. Lack of proper rest also causes deregulation of hormones in our body while releasing the stress hormone cortisol, making it difficult to lose weight. Weight gain can also result from insulin resistance in cells. One of the most important aspects of Paleo is getting 8 hours of sleep every day. Surprisingly, people who previously tossed and turned in the night have observed that they sleep peacefully through the night and wake up well rested in the morning, fresh and ready to go.



People who don't follow a Paleo lifestyle face many common sleep disorders due to the insulin spikes in their blood and the body's need for energy which it cannot get from the fat reserves. When our body is low on energy it keeps waking us up to get it fuel. Stress and blood pressure also play a huge role in the sleep disorders, along with weight.

While following the Paleo lifestyle, people find themselves experiencing good health and as a result many of the causes of sleeping disorders are taken care of automatically inducing a peaceful sleep. Make sure you get a good dose of fat before sleeping at night as it improves the quality of sleep.

One great way you can add fat to your diet is to ingest teaspoons of coconut oil directly, or if you do not like direct coconut oil, try mixing it with cocoa powder, honey and butter to make a chocolate. Freeze it for half an hour in a mould to form this delicious treat.





## Chapter 3

# Why It Works

The Paleo lifestyle has received a lot of publicity and many celebrities are opting for this new diet. The Paleo diet promises to help you burn fat and bring you down to your ideal weight while improving your fitness level. It will also help improve your health and help people gain control of diseases they suffer from, such as diabetes, high cholesterol, and in some cases cancer.

While there are many who support the Paleo lifestyle, there are also hoards of people who mock the diet and claim that it is not only unhealthy but unrealistic to continue long term. The people who are anti-Paleo argue that we have no proof that our ancestors didn't suffer from diabetes or heart diseases like people do today. They also argue that the cavemen died at a very early age. While there may be merit to these points of view (it is difficult to prove, and life expectancy was certainly lower then), it is important to remember that their medical abilities weren't even close to what we have available to us now and even with our leaps in medical technology we are still suffering daily from obesity, lethargy, mental fogginess, disease etc., and a few changes to our diets has the power to change most of that. The concept of clean, healthy eating is common sense.

### KEY TAKEAWAY

Paleo lifestyle followers can attest to how healthy they feel and the amazing results they see in their bodies after they make the change!





There is nothing wrong with eating clean, unprocessed foods that come directly from nature. Marketing is tempting us in different directions because the fast food industry would suffer greatly if we were all eating the way we should. Every doctor and health expert knows that the increasing obesity and risks of type 2 diabetes in young people, is due to their eating habits.

Following a Paleo meal plan isn't about eating huge quantities of meat, it's about going back to nature, even if you want to eat a vegetarian diet. The Paleo supporters are not wrong in arguing that a diet that contains cereals, refined sugars and carbohydrates as well as dairy has brought us to this point where young and old alike suffer from headaches, lethargy and mental fog. Clearly there is something wrong with our diets if they are causing us such distress.

Many Paleo lifestyle supporters argue that they have never felt as healthy as they do currently. They tell everyone that eating the Paleo way is not difficult and in fact it stopped their sugar cravings. People following the Paleo lifestyle claim that their sugar levels, their blood pressure and overall health have never been so good. They look better than ever and they feel full of energy. If people following the lifestyle feel so good then what is there to argue about?



Scientific research shows that eating plants, meat, eggs and good fats seems agree with people as it is improving heart health significantly due to the healthy fats that are a part of this diet. Common sense also tells us that consuming an assortment of fruits, plants and good fats will help people improve their health and lose unhealthy weight while providing sufficient quantities of essential nutrients, vitamins and minerals.



Additionally the Paleo lifestyle also helps keep insulin spikes to a minimum, which helps people who have become resistant to insulin. Insulin, as we previously discussed is one of the major hormones in the body. When insulin levels grow erratic, the other hormones in the body also do not function properly. This is why people who have become insulin resistant also suffer from many other hormone related problems. Some of these include sexual performance in men and women such as lack of sexual interest, erectile dysfunction and this might also affect pregnancy hormones, creating complications. This is why with most major diseases the cause usually narrows down to insulin and its function in the body.

People who suffer from insulin resistance are more susceptible to diseases such as obesity, high cholesterol, hypertension, many forms of cancer and heart diseases. However not all is lost; insulin resistance can be controlled and cured.



## Chapter 4


# Scientific Proof behind the Paleo Diet

### KEY TAKEAWAY

Evolution brought our bodies to a point where we function best on un-processed, natural food sources, which is why the typical American diet is so detrimental to our health and causes people to feel sick and sluggish.

The first thing people usually want to know is what is the research behind the Paleo lifestyle and what are the experts saying about the diet. Until and unless we hear why it does what it does very few feel satisfied about the claims made by Paleo followers. In actuality, this is one of the best approaches of looking at a diet, due to the frequency with which a new diet emerges, with some very similar claims to that of the Paleo diet. Not every diet can work as well as the Paleo diet even if it promises and delivers weight loss. Always remember that weight loss is not the only factor you need to consider to ensure you are healthy. You should use your vital body measures as an indication of how well an eating approach works.

As a rule of thumb never choose a diet that promotes or requires packaged foods, bars, shakes and other such products to lose weight. Any diet that makes you believe that eating processed and packaged food is convenient and will help you with your weight loss goals is just fooling you. You want to choose diets that promote whole and natural foods because these foods are essential for development of your cells and proper functioning of your body. So beware of diets that claim that by consuming their shakes you will get half of your daily requirement of nutrients and minerals. There is a reason why we are meant to take in our daily requirement of nutrients and minerals through natural foods and through the course of the day.



