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# **Paleo Diet Solution:**

**Lose Weight The Easy  
And Healthy Way With  
Fat Burning Foods**

**Paleo Diet Guide With  
Recipes And Meal Plans**



**Sofia D'Andrea**

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By: Sofia D'Andrea

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# Paleo Diet

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# PUBLISHERS NOTES

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# DEDICATION

I want to dedicate this book to Regina, she introduced me to the PBD and my life has never been the same since, thanks Regina.

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## CHAPTER 1-

# UNDERSTANDING THE PALEO DIET

A lot of persons have heard of the Paleo diet but do not really know what it is. This diet is a high protein, low sodium and low sugar which will get an individual in the best state of health. It is based on the diet that our ancestors from the Paleolithic era had. Though the main aim of the diet is to promote health, it also works

great for weight loss. The individuals ~~FOR REFERENCE PURPOSES ONLY~~ that developed this diet are of the belief that the cavemen that lived in the Paleolithic or Stone Age era had the best and most suitable diet for man.

This is so because since that time our genes have not changed much (only 0.01%) but the way in which we live has changed by leaps and bounds. It is thought that it is best that we revert to that diet as *all the food was fresh and had no chemicals*. Animals were hunted and food was picked and consumed. There was none of the additives, artificial flavorings or preservatives that we have today.

During the Stone Age, there really was no need for foods that had a longer shelf life or any requirement for instant foods. The need for these things has only come about in recent years as we have the ever increasing need to have things easier for convenience. With the additions of these chemicals some foods are no longer as good for us as it used to be. Even if we have natural food the wrong portions are consumed posing more of a risk to our health than anything else.

This is the basis on which the Paleo diet was created. It is meant to keep us away from foods that are not good

for us and give food options that can  
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provide all the nutrients that our  
body needs. The cavemen had very  
healthy lifestyles without the  
conveniences of fast food that we  
now have. The diet allowed our  
ancestors to do their daily tasks which  
were rather labor intensive and  
required a lot of energy. They spent  
their time walking for miles to pick  
their food and hunt and all this was  
possible because of the diet.



This diet has a high protein component as the aim is to provide the right amount of energy to carry out tasks which are labor intensive. It

also has a lot of vegetables and fruits which help provide the right amount of nutrients and vitamins for the body. These food groups can be consumed without limits. In fact the more that you can consume the better off you will be. The need to take supplements will be reduced as the diet will have all the necessary nutrients.

The [Paleo diet is low in sugar](#) and sodium as too much sugar and salt is not good for the body. The cavemen had this sort of diet because they did not have access to artificial sweeteners or refined sugar and they did not cook in the way that we do now so a lot of

salt was not needed to flavor dishes.  
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The diet really brings everything back to basics. Through the consumption of fresh vegetables, fruits and meat one will be much healthier than if one consumed boxed, canned, processed and other foods including dairy which did not exist in the Stone Age era.

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# CHAPTER 2- NOT JUST ANOTHER LOW- CARB DIET

There are a lot of things going on in the body on a daily basis and a lot of things get into our bodies that can make our health deteriorate. Making changes to the way in which you eat can allow you to cleanse the body and restore the body to premium working condition, lowering the risk of disease while providing the body with the

necessary nutrients

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**A list of the benefits of the Paleo diet**

**is listed below.** It is:

*A diet that is dense in nutrients*

*Low in carbohydrates and sugar*

*Low in artificial products*

*Easy to keep the balance in the glucagon to insulin ratio*

*Free from the harmful effects of gluten*

*Free from the harmful effects of high insulin*

*A great diet to achieve a lean body mass*

*Great to promote acne free skin*

*The way to get relief from auto*

*immune diseases*

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*The way to get relief from any disease that is metabolic*

*The way to get relief from disease of affluence*

*A way to increase energy*

*A way to better athletic performance*

The best way to lower the risk for autoimmune disease, gastrointestinal disease, acne, arthritis, osteoporosis, obesity, diabetes, heart disease, cancer and much more.

