

Healthy Paleo Diet Plan

These guidelines are pretty simple. They tell you things you should be eating and things you should avoid. Diet will do more for overall success in weight loss and fitness than exercise alone. If you stick to this list you will see results! However, since everyone's body has different needs being aware and conscious of what your body is telling you is important. The more enjoyment you get out of eating healthy the more satisfied you'll be with the program.

When selecting food from this list to shop for be sure to choose organic, non-GMO produce, grass-fed or wild caught meats and fish, and as local and in season as possible.

Food To Enjoy

Fluids

- Water (Drink a gallon per day for best results)
- Coconut milk (unsweetened)
- Almond milk (unsweetened)
- Coconut water
- Water kefir
- Bone broth/stock (no MSG, low sodium)
- Vegetable broth
- Vinegar – apple cider vinegar mixed with water and a little citrus juice promotes proper digestion and overall health.

Lean meats

- Turkey
- Chicken
- Other poultry (quail, pheasant, dove, duck, etc.)
- Pork
- Beef (limit all red meat to only once a week)
- Veal
- Bacon (But, don't go overboard)
- Venison

Fish/seafood

- Shrimp
- Lobster
- Clams
- Salmon
- Mahi Mahi
- Shark
- Trout
- Bass
- Any kind of fish

Eggs are good! It's a great source of protein.

Vegetables –this is the staple part of your diet. Include veggies in every meal and snacks throughout the day. All vegetables are good! Be sure to get a variety (cooked and raw) such as:

- Asparagus
- Avocado
- Artichoke
- Brussel sprouts
- Carrots
- Spinach
- Celery
- Broccoli
- Zucchini
- Cabbage
- Peppers (all kinds)
- Cauliflower
- Parsley and other herbs
- Eggplant
- Onions
- Lettuce (all types)
- Dark greens (kale, mustard greens, collard greens, etc.)
- **Starchy vegetables**—should be eaten in moderation.
- Butternut squash
- Acorn squash
- Sweet potatoes
- Yams

Oils/fats

- Coconut oil
- Olive oil
- Avocado oil
- Sesame seed oil
- Most store bought salad dressings have lots of sugar. Try making your own or using balsamic vinegar, olive oil, salt and pepper, and herbs.

Nuts & Seeds – this is another go-to snack if you're feeling hungry throughout the day

- Quinoa
- Almond
- Cashews
- Hazelnuts
- Pecans
- Walnuts
- Macadamia nuts
- Sunflower seeds

- Pumpkin seeds
- Pine nuts

Fruits – All fruits are good! FYI: Bananas are great for during or after a workout to boost energy and for recovery due to the high levels of potassium.

Sugar Alternatives (use sparingly)

- Raw, Unfiltered honey
- 100% pure maple syrup
- Raw coconut sugar
- 100% stevia liquid or powder

*A lot of times you can add sweetness by adding fruit like applesauce or pureed banana.

Food To Avoid

Artificial Sweeteners/sweets/candy/junk– Do I really need to make a list? If it has refined sugar, flours, and artificial junk don't eat it. Processed foods are loaded with this stuff. Don't go near it! In fact stay away from all processed foods since they have a lot of hidden sugar, preservatives, and artificial junk. Also, there is lots of hidden sugar in commercial salad dressings. Make your own

Dairy (although milk-based kefir and homemade yogurt without the added sugars and preservatives is great for balancing the microbial flora in the gut.)

Soft drinks or energy drinks (No! Not even diet)

Fruit juices (If you want to juice your own fruit or put fruit in a smoothie that's okay. Fruit juices, especially commercial juices, have very high sugar content. Drink in moderation.)

Grains

- Cereals
- Wheat of any kind
- Breads of any kind
- Corn (including tortillas, chips, etc.)
- Pasta of any kind
- Alcohol (barley)

Fatty, highly processed Meats

- Hotdogs
- Spam
- Other low quality lunch meat

Any processed food that may contain grains, sugar, or preservatives.

Starchy Vegetables

- Potatoes (all potatoes except sweet potatoes or yams)

Here's what a day of eating healthy should look like:

Start the day with a glass of water (8 oz.). You've just gone 8 hours without drinking anything. Your body is dehydrated and water is the best way to jump-start your metabolism.

Breakfast

- Green smoothie or Egg Omelet
- Water with a little apple cider vinegar and citrus to kick start your metabolism.

Midmorning Snack

- 1 banana and a handful of almonds or veggie sticks
- Water

Lunch

- Salad with cucumbers, avocados, tomatoes, peas, green onions, sunflower seeds, cilantro, seasoned grilled chicken with some olive oil, lime juice, salt and pepper as dressing.
- Water or coconut water

Mid-afternoon Snack

- Venison jerky or carrots and celery with a little almond butter
- Water or water kefir

Dinner:

- Salmon Coconut Curry over quinoa
- Slice of watermelon for dessert
- Water

*Try not to eat anything after 8:00 p.m. and get a full 8 hours of sleep - early to bed, early to rise. Sleep is the best recovery you can give yourself.

You can find these and lots more Paleo and clean eating recipes at www.foodlamor.com