PALEO



Nor can you sustain weight loss by drinking lemonade all week or eating egg whites and chicken all your life. These types of diets are dangerous and largely ineffective, we would not recommend them, even to lose weight short term.

The basis of the Paleo lifestyle relies on the fact that our bodies have evolved over time to protect us in our current natural environment. Our bodies had undergone adaptations so that they could be able to better metabolize and process the food the environment has provided us. The entire environment and its proponents work in sync with each other like a chain. Our bodies were adapted to consume meat from fish, poultry and other animals along with plants and vegetables. As a result we are best suited to perform at our optimum level when on a diet of whole and natural foods that is provided to us by nature.

That's why consuming processed and refined foods will make our bodies perform at below optimum levels.

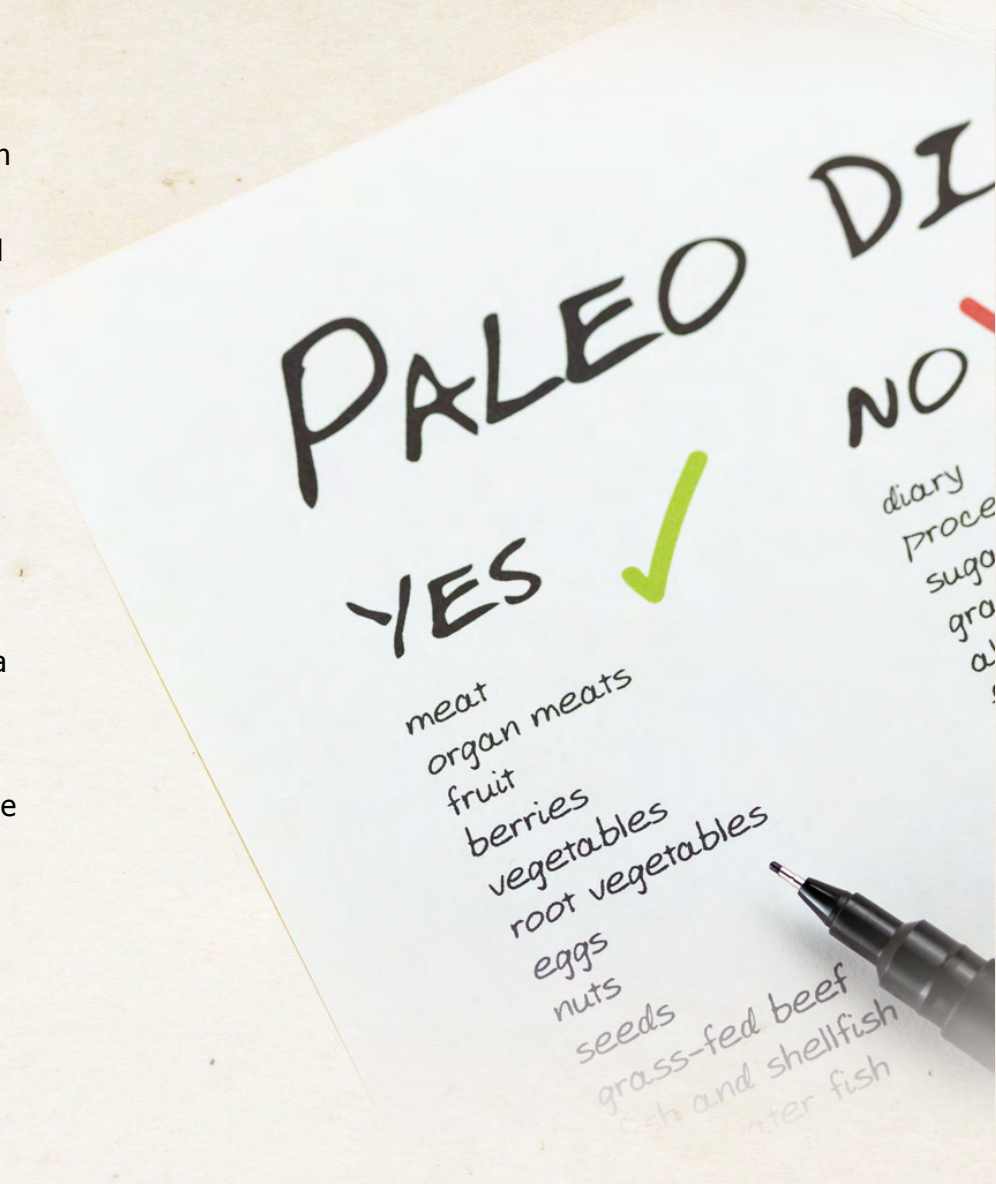
Studies and research based on the health and function of human beings have concluded that modern ailments are a result of our bad food choices and any kind of processed food only adds to the problem. Maximum consumption of vegetables and meats will provide us with all that we require to function properly. Experts have also found out that societies that consume a lot of whole foods generally have better health conditions and their risk of developing diseases such as diabetes, high blood pressure and other such chronic diseases is considerably lower than westernized and modernized societies.



Many of the food items on the 'non permissible' list according to the Paleo diet, are the same food groups that health experts all over the world have been advising against. These include processed junk food, sodas and other high sodium food, that do not benefit us in any way. The foods encouraged by Paleo diet, on the same note, are all of the foods that most health experts encourage adding to our daily diet.

