

PALEO JUMP START GUIDE

What is Paleo?

The Paleo Diet is anything but a diet. It's a natural and healthy way to fuel a lean body and amazing performance. The practice is based on eating foods available only to our ancestors. It's closely tied to evolutionary medicine, which shows that modern day diseases and illness were non-existent during the Paleolithic Era- a period that ended about 12,000 years ago and lasted for 2.5 million years.

5 Steps to Paleo

- 1. Clean out the Fridge** – Plan ahead! Self control is hard to come by when you're trying to change old habits. Get rid of the temptations- Ice cream, crackers, juice, soda, cereal, milk, oatmeal, sweeteners, canned soups, sauces, noodles, etc. All processed, refined, and packaged foods... Box it all up and donate it to a shelter!
- 2. Go Shopping** – For lean meats, seafood, vegetables, fruits, nuts and seeds, and foods with no added sugar. Basically, you're shopping the perimeter of the grocery store in search of whole foods. Avoid all processed or refined foods.
 - **Key Points**
 - Eat Protein, Carbs, and Fat at every meal.
 - Protein- Land (Animal Sources), Sea (Fish), Air (Poultry)
 - Carbs- Veggies and Fruit (limit to 1 serving of fruit a day)
 - Fats- Nuts and Seeds, Avocados, and Cooking Oils.
 - Spice it Up- Marinara, herbs, spices. Mix it up, but watch out for sugar and high salt content in the ingredients.
- 3. Cook** – Solid nutrition takes preparation and planning, here are a few tips: 1.) Buy in Bulk- Freeze the extra meat. 2.) Cook enough protein for the week. 3.) Use dry rubs, spices, and herbs to add flavor. 4.) Veggies- Steam, sauté, boil, microwave, raw. 5.) Work or Travel- Pack your lunch and use Tupperware.
 - **Key Points**
 - Eat 3-4 meals a day (no more than 3-4 hrs. between meals)
 - Eat 4-8oz of Protein per meal.
 - Carbs- Several servings of veggies and limit fruit to 1 serving a day.
 - Fats- nuts and avocados are an easy go to snack while traveling and make you feel full (1-2 oz. a day).
 - Beverages- Coffee, tea, water. (Unsweetened drinks, no Stevia)
- 4. Stay Consistent** – Consistency will control how quickly your body adapts to your new way of eating. You can't expect change unless you change your eating behaviors, so stay focused! Weight, Size, Energy, and Performance are just a few areas to pay attention to.
 - **Key Points, watch for the following:**
 - **2 weeks:** Fat loss and Mental Clarity
 - **4 weeks:** Increased Performance and Mood
 - **6 weeks:** Increased Recovery and Muscle Definition
 - **8 weeks:** Increased Immunity
- 5. Sleep** – Get rid of all distractions- lamps, dim lights, alarm clocks, computers, TV, etc. Eliminate TV, computer use, and email 1 hour before bed. Aim for 8 hours of sleep!

PALEO SHOPPING LIST

PROTEINS

Meat/Poultry – Aim for 4-8 ounces of meat per meal

Best- Wild Game or 100% grass fed meats.

Better- Organic, naturally raised, hormone and antibiotic free.

Good- Conventional store bought lean meat.

Examples:

- Lean beef (Flank, Top Sirloin, Round, Chuck, Lean Veal, etc...)
- Lean pork (Pork loin, Pork Chops)
- Lean poultry (Chicken Breast, Turkey Breast)

Eggs

Best- 100% free range, organic.

Better- Omega 3 enriched, DHA.

Good- Conventional store bought, hormone and antibiotic free.

Fish

Best- Wild, fresh or frozen from sea.

Better- Canned fish in water or olive oil, with minimal salt.

Good- Other types of fish, but limit preservatives and unwanted ingredients.

Examples:

- Fish (Salmon, Bass, Trout, Snapper, Tilapia, Grouper, Tuna)
- Shellfish (Clams, Crab, Lobster, Oysters, Shrimp)

CARBOHYDRATES

Vegetables – Aim for non-starchy sources of vegetables. Eat colorful, nutrient rich vegetables.

Best- Organic, locally grown, in season, fresh or frozen.

Better- Non- organic, locally grown, fresh or frozen.

Good- Store bought, imported organic.