**The question can then be posed**- how exactly is the average diet harmful?

**The average diet has quite a number of harmful foods that we should not**

be consuming. These include but are not limited to:

*Dairy* (triggers acne and high levels of insulin)

*Grains* (triggers high levels of insulin and causes damage to the lining of the intestine)

*Alcohol* (triggers high insulin response and is highly toxic)

*Sugar* (any type of sugar will trigger high levels of insulin)

*Hormones* (refrain from eating hormone injected meat)

*Antibiotics* (refrain from eating meat injected with antibiotics and if possible avoid oral antibiotics and if

you have to then take probiotics after  
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the course of antibiotics are  
complete)

*Genetically modified foods* (GMO's)

*Artificial flavoring and coloring*

*Preservatives*

*Copious amounts of table salt*

*Sugar substitutes or artificial sugar*

(splenda, sweet 'n' low, equal- stevia  
not included as it is an herb)

*Trans-fats* (hydrogenated fat that  
clogs arteries)

How can the Paleo diet help?

Are you interested in losing weight?  
The Paleo diet is a great balance of

protein, carbohydrates and fat. If you are trying to lose weight or are overweight it is best to refrain from consuming a lot of oils, seeds and nuts. As soon as you have achieved your ideal weight you can increase the fat you consume.

If the problem is being overweight then you should take a fish oil supplement (one gram for every ten pounds of body weight and point five grams to maintain weight). When one is overweight it also means that you are in an inflammatory state. The omega-3 which the fish oil is packed with can help lower this level of inflammation. Note that the

consumption of fat will not cause you  
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to gain more weight. You should also  
eat to satisfy hunger not to be  
extremely full. You will still feel  
hungry when you just begin but the  
body will adapt after a while. The  
Paleo diet will also help you to  
achieve the lean body mass that you  
have always wanted to achieve and  
the results will be accelerated if you  
do some cross-fit training.

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It is my belief that the Paleo diet works and it can really change lives. You will not only see the physical changes that your body goes through but you will also note that there is a difference with how you feel. Your

body will be functioning at its best  
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ever on a cellular level and you will  
have increased longevity in addition  
to being healthier. The list of benefits  
alone should indicate how much  
better your health can be.

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# CHAPTER 3- LEAN MEAT HELPS YOU LOSE WEIGHT

Almost everyone is aware that lean meats are needed to lose weight quickly. This meat has a low fat content and has a lot of protein that is vital for the balanced diet. The thermic effect of protein and the length of time that it takes to digest will help the body to burn additional calories in the digestive process than

fat or complex carbohydrates ever  
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could.

## How to Make the Selection

When selecting lean meat it is essential to be aware of what exactly lean refers to. For example the United States Department of Agriculture (USDA) denotes that a single serving of beef (lean) contains ten grams of fat. That equates to ninety fat calories with most of it being fat that is saturated fat. The categorization for beef that is extra lean still includes five grams (45 calories) of fat in each serving. As such the categorization of a particular type of meat as lean does not necessarily mean that it has a low

fat content

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## What is Lean?

No matter what all types of meat will contain some fat. Despite this the most ideal types of lean meat contain less than two grams of fat in each serving. As a lot of the fat in meat is saturated fat, it is best to keep the level of fat to a minimum. To guarantee that this happens, it is essential that you read the labels on your food.

## Best List of Lean Meats

Outlined below is a list of a few of the most ideal lean meats that you can buy. As there are various types of fish

you will have a greater selection.  
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The only requirement is that the meat contains less than two grams of fat in each serving. In order to obtain the amount of fat that the body needs,

you can make use of fats that contain high levels of poly and monounsaturated fats.

*Turkey Breast*: one point four grams in each serving

*Chicken Breast*: one point five grams in each serving

*Tuna*: one gram in each serving

*Grouper* (Red Grouper): one gram in each serving

*Cod*: one gram in each serving

*Pinnacle* (Whiting): one point two grams in each serving

*Ocean Perch* (Redfish): one point six grams in each serving

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One final thing to mention is that lean fish is a really great option as it contains omega 3 fatty acids that are an added bonus. In the diet we have nowadays this is usually very low. The omega 3 fatty acids are beneficial as they are thought to help boost the level of immunity and lower blood pressure.

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# CHAPTER 4- THE FUNDAMENTALS OF THE PALEO DIET

Significant advancements have been made since the Stone Age. When we take a closer look, we will realize that the only progress we have really made is related to time and the development of numerous programs and tools which make daily tasks much easier to get done.