Paleo lifestyle means reduction in inflammation within the body along with a healthier heart, lowered blood sugar and lowered insulin spikes – which result in: reduction in body weight, boosted immune system and improved metabolism.

It is quite clear to health experts that the addition of additives such as flavorings, sweetener, and other chemicals have proven to be detrimental to our health. As a result, they must be eliminated completely if one wants to live an energetic and healthy life that is free of today's common ailments – we ideally want to protect ourselves from sickness and disease.



What we now consider to be common diseases and medical conditions are very uncommon amongst societies whose lifestyle currently is very close to the lifestyles of our ancestors. The hunter-gatherer societies of today do not require the same kind of medical aid; they do not take headache pills, or blood pressure pills or insulin shots to survive. They are a living proof of the fact that in today's harsh climates people can live without the diseases that plague western societies. Cancer amongst these hunter-gatherer societies was unheard of and we can and should take their lead and start following the diet that protected them from these kinds of disease.



The concept behind the Paleo diet is to eat those foods that are written in our genetic coding. As a result, grains are not a part of Paleo because a caveman's daily diet included various forms of fat, various kinds of meat, some roots, types of berries available, as well as some other forms of carbohydrates, but no grains. Introduction of grains in our diet is a recent occurrence and as a result cannot be included in our diets.

This is why in the Paleo lifestyle the carbohydrates that are forbidden or limited include sugar and high fructose/glucose foods as well as grains. Due to the fact that grains contain gluten, they are responsible for allergies and inflammation in many people with sensitivities or who are intolerant. It has been observed that by eliminating grains from their diets, people improve their cardiovascular health and improve their glycemic control.

The focus in Paleo diet is on replacing food that has high sugar content with those that are naturally healthy and help in reducing glycemic load such as fruits and vegetables. These facts have been confirmed and supported by all Paleo followers who boast about their amazing health that is unlike anything they have experienced before.



## Chapter 5

# Why Paleo helps you lose weight?

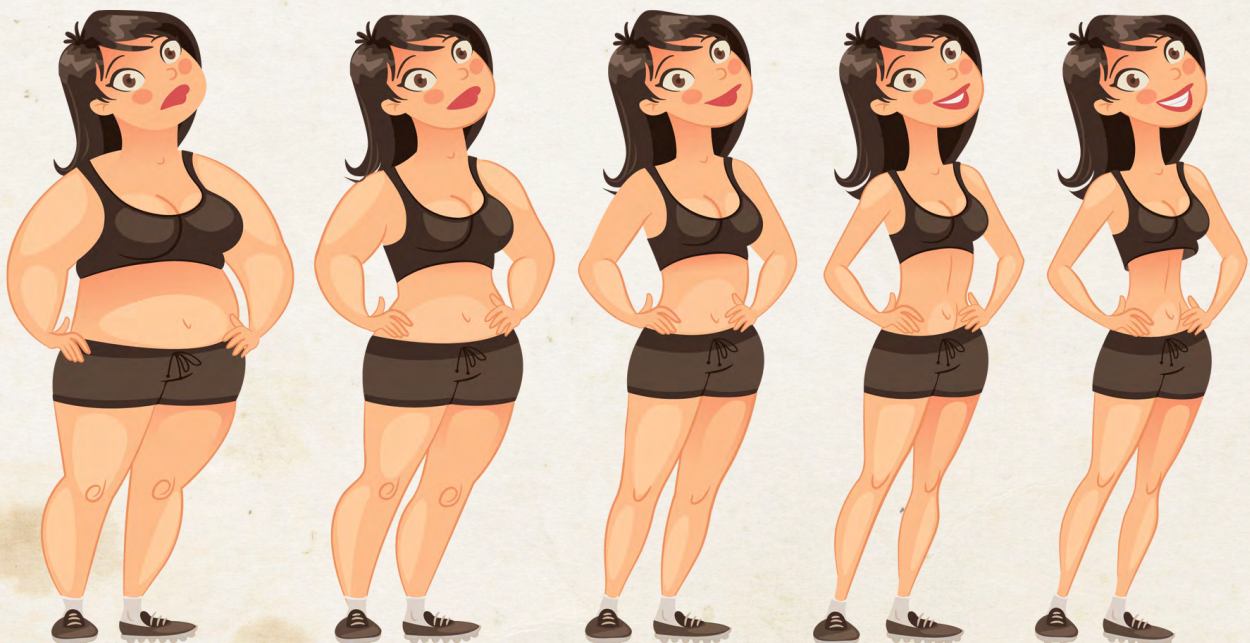
### KEY TAKEAWAY

We have become a food obsessed society, constantly thinking about our next serving of the sugars and chemicals we crave - do we really want to be the victims of these cravings? You can take control!

Our bodies are the same as they have ever been, they were designed to store fat due to the fact that food was sometimes scarce and as a result it was used as a fuel and not as a pleasure mechanism. Today food is so easily available that we have stopped asking ourselves if we are hungry or not. Food doesn't represent fuel anymore but rather a source of amusement or reward. Try to remember: when was the last time you ate because you were actually hungry and then stopped when you were full?

Too much of our days are spent planning what we are going to have for breakfast and then lunch and then dinner and then dessert. The constant thought of food and the anticipation is as much fun for us as actually consuming the food. We are consumed by the thought of what we are going to eat all day and our tongues and minds constantly crave sweet and rich foods. Have you ever stopped and asked yourself if this is normal? Or have you accepted this as normal?

