

The Paleo Solution - Episode 62 (1-11-11)

1. Question from [Kevin](#):

Hi Sarah, I'm a busy chiropractor and my wife does all the cooking for our family. We have been eating paleo about 2 years and my wife tells me she is "running out of ideas" and tends to make similar meals over and over. What can you suggest for keeping paleo cooking fun for her and for keeping her inspired in the kitchen.

Thanks,

Kevin

p.s. We made your paleo pumpkin pie and mmmmmmmm it was great!

2. Question from [Shantel](#):

I have two daughters, 8 and 2. It was hard getting them onto the paleo bandwagon at first but I've always found that if you starve them long enough, they will eat! So after a few refusals of what was served and they got hungry, they started eating. My question though is lunches. Especially for my 8 yr old. I pack her a snack and lunch everyday of the week except Thursdays. It's a compromise. Thursday is pizza day at school. I'm letting her have that one. What do you pack your kids for school lunches? and more importantly, HOW do you pack them? We have a lunch bag, several plastic containers and a few thermos. I think I'm just stuck in a mental block of what a "lunch" is and I need to think outside the "sandwich" I've followed your blog and have tried some of your recipes. I love that you state brands and specifics. We do 80% of our shopping at Trader Joes so it's great to see you using products I'm familiar with. Thanks so much! Shantel

3. Question from Adam:

Hi Sarah,

Sort of in addition to this question, what do YOU do when it's "pizza day" at school? Do you ever have any problems with the kids feeling "left out"?

Thanks!

4. Question from anonymous:

I am a breastfeeding mom who is out of shape and 25lb over my normal healthy weight. This is my third baby and he is just over 3 months and has been a slow gainer the whole time so keeping a good milk supply is my priority. I have read that pregnant and breastfeeding mom's need more fat and carbs than the typical paleo diet. I am wondering how the paleo solution can be modified for breastfeeding moms. So far I have not been able to find the right balance of extra carbs and fat. When I ate less carbs and fat my milk supply went down so I added more but I am still not losing any weight so maybe I added too much? It would be great to have some guidance on how to do paleo as a breastfeeding mom.

5. Question from Melissa:

I am also interested in this topic. My baby is 6 weeks old and breastfeeding is going well. I had problems with breastfeeding my first so making sure my milk supply is strong is my number one priority. However, since this is my last child, I am ready to get on the paleo bandwagon as well as doing crossfit to achieve a healthier lifestyle. So will eating strict paleo decrease my milk supply? I have already excluded dairy (except grassfed butter) from my diet and my milk is still going strong. Or is it a matter of making sure you get a certain amount of calories and fat (for example, 1800 calories for breastfeeding mothers)? If you can be specific about how many carbs, fats, and proteins for breastfeeding mothers would be helpful. Also would being in a state of ketosis leak ketones into breastmilk? Thanks!

Melissa

5. Question from Kat:

HI Sarah! LOVE your blog! I wanted to hear just about starting your family out on Paleo eating. I've heard Robb say you just were really tough about everything in the beginning and there was some uprising at first, but then everyone got on board. Ok, that's great and all, but I (and many other MOMs) need some specifics- I have a very picky eater and a good eater. 5 and 3. Please give a timeline and suggestions for getting families off to the right start. Keep up the great work!

7. Question from Sarah:

I second this. I'm definitely interested to hear more about how you've involved the kids in the cooking process to get them excited about their food. Thanks for your blog! It definitely kept me going the first month I was paleo... Best, the other Sarah

8. Question from Bob:

Hello, Sarah! Thanks in advance for any advice, etc.

My wife has vowed to start a strict 30-day Paleo Solution™ regimen, beginning January 1. She is and has been a typical SAD follower until her entire life. My private thoughts are that she'll be blown away by the improvements and therefore stick to this for life, but we shall see.

She's early 40s, very average weight, fitness level, etc.

Oh yeah, my question!

Are there any problems that tend to pop up for females just beginning this path that might not be there for a guy, and is there any thought or consideration that you might have for my wife as she starts out on this wonderful journey?