As you may be aware, advances in

appliances are not all that progressive  
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as it is merely a more passive way to  
get things done and does have its  
drawbacks as we are more prone to  
diseases.

The question is where exactly we are  
getting it wrong. Why is it that our  
generation is so afflicted with health  
issues, a shorter lifespan and obesity?  
Let us not forget the increase in  
genetic aberrations and disorders that  
occur as a result of birth defects.

### **The Variation in Styles of Eating**

Do you remember hearing you are  
what you eat from your mother?  
Were you ever in agreement with that  
statement? Take a moment to look at

the difference in the way we eat now  
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and how our ancestors used to eat.

I can just imagine that if some persons from the Paleolithic period happened to be around they would not even consider what we eat to be edible. Approximately ninety percent of the diet is preserved, refined, readymade food. A great portion of our current diet did not exist in that era and historical records show that they were much healthier without all the modern “conveniences” that we have today.

### Plan Points for Paleo Food

The thought of adapting to the Paleo style of living or using the Paleo meal

plan was introduced by Loren Cordian.  
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The basis on which the Paleo diet was founded is that the anatomical design of the human body is best suited for a diet that was used in the Stone Age as opposed to the one we currently have.

The body is actually programmed to work best with the food that was eaten in Paleolithic times.

There would not have been livestock rearing or any form of agriculture during that time and the diet was wholly based on fresh vegetables and fruits as well as marine and wildlife.

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The only method of cooking in the Paleolithic Era was roasting. As such frying and other methods were not even invented yet.

There was little consumption of grains, dried beans, oils, sugar and sodium in that time period.

The diet was very high in protein and had fewer carbohydrates. It also included no cereals, dried beans or additives.

The Paleo Food Plan- Essential Ingredients

*Wildlife* (bison deer etc.), chicken, pork and meat (steak)

*Eggs*

*Fish*

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*Dry fruits*

*Honey*

*Variety of fruits*

*Oils (natural)*

*Mushrooms (organic)*

*Greens*

*Walnuts*

Essential facts about the Paleo Diet

Weight reduction is possible through the consumption of food low in carbohydrate and high in protein.

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A lot of the illnesses we have today

such as osteoarthritis, high blood pressure and heart problems are less with the Paleo diet.

There is no need to stress oneself out by working out how many calories to consume.

A lot of the specialists state that the Paleo diet is a bit restrictive. That may be so but we must bear in mind that the cavemen were still able to get by with than restriction and thrive much better than we are now. It really can't hurt to have a little restriction in our overall diet.

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# CHAPTER 5- THE SEVEN KEYS OF THE PALEO DIET

Dr. Loren Cordian has actually outlined seven keys in the Paleo diet which he created. His work is based on the thorough analysis of the daily eating habits of the hunter/gatherer societies. After conducting a number of analyses on the elements of the diet in varying amounts, he came to the realization that there were seven

common attributes for each. They are  
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outlined below.

Consuming fewer carbohydrates than the amount recommended in the modern western diet. The carbohydrates that are consumed should be from vegetables and fruits and not refined sugars, starchy tubers or grains.

Consuming more animal protein that the western diet allows- approximately fifty five percent of the calories gained from the Paleo diet are from lean animal protein.

Getting the large amount of fiber required from vegetables and non-starchy fruits.

Consuming a diet that has a net alkaline load - when the body has high

acidic content the body will have issues on a cellular level and person with this problem tend to suffer from fatigue. All vegetables, fruits and sea greens are alkaline forming. Meat though tends to be acid forming so to have the right net alkaline load the right amounts of each has to be consumed.

Foods with high potassium content and low sodium content are to be consumed. Hydration can be

maintained through the consumption of potassium. When the body is properly hydrated it will promote

nerve impulse stimulation, muscle contraction and optimal heart function. Foods that contain potassium include most fruits like kiwis, bananas, and leafy green vegetables. High levels of sodium promote dehydration which is not good.

Consume a reasonable amount of polyunsaturated and monounsaturated fats. The same portions of Omega 6 and Omega 3 fats should be consumed and the amount of saturated fat consumed should be reduced. Great food options for this include avocado, olives and cold water fish.