Our bodies are designed to store fat to ensure our survival. Our genes don't know that we will have enough food at hand throughout the day, which is why we store all the extra calories/energy we are consuming. Any extra food we eat is stored as fat but if we never create a deficit for the fat to be used as fuel, when such a situation arises, it will always be there stored in our bodies





The rate of obesity is increasing at an alarming level and we are suffering from many diseases that never affected people to this extent before. Our world has changed but our bodies are not prepared for it. Is it really any surprise that people are trying one diet after another so that they can lose the extra pounds conforming to the acceptable modern body image? If our bodies haven't evolved to thrive in this new world that we live in, what option does that leave us with, if we intend to thrive at all. If our bodies won't conform to the new eating and dieting trends, we must return to the eating habits that our bodies were originally designed to thrive in, which is the goal of the Paleo lifestyle.

We are not the people responsible for the changing dietary habits - we are the victims. It is the food industry that is busy researching, creating and presenting to us foods that have a chemical formula that we cannot resist. This equation which uses a combination of fat, sugar and salt to create foods that send our pleasure centers reeling, make us unable to stop eating. We are naturally wired to seek out sweet foods in time of scarcity as these food items contain the maximum energy necessary for our survival. However in this current food obsessed era when there are temptations bombarding us at every second, this natural tendency to feel attracted to sweet food can doom us.



What makes this constant pleasure seeking worse, are the insulin spikes in our blood, which make our energy levels shoot up and then come crashing down. These insulin spikes make us crave more sweetness as glucose molecules are our body's preferable source of fuel. As mentioned previously, when our body can't access our fat reserves for fuel, due to high levels of insulin in our blood, it requires instant energy for which it sends us cues to eat so it can use energy from the food we consume. If we continue eating the wrong kind of food, we will continue to face insulin spikes, which makes fat reserves unavailable for fuel and our body will constantly send signals in the form of cravings to consume more carbohydrates that can be converted to glucose molecules easily.

If instead we consume some complex whole carbohydrates, the food takes time to digest and releases their sugar over a longer period of times. As the sugar molecules are released slowly, the insulin spikes are reduced and there is no insulin that needs to remove sugar from our blood, which reduces the frequency of insulin release in our blood. This also takes care of fuel, and energy is maintained at that level.

The end result is that we crave less sugar, our insulin levels are maintained which allows our body to access our fat reserves and start burning it as fuel. We lose weight, feel more energetic and reduce our risks of insulin related diseases simply by switching our food options to whole and natural food.



## Chapter 6

# Who is following the diet?

### KEY TAKEAWAY

Are people really seeing big results with the Paleo lifestyle? Just ask Pro-Paleo celebrities like Eve La Rue, Jessica Biel, Aaron Rodgers and Miley Cyrus!

Celebrities are some of the first people who try out a new diet and declare it as efficient and workable or not. The fact that many celebrities seem to be getting on the Paleo lifestyle bandwagon makes Paleo seem like less of a fad. These people are some of the healthiest people on our planet, with some of the best looking bodies, which offers proof that the Paleo lifestyle will help you lose weight and maintain it so that you can have a fit and healthy body as well.

## Let's take a look at some of the celebrities who are following the 'Caveman' lifestyle:



**Eva La Rue**

One of the best testimonials for Paleo lifestyle comes from the TV show actress Eva La Rue, who is a mother in addition to being a busy actress. According to her testimony, she spent years trying out one diet after another and after ages of yo-yo dieting adopted the Paleo lifestyle. According to her, she has never felt or looked better in her life. She also adds that the extra energy is a great side-effect.

The most interesting part of this story is not Eva's results but of that of her mother-in-law. According to Eva, her mother-in-law got inspired by her results and started on the Paleo lifestyle as well. She managed to lose 20 pounds, her hair grew back and her vision was enhanced as well. Her heart conditions improved to the extent that she stopped her medication which she had been taking for over ten years.

There are other claims of friends trying out Paleo and not only losing weight but getting rid of age old disorder.



**Jack Osbourne**

Jack Osbourne turned to Paleo when he was diagnosed with multiple sclerosis. Knowing that there is no cure for the disorder of the nervous system, he sought out an alternative treatment for the disorder by looking at the cause of the problem. Detecting inflammation at the source, he then tried out the Paleo diet which is well renowned for helping with inflammation. By following a Paleo diet and eliminating gluten, Jack was able to find relief from his condition and is in better shape than ever.



**Grant Hill**

Grant Hill continued to play in the NBA, while other players his age retired long before. According to him, the only reason he continued to be fit enough to play with his team members who were considerably younger than him was due to the caveman diet. He says he feels younger than he ever did before. This is proof that the Paleo lifestyle holds the key to looking and feeling younger!



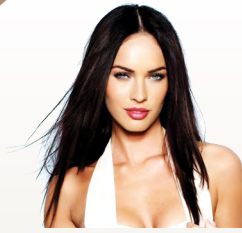
**Jessica Biel**

Jessica Biel is known to have one of the hottest bodies in all of Hollywood. However, that is not the only thing she is popular for. She is also famous for her carbohydrate addiction and claimed to have eaten 20 doughnuts along with two large pizza pies in one seating, on her cheat day while on a diet. The same actress has been successfully following a Paleo diet without any craving whatsoever. She claims that the Paleo diet will make anyone lean, helping people to shed excess weight.



