

## Paleo 30 Day Strict!

Remember when in doubt, contact me! I am here to help you as much as I can. Do some research on your own too. There are countless articles; websites and recipe help on the Internet! **Check out my blog: [www.realpaleofood.com](http://www.realpaleofood.com) for some tips and subscribe to my blog for updates.** If you have any great recipes or tips or facts that you come across be sure to share it with me so I can share it with others!

- 1) **Clean out your pantry!** Why fight temptation, just get the stuff out of your house! If it is unopened donate it to a local food drive. If it is opened see if any of your non-Paleo friends or family would like to have it. Get rid of everything that is boxed, anything that is processed and refined, this includes: rice, pasta, oatmeal, cereal, potatoes and get rid of PEANUT BUTTER! Peanuts are not Paleo, they are a legume! Get rid of your vegetable and canola oils. Get rid of your flour and your sugar including any sugar substitutes. Check your spice blends and meat marinades and be sure you don't have any that contain sugar or MSG and other unnatural stuff. If you have family members that simply refuse to do go strict with you, make them their own cabinet or shelf. Put temptation out of your site and out of mind for you as much as possible.
- 2) **ALCOHOL** – this part was hard for me, but on 30 days strict, no alcohol of any kind is allowed, so put it away or give it away.
- 3) **Clean out your Fridge and Freezer!** Get rid of your Mayonnaise and salad dressings, all butter products too, in fact get rid of all dairy products. The only exception to this rule is if you are an athlete and you are using milk to make your protein shakes. I would suggest that you try making them with Coconut Milk or Almond Milk (Silk brand is awesome!) that way you can stay on Paleo, but if you must use milk than this is the only exception. If you have any fresh or frozen white potatoes get rid of them. White potatoes are not allowed.
- 4) **Make a menu for the week, a grocery list and go shopping!** Now comes the fun part of re-stocking your pantry with things you can have. Here are some items you may want to stock up on or just buy them as you need them.
  - Light Olive oil that is okay for cooking
  - Spray olive oil like Pam or Crisco
  - Coconut Oil (comes in a jar and looks like lard)
  - Lard
  - Spaghetti Sauce – You must read the labels. The cheap brands are not Paleo as they contain all kinds of unnatural items and sugar. You will have to look at the more expensive brands and typically organic.

- Canned tomatoes and tomato sauce/paste. Again be sure there is no added sugar!
- Applesauce if all natural, no sugar added
- Nut butters – again not peanut as it is not a nut!. When I absolutely had to have something chocolaty, I would melt a heaping tablespoon of Chocolate Almond Butter and dip fresh fruit in it. There is a teeny bit of sugar in it, but honestly it won't hurt you as it is better to eat this little teeny bit of sugar than to go off plan and eat a candy bar!
- Meat – well, no easy way to say this but if it had a face you can eat it and you can eat all parts of it. If you like organ meat than by all means eat it! Be sure all your meat is hormone free. Reasors carries their Redbud brand that is hormone free and fed all natural diet. You don't want to buy "cheap" meat from animals that were rushed to maturity with hormones and other unnatural items. Grass fed is best! If you can get game meat, like buffalo, elk, venison, etc and enjoy it that is also better than beef. Buy fresh beef and make your own beef jerky. You simply must not buy prepackaged jerky so invest in a dehydrator.
- Eggs – You will eat a lot of eggs, so buy at least an 18 pack. Again, splurge and buy the good eggs from natural feed chickens.
- Fish – well fish have faces so you can eat them! Including shellfish!
- Veggies – buy local organic when you can. But otherwise there are lots of vegetables out there so start trying things you have never tried before. I love to go to Whole Foods and try a new vegetable that we have never had before. Google it and see how to cook it, be brave! Just remember that white potatoes are a no no!
- Fruit – fresh fruit is best, as frozen and canned fruits typically add sugar. Dried fruits are good too, just be sure again that there is no added sugar.
- Nuts – we keep a big jar of these on hand. Enjoy all the nuts, just once again, not peanuts!
- Beverages – coffee (no cream or sugar!) tea – enjoy all the delicious flavors out there just remember you can't add sugar! Fruit juice, no sugar added. Remember no Sodas! I love IZZE sparkling juice! I get that soda sensation but it is juice!

**Equipment:** If you don't already have these you may want to invest in them:

- Grater
- Blender
- Dehydrator – simply a must to make jerky which will quickly become your "go to" protein snack.
- Ricer – looks like a giant garlic press
- Crock pot – this will make your life so much easier
- Muffin tins – to make egg "muffins" for breakfast
- Omelet skillet – small skillet to cook your eggs in

**Get active!** Get lots of exercise. Park further away from the entrance to your work or the stores. Go to the gym more. Take walks at night, maybe even start running or bike riding.