Foods rich in minerals, vitamins, antioxidants and phytochemicals are ideal for consumption.

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Phytochemicals are also referred to as phytonutrients and are plant components that enhance the immune system and offer other health benefits in addition to its nutritional value. Great sources of phytochemicals include green tea, seeds, nuts, vegetables and fruits.

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If you have made the decision to follow the Paleo diet, you will have to make use of the seven keys to have the best success. Buying a Paleo cookbook will help you to make great recipes but won't help you to be more aware of why it is best to eat in this way. As always education and

knowledge is power. When one  
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understands the seven keys in the  
Paleo diet you will make better  
decision with what you consume.

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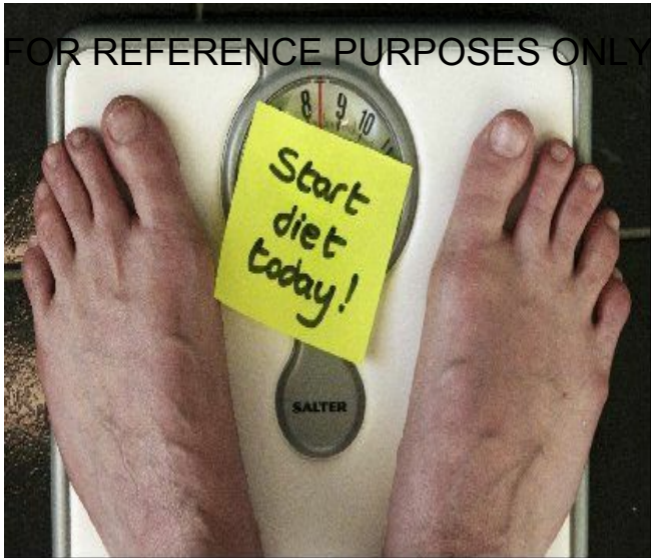
# CHAPTER 6- LOSING WEIGHT THE PALEO DIET WAY

The Paleo diet facilitates the shedding of excess weight as it restores the ideal conditions for meal consumption that the human body was made for. A lot of persons are able to do this quite easily. They successfully get rid of whole grains in their diet and the weight just seems to [“melt away”](#) much more quickly

than they can get new clothes.

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On the other hand there are some persons that have difficulty getting this done or may see some progress and then not see anything else happen after a while. Needless to say that it can be rather discouraging to be making all the effort with little to no success. It does not matter whether you have just started and already frustrated or have reached your peak after having relative success, there still exist ways in which you can manipulate the Paleo diet to achieve sustainable and healthy weight loss.

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## Are Counting Carbohydrates or Calories?

This diet is in no way based on the counting calories as a means to losing weight. The theory of the Paleo diet is

not based on making the distinction  
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between calories that are harmful as  
opposed to calories that are  
nourishing. The point is that you will  
lose weight if you eat only twelve  
hundred calories of Doritos on a daily  
basis but the downside is that you will  
have certain nutritional deficiencies  
and have digestive problems that will  
do much more harm in the long run.

To add to that, the weight that you  
lose will be regained quite quickly-  
with the lack of foods that are  
processed industrially, the over  
stimulation of food reward centers  
and an inflamed digestive system your  
body will have a natural setting for fat

that it will strive to maintain give or  
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take a few pounds. This is referred to  
as homeostasis. If you are able to  
adhere to the restriction of calories  
long enough to lose a particular  
amount of weight the metabolic rate  
will decrease to cut back on the level  
of energy thus cutting back on the  
number of calories burned to  
maintain the basic functions of the  
body.

As a result you will be hungry all the  
time and the body will resort to  
getting energy from whatever you  
consume. On the other hand if you  
eat too much the opposite will occur.  
The body has a set weight that it

wants to maintain and can do so  
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through certain processes.

A man known as Paul Jaminet has a hypothesis that the body places even more importance on the maintenance of lean tissue health. According to him lean tissue makes use of the nervous system as opposed to using a hormone like leptin to send signals to the brain. This makes it even harder for scientists to measure.