**Aaron Rodgers**

The Quarterback for Green Bay Packers is proudly following the Paleo lifestyle and tells anyone who will listen how the diet helps his performance. He takes books and pamphlets with him on his trips and is interested in further researching the lifestyle.



**Megan Fox**

Megan fox is a Hollywood heart throb, her slender physique is the envy of many. However she surprised everyone when she showed up with her former slender physique just three months after giving birth to her baby boy. According to her she followed the Paleo diet to lose all her excess pregnancy weight and continues to follow the diet to this date.



**Miley Cyrus**

Who doesn't know Miley Cyrus? Her unique personality has certainly made her stand out! Miley has a beautiful, trim figure that she attributes to eating gluten and dairy free! Her skin, health, physique and focus improved within a short time of following the Paleo lifestyle.



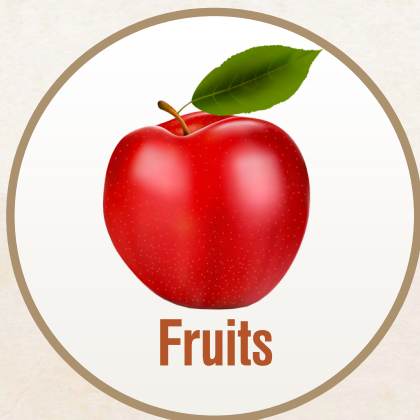
# Section 2

## Bonus Section - Recipes



### Foods Allowed on the Paleo lifestyle

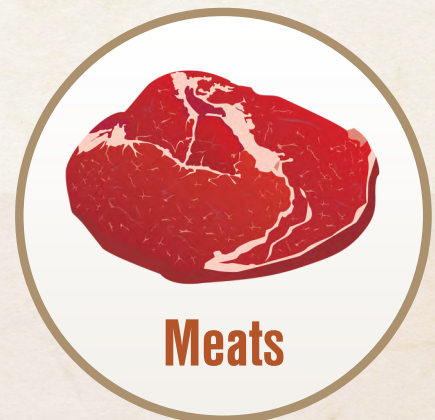
Before starting your shopping list and perusing the Paleo friendly recipes, let's look at the list of foods allowed on the Paleo diet. As mentioned before, only those foods that can be gathered and hunted by our ancestors are allowed on this diet.



- Apples
- Cranberries
- Apricots
- Figs
- Avocados
- Gooseberries
- Bananas
- Grapefruits
- Blackberries
- Grapes
- Blueberries
- Guava
- Honeydew melons
- Cantaloupes
- Kiwis
- Lemons
- Limes
- Lychees
- Cherries
- Mangos
- Nectarines
- Pomegranates
- Oranges
- Raspberries
- Papayas
- Rhubarbs
- Passion Fruit
- Star Fruit
- Peaches
- Strawberries
- Pears
- Tangerines
- Persimmons
- Watermelons
- Pineapples
- Plums



- Artichokes
- Mushrooms
- Asparagus
- Mustard Greens
- Beet Greens
- Onions
- Beets
- Parsley
- Bell Peppers
- Parsnips
- Broccoli
- Peppers
- Brussels Sprouts
- Pumpkin
- Cabbage
- Carrots
- Radishes
- Cauliflower
- Celery
- Seaweed
- Collards
- Spinac
- Cucumbers
- Squash
- Dandelion
- Swiss Chard
- Eggplant
- Tomato
- Green Onions
- Turnip Greens
- Kale
- Turnips
- Kohlrabi
- Watercress
- Lettuce



- Lean Beef
- Trimmed
- Flank Steak
- Top Sirloin
- Steak
- Extra lean hamburger
- Chuck Steak
- Lean veal
- Lean Pork
- Trimmed
- Pork loin
- Pork Chops
- Lean poultry
- Chicken breas
- Turkey breast
- Eggs
- Chicken
- Duck
- Goose
- Rabbit meat
- Goat meat
- Organ meats of Beef, Lamb
- Pork and Chicken livers



## Fish

- Bass
- Perch
- Bluefish
- Red snapper
- Cod
- Rockfish
- Drum
- Salmon
- Eel
- Scrod
- Flatfish
- Shark
- Grouper
- Striped bass
- Haddock
- Sunfish
- Halibut
- Tilapia
- Herring
- Trout
- Mackerel
- Tuna
- Monkfish
- Turbot
- Mullet
- Walleye
- Northern Pike
- Abalone
- Mussels
- Clams
- Oysters
- Crab
- Scallops
- Crayfish
- Shrimp and Lobster



## Nuts

- Almonds
- Almond Butter
- Peanut Butter
- Pine Nuts
- Brazil Nuts
- Pistachios (unsalted)
- Cashews
- Pumpkin Seeds
- Chestnuts
- Sesame Seeds
- Hazelnuts
- Sunflower Seeds
- Macadamia Nuts
- Walnuts
- Pecans
- Olive
- Avocado
- Walnut
- Flaxseed
- Canola Oils