- | | | | |
|--------------------|----------------|------------------|-----------------|
| ▪ Asparagus | ▪ Celery | ▪ Mushrooms | ▪ Seaweed |
| ▪ Bell Peppers | ▪ Collards | ▪ Mustard Greens | ▪ Squash |
| ▪ Beets | ▪ Cucumber | ▪ Onions | ▪ Spinach |
| ▪ Broccoli | ▪ Eggplant | ▪ Parsley | ▪ Sweet Potato |
| ▪ Brussels Sprouts | ▪ Green Onions | ▪ Peppers | ▪ Tomato |
| ▪ Cabbage | ▪ Kale | ▪ Pumpkin | ▪ Turnip greens |
| ▪ Cauliflower | ▪ Lettuce | ▪ Radish | ▪ Turnips |



Fruits – Eat colorful, nutrient-rich fruits, but limit to 1 serving/day when your goal is to lean out.

Best- Organic, locally grown, in season, fresh or frozen.

Better- Non- organic, locally grown, fresh or frozen.

Good- Store bought, imported organic.

- Apple
- Apricot
- Avocado
- Banana
- Blackberries
- Blueberries
- Cantaloupe
- Cherries
- Cranberries
- Dates
- Figs
- Grapes
- Honeydew
- Kiwi
- Lemon
- Lime
- Mango
- Nectarine
- Orange
- Passion Fruit
- Papaya
- Peaches
- Pears
- Pineapple
- Plums
- Strawberries
- Star Fruit
- Watermelon

FATS

Fat is essential for the proper functioning of the body. Fats provide essential fatty acids, which are not made by the body and must be obtained from food. When the body has used up the calories from carbohydrates, which occurs after the first 20 minutes of exercise, it begins to depend on the calories from fat. Healthy skin and hair are maintained by fat. Fat helps the body absorb and move the vitamins A, D, E, and K through the bloodstream.

Nuts and Seeds – Loaded with protein, fatty acids, enzymes, antioxidants, vitamins & minerals.

Best- Organic, raw, unsalted nuts and seeds in shell.

Better- Non-organic, raw, unsalted nuts and seeds in shell.

Good- Organic, raw, unsalted, shelled whole nuts and halves.

- Almonds
- Brazil Nuts
- Cashews
- Chestnuts
- Hazelnuts
- Macadamia Nuts
- Pecans
- Pine Nuts
- Pistachios
- Pumpkin Seeds
- Sesame Seeds
- Sunflower Seeds
- Coconut (flakes, milk)
- Almond Milk (minimal additives)
- Nut Flours (Almond, Coconut, etc.)
- Nut Butters (Almond, Cashew)
- Avocado (Good source of fat)

Oils

Best- Organic, extra virgin oils in bottles.

Better- Non-organic, extra-virgin oils in bottles

Good- Non-organic extra virgin oil Spray

- Canola Oil
- Olive Oil
- Coconut Oil
- Walnut Oil
- Flaxseed

HERBS, SPICES, AND FLAVOR

- Allspice
- Basil
- Cardamom
- Cayenne Pepper
- Chili
- Cinnamon
- Cumin
- Cocoa
- Dill
- Ginger
- Garlic
- Horseradish
- Jalapeno Peppers
- Jasmine
- Lavender
- Mint
- Mustard Seed
- Nutmeg
- Oregano
- Paprika
- Parsley
- Pepper
- Rosemary
- Sage
- Sea Salt
- Thyme
- Vanilla
- Wasabi

BEVERAGES

- Water (Filtered)
- Fruit Juices (Keep to minimum)
- Herbal Tea (Unsweetened)
- Coffee (no sugar or sweeteners)
- Smoothies
- Almond Milk
- Protein Powder
- Fruit
- Egg Whites
- Ice Cubes

SUPPLEMENTS & FISH OIL

Recovery is a major area of focus when you're trying to make progress with your strength and conditioning. Whey Protein and Fish Oil have proven results for increased recovery and reduced soreness.

Fish Oil

Overall Health Benefits – Improves heart health by increasing good cholesterol, thins the blood to reduce the chance of heart attack, and lowers blood pressure. Supplies Omega 3 fatty acids missing from our diets.

Performance Benefits:

- Reduces inflammation and helps you recover from challenging workouts.
- Reduce morning stiffness and soreness.
- Improves protein production linked to mental clarity.
- Enhances muscle development

Forms of Fish Oil:

- Pill/Capsule Form
- Liquid Form

Protein

Performance Benefits – Athletes use protein shakes to provide nutrient replacement immediately following their workouts.

- They help the body recover from intense exercise by restoring muscle glycogen, a fuel source for exercise, which gets used up during workouts.
- For CrossFit, most athletes prefer a Pure Whey Protein to repair damage to muscles that can occur with vigorous lifting.

Types of Protein:

- Whey
- Casein Protein
- Milk
- Soy Protein
- Egg Protein