**Get Sleep!** Take the tv out of your room. Make sure you have good curtains or blinds so you can black out your room. Make your room a place to go to sleep, not to watch tv. Have problems going to sleep? Don't watch tv, check Facebook or emails at least one hour before you go to bed and you should have a rested mind and fall asleep easily. Best to get 8 hours of sleep

**Drink Water!** You should be drinking a lot of water! Ideally you should drink half your body weight in ounces. So if you way 200lbs you should be drinking 100 ounces of water each day. Add lemon or other fruits to your water to make it taste better. Try adding a cucumber to your water, it makes it very refreshing! If you are very active on hot days, you may want to drink even more. Many times our bodies think we are hungry when in fact we are just thirsty. One of my favorite tips is to drink some water after every bit of food. This will help with digestion, slow your eating down and cleanse your palate so every bit tastes great!

## Paleo Facts

1. The carbohydrates (unlimited fruits and veggies) in The Paleo Diet are of a low-glycemic index, meaning that they cause slow and limited rises in your blood sugar and insulin levels. Excessive insulin and blood sugar levels are known to promote a cluster of diseases called Syndrome X (obesity, hypertension, undesirable blood cholesterol and other blood lipid levels, Type 2 diabetes and gout). The high fiber, protein, and omega-3 fat content of The Paleo Diet will also help to prevent Syndrome X diseases. Because of the unlimited amounts of fruits and veggies permitted on The Paleo Diet, your body will be slightly alkaline -- meaning that diseases and disease symptoms of acid/base imbalance (osteoporosis, kidney stones, hypertension, stroke, asthma, insomnia, motion sickness, inner ear ringing, and exercise-induced asthma) will improve. The high soluble-fiber content of The Paleo Diet will improve most diseases of the gastrointestinal tract, and the high omega-3 fat content will improve most of the "itis" or inflammatory diseases. (Dr Cordain)
2. Don't we need dairy for calcium? In the U.S. calcium intake is one of the highest in the world, yet paradoxically we also have one of the highest rates of bone de-mineralization (osteoporosis). Bone mineral content is dependent not just upon calcium intake but upon net calcium balance (calcium intake minus calcium excretion). Most nutritionists focus upon the calcium intake side of the calcium balance equation, however few realize that the calcium excretion side of the equation is just as important.

Bone health is substantially dependent on dietary acid/base balance. All foods upon digestion ultimately must report to the kidney as either acid or base. When the diet yields a net acid load (such as low-carb fad diets that restrict consumption of fruits and vegetables), the acid must be buffered by the alkaline stores of base in the body. Calcium salts in the bones represent the largest store of alkaline base in the body and are depleted and eliminated in the urine when the diet produces a net acid load. The highest acid-producing foods are hard cheeses, cereal grains, salted foods, meats, and legumes, whereas the only alkaline, base-producing foods are fruits and vegetables. Because the average American diet is overloaded with grains, cheeses, salted processed foods, and fatty meats at the expense of fruits and vegetables, it produces a net acid load and promotes bone de-mineralization. By replacing hard cheeses, cereal grains, and processed foods with plenty of green vegetables and fruits, the body comes back into acid/base balance which brings us also back into calcium balance. (Dr Cordain)

The Paleo Diet recommends an appropriate balance of acidic and basic (alkaline) foods (i.e., lean meats, fish and seafood, fruits, and vegetables) and will not cause osteoporosis in otherwise healthy individuals. Indeed,

The Paleo Diet promotes bone health.

3. Salt - Salt was not part of the hunter-gatherers' diet, hence our metabolism can not handle salt very well, especially if one has a high fructose intake or for those with high blood pressure. However, a small amount of sea salt probably won't be an issue. But use it in moderation. On the other hand, conditions such as insomnia or exercise induced asthma may improve on a low-salt diet. (Dr. Cordain)
4. You get a **metabolic advantage** by eating more protein, but there does not exist any other magic metabolic advantage. What you gain on protein here may even out with your slightly increased fat consumption which has a lower thermic effect than carbohydrate. Protein has a thermic effect of 25%, meaning you only get 75 g. of effective energy from 100 g. protein eaten. Carbohydrate has a thermic effect of 15% and fat 0%.
5. Your body will be more **conditioned to burning fat for energy** when you stop relying on sugar/starch/complex carbohydrates for energy. This may aid your weight loss as the body will have no resistance to losing your fat stores, but it is not scientifically known - or rather that last part seems to have quite some support now due to Gary Taubes' brilliant work. Most likely, when your body adapts to the new diet you'll just feel better.
6. The low levels of insulin in your blood opens up for the fat burning process. Again: most likely to make you feel better, but it doesn't change the energy needed and expended. However, what frequently happens is that a person will slowly feel he or she has more energy now that the body can get at those fat stores and burn it because there's only a little insulin in the body. Sometimes this gives the surplus motivation needed for exercise.
7. **Fat and adequate protein will prevent loss of lean body mass.**
8. The diet **does not lower your metabolism** because you eat plenty of nutritious food.
9. **(Complex) carbohydrates** are just complicated molecular arrays of sugars. When absorbed by the body they are converted to simple sugars. Humans can taste simple sugars as "sweet" on their tongue, whereas a potato doesn't taste sweet despite producing a big sugar load on the body.
10. You **eliminate high-carbohydrate foods** that used to provide you with vast amounts of calories. Protein and carbohydrate are 4 calories per g., fat 9 calories per g.