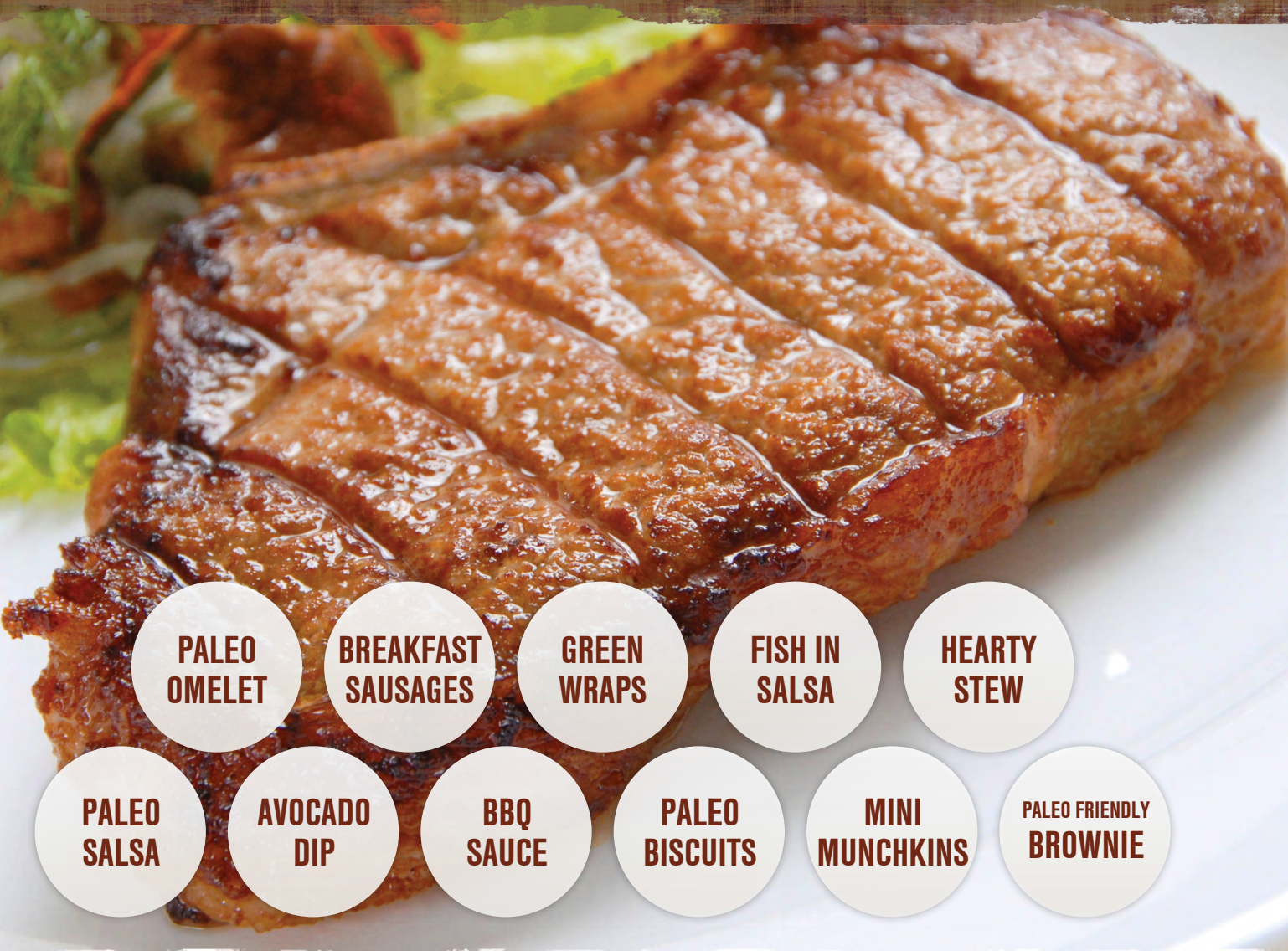
## Treats

- Coffee
- Tea
- Wine
- Beer
- Spirits
- Dark Chocolate
- Honey
- Coconut Flour
- Almond Flour





# RECIPES



**PALEO  
OMELET**

**BREAKFAST  
SAUSAGES**

**GREEN  
WRAPS**

**FISH IN  
SALSA**

**HEARTY  
STEW**

**PALEO  
SALSA**

**AVOCADO  
DIP**

**BBQ  
SAUCE**

**PALEO  
BISCUITS**

**MINI  
MUNCHKINS**

**PALEO FRIENDLY  
BROWNIE**



# PALEO OMELET



**SERVES: 4**

## INGREDIENTS

- ✓ 8 eggs
- ✓ 500 grams of ham, chicken breast or any meat
- ✓ 1 large onion
- ✓ 2 green bell peppers
- ✓ 1 tablespoon of coconut or olive oil
- ✓ 2 plum tomatoes
- ✓ 2 heaping cups of spinach, shredded or torn into bite sized pieces
- ✓ Salt to taste
- ✓ Fresh black pepper to taste

## RECIPE

1. Finely chop the onions.
2. Chop the green bell peppers and tomatoes, next.
3. Dice the meat and either boil it on stove top or bake it. Baking will make it juicier and make the omelet far more delicious.
4. Take a large bowl, and add eggs to the bowl, beating after each addition, using an electric hand beater until the eggs are light and fluffy.
5. Add in the seasoning and beat again till salt and black pepper are combined.

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## RECIPE

6. In a deep large skillet, heat the oil and pour the eggs into the skillet.
7. Spread the eggs till they are spread evenly and thin enough to cook fast.
8. Now add the vegetables and ham on top of the eggs.
9. Continue cooking until done on one side.
10. Flip the eggs and continue cooking on the other side.
11. Serve when done!