(Sorry for the crap question, but it's the best I got.)

Thanks again and Happy Holidays!

9. Question from Adam:

I'm the Paleo nut, with a wife and two daughters (10 and 6) who eat healthy by mainstream standards (organic, 80% non-processed), but far from Paleo (way too many grains & carbs, not enough meats or healthy fats). How do I bring them into the Paleo lifestyle without driving us all crazy, or creating all kinds of neuroses about food?

(My wife grew up w/ an eating disorder, so she's super-sensitive to any pressures about food, but I know my girls, while lean, are not heading down the road of the kind of health they could enjoy.)

Help!

Question from David:

I second this question as I am in a very similar situation. I have been able to eliminate gluten out of the house, but still not the carbs. My wife didnt have an eating disordered but she comes from a family that lives off of carbs so it's a hard nut to crack.

10. Question from [Robin](#):

Hi Sarah (and Robb and Andy)!

My young family has been finding our Paleo footing since September, and has been thriving, but we are quickly approaching a bump in the road. My oldest daughter will be turning 3 and starting half day preschool in January. She has never been in care outside the home, and so her food choices have always been strictly controlled. The school she is going to is

private and small, so they provide snacks and lunch to the kids. The problem is, they are standard "kid" food – Cheez-its, Peanut butter crackers, graham crackers, etc. I have no problem sending her snacks and lunch, but my question is this: How do you (or did you) deal with the, "I want what all the other kids have" from the kids and the, "how can you be such a heartless parent" from everyone else?

Thanks for being a great example of a healthy American family.

11. Question from Joel:

Hi Sarah!

My wife and I love your site and use your recipes all time.

My question is about daycare. More specifically, if you have any advice about how to circumvent the mother of all paleo cock-blocks that is kids getting pasta/pretzels/bagels etc...4 days a week. At least they don't get juice or chips at our daycare, but the daycare providers are basically counseled and overseen based on food pyramid guidelines. I was out of work in 2009, home 100% and could control food for the baby and toddler. Feeding them Paleo worked great. Now, they can just hold out or pick at food until daycare and eat crap instead of what we choose to eat/provide. I don't know if there is a solution outside of packing every bleeding meal/snack and then having them be the weird one at daycare. I am the weird one and I am OK with that, but making a kid be segregated...not so sure that is good. My wife and I have anorexic sisters and we don't want our daughter (who starts kindergarten in 9 months) being neurotic if we can help it. At least in school we will be packing her food, and that just leaves the (now)2 yr old boy.

I love Robb and his site/book/blog, and have been to one of his seminars. The kids element is missing somehow though when circumstances of life come in. I know our situation is not unique. We probably just have to do our best. Maybe I just need a support group because this makes me want to repeatedly head-butt a wall covered with broken glass sometimes.

Question from Mary:

I'm excited that the guys have decided to have a Paleo mom on the show (although honestly, I think that Robb's take on the kids/breastfeeding questions has been pretty spot on, considering that he is not a parent yet!). My question: what is the best way to respond to clueless daycare workers when they suggest that your kid is deprived because you don't feed him cereal in the morning??? Honestly, it's so frustrating! I'm also keen to hear about school lunch ideas for my eldest so he doesn't feel deprived compared to all the other kids with all their little factory packages/boxes of crap.

12. Question from Kyle:

Love your site Sarah.

My family eats 95% Paleo (Wife will sneak bread). A huge part of our success is because of your wonderful recipes, so thank you.

But, we are having a problems with my 17 month old son not eating veggies. All he ever wants to eat is meat. I know this isn't the worst thing in the world. But ever since we introduced meat into his diet he stopped eating his veggies. I have tried to sneak them into meatballs but he finds those little chunks of veggies and picks them out.

Any advice.

Thanks Kyle

13. Question from Cathy:

Two questions: 1) have you seen changes in pms since going paleo? If you still have some how do you deal with them?

2) I have two teens and feel with all their changes (girl and boy) I need to make sure they have extra good foods. Any suggestions on paleo foods to focus on?