The whole point is that if the body is not getting all the nutrients that it needs it will get it elsewhere using the same methods that it would use when the level of fat is low-it will trigger an increase in appetite and get all the

energy from food consumed. As the bodies aim is to maintain lean tissues mass and weight, a diet low in calories which does not have the necessary nutrients will start a “fight” between two biological settings. This is a battle that many lose.

Fortunately, it is a battle that can be avoided. Yes it may be true the main requirement of weight loss is some deficit in energy which requires more calories to be burned versus what is consumed. The main problem with this is that the consumption of calories really does not matter. It is not the best way to create that deficit as it does not take into account the

ways in which various foods are processed. Scientists tend to test the caloric content of food through the use of bomb calorimeters which is not similar to the process involved in human digestion.

A pop tart and a steak might have the same number of calories but that is where the similarity ends. It makes the focus on the quality of food and nutrients much easier and is a more effective way to get the deficit needed to promote weight loss.

The three macronutrients required are fat, carbohydrates and protein and though they are all important, excess carbohydrates poses a problem

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for obesity as it is closely linked to the consumption of processed food items that are low in nutrients. A diet that is based on large amounts of carbohydrates (refined) will promote weight gain as it affects the balance of two important hormones, leptin and insulin.

The role that insulin plays in the metabolism is to convert the carbohydrates to glycogen which is then stored in the muscles as fuel that can be used later on. Through the consistent increase in the consumption of carbohydrates the body will develop a resistance to insulin. The muscles will be filled to

capacity with glycogen and begin to resist the insulin.  
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Before



After

As a result more insulin will be produced by the pancreas and the muscles will just resist even more. Having glucose in the bloodstream is

potentially toxic and as there is  
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nowhere else for it to be stored it will  
be stored as fat.

The resistance to insulin caused by a diet high in carbohydrates will also cause an imbalance in another important hormone known as leptin which is responsible for regulation the homeostatic process. Leptin is a made by body fat so the more fat you have the higher the levels of leptin and this triggers weight loss and the less fat you have the opposite occurs.

The inflammation that occurs with insulin resistance disrupts the natural balance by triggering leptin resistance. In this case the level of fat triggers an

increase in the production of leptin and the brain is not sent any messages. To make the situation worse, a diet based on processed foods will trigger a decrease in the sensitivity of the brain to leptin, causing an increase in ones appetite and as such the intake of nutrients.

As the brain is not receiving any signals to stop this increase in consumption, you will continue to eat. The body will make more leptin to make the signal stronger. The only thing is that the only way to do this is for the level of fat to increase in the body. As such the natural setting for weight will increase as more fat will

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be required by the body to lower the levels of leptin, increase the metabolism to send the signal to the brain while decreasing the appetite.

This entire situation is compounded by overstimulation caused by the consumption of industrially processed foods. The higher levels of leptin cut down on the food reward to trigger weight loss. Leptin resistance causes the opposite effect. The toxins consumed (*high fructose corn syrup, seed oils and gluten*) which cause inflammation also adds to leptin resistance. You will also develop other problems with your metabolism which can lead to chronic illnesses like

diabetes.

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A basic version of the Paleo diet can always be modified for the purposes of weight loss in the same way that it can be adjusted for diabetes, GERD or IBS among other medical issues. Before this process of experimentation begins ensure that the fundamentals are set. If you are an individual that cheats, it might be best to commit to an option that will help you get rid of some of your not so good eating habits. The great thing is that if you are following a strict Paleo diet and are not making any progress you can make tweaks to the diet to suit your particular situation.

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# CHAPTER 7- WHY PROTEIN HELPS BURN CALORIES

Protein is one of the most commonly used words and tends to be misunderstood. The questions can then be posed as to how much protein is required? Some persons also wonder whether or not protein will bulk them up too much? The main thing to note is that protein plays an important role in life. Apart from

water protein is the most abundant substance. In fact approximately fifty percent of the body's dry weight is made up of protein. This includes the nails, eyes, hair, skin and muscle.

I think the general message has been conveyed here. Below are three reasons why protein helps burn calories and in turn promote weight loss.

### **Protein Helps Sate Ones Appetite**

Of the three food groups (fats, carbohydrates and proteins) protein is the most effective at curbing hunger. The ability of the protein to satisfy hunger also has an effect on the amount that you consume on a daily

basis. If you typically start the day off with some high quality protein (instead of breakfast cereals) you will be more likely to have more consistent levels of hunger daily.