# BREAKFAST SAUSAGES



**SERVES: 2**

## INGREDIENTS

- ✓ 1 and a half teaspoon of coconut oil
- ✓ 250 grams of sausages, sliced
- ✓ 1 onion
- ✓ 4 heaping cups of spinach
- ✓ Salt to taste

## RECIPE

1. Finely chop the onions.
2. In a deep large skillet, heat the oil over medium flame.
3. Add the onions to the skillet and sauté it till caramelized.
4. Once the onions are pale golden in color, add in the sliced sausage.
5. Continue cooking till it turns brown.

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## RECIPE

6. Once browned, add in the spinach along with salt to taste.
7. Reducing the heat, place cover on the skillet and allow the contents of the pan to cook on low heat.
8. Once the spinach looks soft and wilted, switch off the flame and serve!



# GREEN WRAPS



SERVES: 2

## INGREDIENTS

- ✓ 500 grams of chicken breasts
- ✓ 4 Napa cabbages
- ✓ 3 green onions
- ✓ 6 leaves from a Romaine lettuce
- ✓ 1 carrot
- ✓ 1 heaping cup of broccoli
- ✓ Half a bunch of Coriander leaves
- ✓ 4 tablespoons of water
- ✓ 4 tablespoons of almond butter
- ✓ 6 teaspoons of lime juice
- ✓ 6 teaspoons of coconut aminos
- ✓ 1 teaspoon of minced garlic

## RECIPE

1. In a bowl, mix together garlic, coconut aminos, lime juice and butter.
2. Mix well until a thick paste is formed.
3. Add in the water and keep aside.
4. Chop the broccoli finely.
5. Dice the onion and shred the cabbage.
6. Using medium setting on a grill oven, grill the chicken till tender and then chop into bite sized pieces.

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## RECIPE

7. Prepare the lettuce leaves by washing and drying them before spreading them on a plate.
8. Wash and spread the Romaine lettuce leaves on a plate.
9. Over the lettuce leaves, add the diced grilled chicken first.
10. Then spread broccoli over the chicken along with cabbage.
11. Add spring onion over the vegetables on lettuce next.
12. Finish with chopped carrots and chopped coriander.
13. Drizzle the sauce over the lettuce leaves and serve!

# FISH IN SALSA



**SERVES: 2**

## INGREDIENTS

- ✓ 500 grams of any fish fillets
- ✓ 1 tablespoon of olive oil
- ✓ 1 tomato
- ✓ 1 ripe avocado
- ✓ 4 tablespoons of macadamia nuts halves
- ✓ Half a bunch of coriander leaves
- ✓ Half a cup of chopped parsley leaves
- ✓ Salt to taste
- ✓ Ground Black pepper to taste

## RECIPE

1. Finely dice the parsley and coriander.
2. Chop the tomatoes finely.
3. Using medium setting on a grill oven, preheat it for 15 minutes.
4. Peel the avocado and chop it finely.
5. Season the fish with salt and ground black pepper.
6. Once the oven is heated, grill each fish for 2 minutes on each side.

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## RECIPE

7. In a large bowl, mix the nuts with the tomatoes and chopped avocado.
8. Add in the chopped coriander and parsley.
9. Drizzle with olive oil.
10. Serve the two dishes together.





# HEARTY STEW



**SERVES: 4**

## INGREDIENTS

- ✓ 500 grams of stew meat
- ✓ 1 cup of beef stock
- ✓ 1 large onion
- ✓ 1 large carrot
- ✓ 4 cups of canned tomatoes
- ✓ 1 teaspoon minced garlic
- ✓ 1 teaspoon dried oregano
- ✓ 1 teaspoon dried basil

## RECIPE

1. Chop the onion and mince the garlic in a food processor.
2. Finely peel and chop the carrots.
3. Place a large pot over medium heat on the stove.
4. Add in a drizzle of oil and let it heat.
5. Add in the chopped onion and minced garlic in the pot.
6. Sauté onions and garlic till transparent.

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## RECIPE

7. Add in beef and keep cooking while stirring.
8. Once the beef is brown, add in the chopped carrots in it.
9. Keep cooking, allowing the carrots to become tender.
10. Next pour in the canned tomatoes and mix the entire contents of the pot.
11. Pour in beef stock and sprinkle oregano and basil leaves.
12. Mix once again.
13. Reducing the heat let the stew cook after covering the pot with a lid.
14. The beef will cook for over an hour.
15. Once the beef is completely done, remove from heat and serve!

# PALEO SALSA



**SERVES: 4**

## INGREDIENTS

- ✓ 6 plum tomatoes, chopped
- ✓ 3 teaspoons fresh lime juice
- ✓ 1 large Jalapeno pepper
- ✓ 1 cup of chopped fresh cilantro
- ✓ 1 onion
- ✓ 1 Habanero pepper
- ✓ 1 teaspoon of minced garlic
- ✓ Salt to taste
- ✓ Pepper to taste

## RECIPE

1. In a food processor, puree the tomatoes till smooth.
2. Add in the garlic and blend again till smooth.
3. Add in the peppers and onions next.
4. Blend till smooth.
5. Add in the juice, leaves and seasonings.

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## RECIPE

6. Blend once again and keep blending till smooth.
7. Serve as a dip with sticks of vegetables.



## INGREDIENTS

- ✓ 4 teaspoons of fresh lemon juice
- ✓ Eight tablespoons of Olive oil
- ✓ 2 dashes of mustard powder
- ✓ Half a cup of Avocado oil
- ✓ 1 Egg
- ✓ 1 pinch of white pepper

## RECIPE

1. Add the egg to a food processor and blend once.
2. Add in the lemon juice and mustard powder to the blender and process again.
3. Without stopping the blender or processor, start adding teaspoons full of oil slowly from the top of the blender.
4. Do not stop the blender throughout the process as it will spoil the mayonnaise.