11. With the paleo diet you will be **free of addiction** and your **appetite will be stabilized**. And you will **not feel hungry**, despite eating less calories.
12. **Insulin** is a special player. It's a hormone primarily responsible for eliminating blood sugar from your blood. Its secondary function is to transport amino acids to your muscles, and also to **store fat**. When you eat bread or a baked potato you cause a sudden, dramatic rise in blood sugar, and your body responds by frantically producing insulin to remove this dangerous substance from your veins.
13. For some people -- especially those of us who tend to get overweight by **overeating** -- this insulin surge causes an unnatural lowering of our blood sugar, making us even hungrier than we were before. Which means you eat much more than you actually need, and that you get hungry again too fast (which is why people often drink cola or eat candy to fend off the "sugar cold", yet they only feel good when they're eating/drinking constantly).
14. These rapid rises and falls in blood sugar cause something akin to an **addiction to sugar**. You end up chasing that sweet sugar high.
15. Your body does try to protect itself from obesity by becoming **insulin resistant** on the sugar pumps. However, this tends to start a dangerous arms race between your insulin producing pancreas and the sugar pumps in your blood veins. In time this often causes **diabetes 2** in people, a.k.a. "old man's diabetes". Even young people are today struck by diabetes due to all the cola and complex carbohydrate junk they eat.
16. **Willpower is not needed** in the same amount as with other diets, as your addictions will fade in a few weeks, and you simply **do not starve** on this diet.
17. **Alcohol** can have much the same effect as coffee. It gives you the munchies, and often you start craving some of that sweet carbohydrate (pizza anyone?)
18. Protein and fat make you feel **sated** quickly and for a long time, but it is important to have both fat and protein in the diet. Lean protein may actually make you feel sated quickly, but without the fat (and the added calories) you won't feel full until your next meal, so take care not to lower calories too much. Neanderthin dieting should **not** be low fat but medium to high.
19. You generally do not need to put an effort into getting enough fat. With the fat on animal flesh, nuts and the oil on your salads you should be covered adequately provided you don't restrain yourself excessively due to the old

"fear of the fat" attitude.

20. **Calories matter** to some degree, just not as much as on a "normal" diet. You'll find that you lose weight on a higher calorie count, and you'll find that you normally won't **gain** weight if you eat too much, just **stall** your weight loss. It is possible to eat so little that you lower your **basic metabolism**, but this should and must not happen. Most of the time people stall in their weight loss because they eat too many nuts and fruits..
21. **Nuts** are allowed, and they're vital as snacks for the modern caveman. However, they contain a lot of oil. Eat too many nuts and you'll meet your body's energy needs exclusively through your diet. That way you do not metabolize your own fat for energy. Eat half a handful at a time and let 5-10 minutes pass and see if the hunger goes away. One handful of nuts will weigh approx. 30 grams (about an ounce). Calorie-wise a 30 g. handful of hazelnut/filberts is the same as 320 g. of apples or 435 g. of carrots. However, the impact of carrots on the body may influence insulin levels if overdone and the (especially raw) fiber may upset the stomach to some degree. Nuts don't.
22. **Bacon** can do a bit of the same as nuts. It's very high fat, salty, and you may end up eating many more calories than you expected. **Sausages, spare ribs** and **pork rib roast** fall in this category as well. Consider switching to unprocessed bacon (no additives, smoke and you can hold the salt a little).
23. **Fruits** are allowed on the paleo diet. Eating too many **may** slow down your weight loss, and you might wish to opt for a more "winter diet" scheme, ie. eat only meat and vegetables. Fruits may be a big problem if you're very **insulin resistant** or if you suffer from **diabetes**. **Dried fruit and honey** are not recommended, except *occasionally*, due to their candy-level sugar. Go easy on the bananas and other starchy fruit. Notice how this advice also effectively restricts calories.
24. The **simpler** you prepare your food, the better from an overeating point of view. Remember that in nature a starchy food is also never fatty, a sweet (fruit) never also fatty. Processed foods easily violate this principle and disturb your natural appetite. Danish pastry e.g. is loaded with simple sugar, starch, salt and fat. Potato chips are loaded with both fat, complex carbohydrates and salt.
25. **Excessive use of salt** is not only unhealthy, but it screws up your appetite as well. Everyone knows the addictive properties of pistachios. If at all possible, only eat unsalted, natural nuts (or be prepared to muster some of that old will power). **Pork rinds** are OK too, but go for the least salty and least fatty ones: most do not need pork rinds with 50% fat by

volume. (I've noticed that the "fluffy" ones are the least fatty.) Pams notes – I LOVE the Microwaveable kind! I have only been able to find them at Drug Warehouse in little bags like microwave popcorn.

Generally don't use all sorts of Power Bars and other refined low-carb products. The culprit is often the **sugar alcohols**, aka sorbitol and maltitol. Some people do not digest them, others actually do. For some they cause a [blood sugar rise](#).