## Protein Cuts Down On Insulin Sensitivity

Being able to control the levels in insulin in the body will have a huge impact on your waistline and the weight you are at. This is because the consumption of bad carbohydrates like cakes, sweets and pasta can have an effect on the production of insulin by quickly increasing the levels of blood sugar which will trigger an increase in insulin production.

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This leads to the body storing more fat. If you check it out most overweight persons tend to be insulin resistant. This really means that the pancreas is working overtime to produce insulin to reduce the levels of sugar in the blood to what it was prior to you eating. This will just make you want to eat more and this is where the vicious cycle of overeating starts.

In a nutshell the consumption of high quality protein will help cut down on this occurring and allow the body to do the same job with less insulin.

### **Protein helps burn calories**

Most people are aware that there are two ways in which you can burn

calories. It is either to eat less or become more active. There is however another way to burn off these calories and it is known as the thermic effect of food. It is referring to the amount of energy that the body has to break down food and get the necessary energy from it.

The great thing is that the body requires two point five to three times more energy to break down proteins as opposed to fats or carbohydrates. This will increase the metabolic rate. Now that is fabulous! A way does exist to increase ones metabolism without getting off the cushion. Of course it is not ideal to eat snacks

while watching television as a means  
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to lose weight.



If weight loss is really your goal you  
ought to ensure that you are  
consuming protein like eggs, lean

meats or fresh meats. Though a combination of grains and pulses are good sources of protein as well as soya and dairy but it is not recommended. If it is a matter of convenience you can get your protein by having a shake that is low in sugar.

So the general guide is to base each meal and snack around protein and then add some fresh vegetables and fruits and some quality fats as well.

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# CHAPTER 8- TOP PALEO DIET RECIPES

There is nothing tastier than having a jar of beets on hand to garnish your favorite barbeque dish. The thing is that store bought marinated beets has a high sugar content as also contain preservatives that do not make it an ideal Paleo food.

The drawback that many people create is that making [jarred](#)

vegetables at home is too complicated  
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and takes up a lot of time. This is not

necessarily the case. I have a recipe that is pretty easy to follow and does not require a lot of time. the beets will be ready for eating after only a day of marinating as opposed to recipes that require the marinating process to be for as long as three weeks.

## **Marinated Beets Recipe**

*Produces two quarts*

### *Ingredients*

*1 tbsp melted Paleo cooking fat*

*3 lbs beets*

*A couple sprigs of fresh savory and/or thyme*  
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*2 sliced onions (thin rounds)*

*1 cup white wine vinegar*

*½ tsp salt*

*6 whole cloves*

*¼ tsp black peppercorns*

*2 large strips lemon zest*

*6 whole all spice berries*

*2 one quart jars*

*2 twigs fresh dill*

**Preparation**

*Preheat the oven to four hundred degrees Fahrenheit*

*Whilst the oven is heating, scrub the beets to get rid of excess dirt and remove the root tip and stems.*

*Get a big baking dish and line it with enough foil to swathe the base and fold over the beets when they are placed in it. The beets should then be put in the dish and a bit of cooking fat drizzled on them. Add the savory and/or thyme. Cover the beets with the foil, place in the oven and roast until tender (sixty to ninety minutes).*

*When that is complete take the beets out of the oven and let it to cool a bit.*

*Ensure they are still warm so that the skin can be removed with ease. When the skin is removed it they can be allowed to cool some more.*

*Put the onions you have sliced in a bowl and pour in enough boiling water to cover it. Let it sit for approximately ten minutes. They will become tender and start the marinating process.*

*The cooled beets can then be sliced into quarter inch rounds. You can start to layer the beets and onion in the jars.*

*The lemon zest, all spice berries, cloves, peppercorns and salt can be mixed together in a small bowl. A half of the mixture must then be put in*

*every jar*

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*The jars can then be sealed and placed in the refrigerator for a day.*