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## RECIPE

7. While the blender is running, keep adding spoonfuls of oil slowly in a drizzle till both types of oil are added.
8. It is better if you add it to the blender drop by drop.
9. This should take a long time but it will ensure the recipe comes out right.
10. Blend in the pepper when all the oil is blended.
11. Serve as a dip with sticks of vegetables.

# BBQ SAUCE



**SERVES: 8**

## INGREDIENTS

- ✓ 1 cup of Chicken stock
- ✓ 1 teaspoon of ground cumin
- ✓ 1 teaspoon of minced Garlic
- ✓ 1 teaspoon of ground black pepper
- ✓ 4 tablespoons of diced shallot
- ✓ 1 teaspoon of ground cayenne pepper
- ✓ 12 tablespoons of tomato paste
- ✓ 1 tablespoon of avocado oil
- ✓ 1 teaspoon of prepared horseradish
- ✓ 1 tablespoon of Dijon mustard
- ✓ 1 teaspoon of red pepper flakes
- ✓ 1 tablespoon of apple cider vinegar
- ✓ 2 pinches of salt

## RECIPE

1. Add in all the ingredients to a large saucepan.
2. Over medium heat, allow the sauce to simmer, while stirring constantly.
3. Reduce the heat to low, and cover the saucepan.
4. Let it simmer for 20 minutes, stirring every once or twice.
5. Sauce will be thick when done.

# PALEO BISCUITS

 SERVES: 12

## INGREDIENTS

- ✓ 8 Tablespoons of coconut flour
- ✓ 4 generous pinches of baking powder
- ✓ 2 generous pinches salt
- ✓ 5 tablespoons of grass fed butter
- ✓ 12 tablespoons of almond milk
- ✓ 1 level teaspoon of cider vinegar
- ✓ Sweetener equivalent of 3 tablespoons of sugar

## RECIPE

1. Preheat oven for 12 minutes at 325 degrees.
2. Lightly oil a baking sheet.
3. Take a large bowl, and add flours, baking powder, and salt. Mix well.
4. Rub butter in to the mixture until it resembles bread crumbs.
5. Place in the refrigerator for ten minutes.
6. Mix in the milk, vinegar, sugar substitute, and work the dough until combined.

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## RECIPE

7. Take out the dough on a floured counter and knead until the dough becomes soft and all the ingredients come together.
8. Roll out the dough in a rectangular shape, three-quarter of an inch thick.
9. Cut out the cookies using cookie cutter.
10. Bake for 12 minutes. Cookies will turn golden on the circumference.
11. Cool the cookies before removing them from the cookie sheet.
12. Serve.

# MINI MUNCHKINS



**SERVES: 24**

## INGREDIENTS

- ✓ 8 Tablespoons of coconut flour
- ✓ Sweetener equivalent of 8 tablespoons of sugar
- ✓ 5 generous pinches of baking powder
- ✓ 2 generous pinches salt
- ✓ 1 teaspoon of cinnamon powder
- ✓ 1 grass fed egg OR equal Paleo friendly substitute
- ✓ 3 level teaspoons of cider vinegar
- ✓ Half a tablespoon of vanilla extract
- ✓ 12 tablespoons of almond milk
- ✓ Sweetener equivalent of 12 tablespoons of sugar
- ✓ 1 teaspoon of cinnamon powder

## RECIPE

1. Preheat oven for 12 minutes at 325 degrees.
2. Lightly oil a muffin pan.
3. In a bowl, mix flour, sweetener, pinch of salt, cinnamon powder, pinches of baking powder. Add in the remaining ingredients, one by one, mixing after each addition and mix together until thoroughly incorporated.
4. Pour the batter tablespoon by tablespoon in to the prepared muffin tin.

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## RECIPE

5. Bake for 12 minutes. To check if the munchkins are done, pierce the centre with a toothpick, it should come out clean when it is done.
6. Cool before dusting with the sugar substitute combined with cinnamon powder.
7. Serve!

# PALEO FRIENDLY BROWNIE



SERVES: 12

## INGREDIENTS

- ✓ 4 Tablespoons of almond flour
- ✓ Sweetener equivalent of 12 tablespoons of sugar
- ✓ 8 tablespoons of cocoa powder
- ✓ 3 generous pinches of baking powder
- ✓ 2 generous pinches salt
- ✓ Half a tablespoon of vanilla extract
- ✓ 4 tablespoons of natural applesauce
- ✓ 4 grass fed eggs OR equal Paleo friendly substitute

## RECIPE

- Preheat oven for 12 minutes at 325 degrees. Prepare a baking pan by lightly greasing it.
1. Take a medium sized bowl and mix sugar substitute, eggs, and essence. Mix well until thoroughly incorporated.
2. In another medium sized bowl, mix flour, baking powder, applesauce, and cocoa powder. Mix well. Sprinkle salt and mix again.
- 3.

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## RECIPE

4. Combine the two mixtures and stir to mix well.
5. Pour the batter into the pan and bake for 45 minutes. To check if the cake is done, pierce the centre with a toothpick, it should come out clean when it is done.
6. Cool when done.

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