## **Mussels in White Wine Sauce Recipe**

Makes 4 servings

### *Ingredients*

*3 tbsp Paleo cooking fat*

*1 ¼ cups dry white wine*

*¼ cup minced onions or shallots or onions*

*2 lbs cleaned fresh mussels*

*3 stems fresh thyme*

*4 stems fresh parsley*

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*Pepper and sea salt to taste*

*1 bay leaf (small)*

*¼ cup fresh chopped parsley*

*Zest of 1 lemon*

## **Preparation**

*Before starting this recipe ensure that you clean the mussels properly and discard the dead ones.*

*Use a big skillet and melt the cooking fat over medium heat –sauté the onions or shallots until they are tender and translucent (approximately three to five minutes).*

*Add the bay leaf, parsley sprigs, thyme and wine. Turn the heat up and wait for the mixture to boil. Lower then heat and allow to simmer and the wine to reduce (approximately three to four minutes).*

*The mussels should be added and the skillet covered. Allow to cook for approximately five minutes. Toss the skillet a few times to allow ingredients to mix.*

*The shells of the mussels should open after four minutes. Any that have not opened should be discarded. You can then add pepper and salt to taste if required. Take the bay leaf out.*

*Serve covered with white wine sauce  
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and sprinkle with chopped parsley and  
lemon zest.*

## **Cabbage Soup Recipe**

### *Ingredients*

*2 tbsp Paleo cooking fat*

*½ head cabbage*

*1 chopped bell pepper*

*2 chopped carrots*

*1 chopped onion*

*1 lb cubed cooked ham*

*Freshly ground pepper and sea salt to  
taste*

*2 bay leaves*

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*2 minced cloves garlic*

*8 to 10 cups stock (homemade)*

## **Preparation**

*In a big saucepan melt the cooking fat over medium heat. Sautee the garlic and onions in the fat for five to seven minutes or until the onions are tender and translucent.*

*Add the ham, carrots, bell pepper and cabbage and toss with the garlic and onions then allow it to cook for three to five minutes. Use freshly cracked black pepper to season to taste. Before adding salt taste the liquid as the ham*

*is salty.*

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*Serve after removing bay leaves.*

## **Shrimp and Mango Salad Recipe**

**Makes 4 servings**

### *Ingredients*

*2 tbsp olive oil*

*3 tbsp fresh lime juice*

*2 peeled, pitted and diced avocados*

*2 large peeled, pitted and diced mangos*

*2/3 cup finely chopped cilantro*

*2/3 cup finely chopped green onion*

*Freshly ground black pepper and sea salt to taste*

*1lb peeled cooked shrimp*

## **Preparation**

*Combine the olive oil and lime juice to create vinaigrette in a bowl. Add pepper and salt to taste and whisk then set aside.*

*In a big bowl mix the shrimp, cilantro, green onion and avocado. Chill before serving.*

## **Egg and Pesto Stuffed Tomatoes Recipe**

*Makes three to four servings*

## *Ingredients*

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*6 eggs*

*6 large tomatoes*

*6-8 Boston or romaine or lettuce leaves*

*1 clove garlic*

*½ cup extra virgin olive oil*

*½ tsp sea salt*

*⅜ tsp freshly ground black pepper*

*¼ cup fresh parsley*

## **Preparation**

*Start by making the pesto. Tear the lettuce into small pieces then place*

*that along with the olive oil, pepper, salt, parsley and garlic into a food processor or blender-process to a pesto consistency.*

*Preheat the oven to four hundred to four hundred degrees Fahrenheit*

*Take out the core of the tomato cores by cutting a cone from the top of the tomatoes using a paring knife. Use a spoon to remove the seeds and pulp.*

*Put the tomatoes in a nine inch baking dish with the faces up. Place the same amount of pesto in each leaving enough room for the egg. Crack an egg in each tomato.*

*Add pepper and salt to taste, place dish in oven and bake for twenty minutes.*

## **Portobello Burger Recipe**

Makes four to six servings

*Ingredients- hamburgers*

*Makes six to eight patties*

*3 eggs*

*3lbs of ground beef*

*Freshly ground black pepper and sea salt to taste*

*2 cloves minced garlic*

**Ingredients- Portobello mushrooms**

*Few tablespoons of great tasting olive oil (add as needed)*

*6-8 large Portobello mushrooms*

*2 cloves of finely minced garlic*

*Black pepper and sea salt*

## **Preparation- hamburgers**

*In a large bowl place the ground beef and add the eggs. Mix thoroughly*

*Add and mix in the pepper, salt to taste and add garlic.*

*Make six to eight patties that are a bit smaller than the mushroom caps (they will be able to be placed on top after being cooked).*

*Place the patties on a preheated grill and cook on each side for approximately five to seven minutes.*

## **Preparation- Portobello mushrooms**

*Rinse mushrooms and pat dry*

*Remove the stems from the mushrooms (the mushroom cap will act as a burger bun). Do not throw the stems away as they can be grilled with the caps.*

*Coat mushroom caps with olive oil and season with pepper and salt (mushrooms will get soggy if allowed to sit too long).*

*Place on grill and heat each side for*

*five to seven minutes*

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*Add patty to mushrooms and add toppings.*

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# CHAPTER 9- PALEO EXERCISES

The Stone Age/Paleolithic period precedes all current advancements in technology. This includes mass food production and farming. During this period man was a gatherer and hunter that consumed what he could catch or scavenge. The Paleo diet of today is based on food that is grown naturally and not the product of processing or farming.

Though the Stone Age man did not

exercise much he had a very active life style and spent a lot of his time doing labor to gather food. Advocates of this kind of exercise think that these particular types of exercise and is much better suited to improve the levels of fitness than the modern forms of exercise.

## **Squats**

Before chairs were invented, Stone Age man would squat to rest. Squatting is an effective way to keep the knees and hips mobile as well as being a great leg exercise that helps improve jumping and running. The best way to do squats as a form of conditioning is to stand with feet

apart (shoulder width) and have your hands at your sides. Bend the knees while pushing the hips back and squat until the thighs are basically parallel to the floor. Ensure you are pressing down through the heels and stand up.

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To improve mobility in the knees and hip one simply has to squat and rest on your haunches while resting ones heel son the floor. This can be difficult

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for those persons that are chair bound on a daily basis as the lower muscles in the body tend to be tight. To improve on one's ability to get this done one can use a door handle that is wait high to provide some balance. Hold the position for as long as possible as the level of flexibility increases.

## **Sprinting**

Stone Age man has to be able to sprint to get away from predators and also to hunt game. This is a great way to exercise as it helps improve cardiovascular fitness and build up the strength of the legs. Start off slow and don't try to sprint full out from

the get go. Also sprint for varying distances taking enough time to rest between sprints.



## Dragging

When our ancestors caught and killed

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their prey, they had to get it back home somehow and this was done by dragging. It is a great way to work out. Dragging objects backward helps to strengthen the arms, lower back and thighs while dragging forward works on the abs, glutes and hamstrings. [You can use a weighted sled](#) or even a tire with a rope attached. As long as the weight is varied and also the distance covered and the direction you are going it will work rather effectively.

## **Throwing**

Our ancestors' main weapons were spears and rocks which they had to be able to throw great distances. To

replicate this go outdoors and throw a rock in a number of ways. You can throw it back over your head and forward using one arm at a time. [Run for the rock](#) wherever it has landed and repeat the process of course a medicine ball will be just as effective especially if you are not able to get it done outdoors. Anytime you perform any activities that involve throwing ensure that the abdominal muscles are kept tight and the spine is stable.

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## ABOUT THE AUTHOR

[Sofia D'Andrea](#) went through her own personal journey of diet after diet until she found a viable solution in the Paleo diet. Before she was just gaining weight and becoming frustrated as she was on a diet. She was also feeling rather sluggish and unable to get through her daily activities and then came Paleo.

Based on the success she has had she has decided to share what she has learned with the world. She not only goes through the explanation of what

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the Paleo diet is and where it came from but also provides great recipes and exercises that you can start with when you try it out for yourself. It is all pretty simple and does not require and burdening lifestyle changes. That is what she alludes to.

She is aware that a lot of person will find things to be a bit challenging especially when they have to give up their old eating habits. She however highlights that the Paleo diet is basically going back to the basics which is not as difficult as one may think.

Readers are asked to think about their health and to weight the advantages

and disadvantages when making their  
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decision on whether to try the [Paleo](#)  
[diet](#) or not.