

- 1. Clean out the Pantry**
- 2. Go shopping**
- 3. Cook!**
- 4. Go for a walk**
- 5. Sleep!**

1. Clean out the Pantry

We do not have self-control. PLAN AHEAD! Don't have tempting foods in the house. Remove the bread, rice, pasta, cookies, crackers, puddings, ice cream, waffles, juice, sodas, cereals, oatmeal, artificial sweeteners, yogurt, soy sauce, teriyaki sauce, canned soups, apple sauce, noodles. . . all refined, packaged foods. Bag it all up, take it to a food bank or homeless shelter. No, the kids do NOT need crackers and Goldfish. They might actually be healthier if YOU are healthier!

2. Go shopping

Now it's time to fill your cupboards with food worth eating.

Protein.

Ideally these options are grass fed or wild caught. If you cannot find those should you eat a bagel? No! Conventional options are fine. Beans and rice do NOT count.

Land: Pork, beef, lamb.

Sea: Trout, salmon, shrimp, crab. You know. . . fishy type stuff!

Air: Chicken, turkey, duck, ostrich. I know, ostrich is flightless don't get cheeky.

Round things out with some good quality bacon, omega-3 enriched eggs and some items like chicken-apple sausage to help you with breakfast on busy days.

Veggies.

Ideally these are local and organic, but again, this should not be a deal breaker. Our local mega-food chain actually has the best produce outside of the farmers market, and at an amazing price. Shop with the season, which typically means what is on sale. Mix up the colors.

Fruit.

Limit fruit to 1 serving per day if fat loss is your goal. A serving is not a whole watermelon. If you want to screw things up and not make progress, eat all the fruit you want, it's your nickel, ride the ride as you like. In order of preference: Berries, melons, citrus, apples, pears. Bananas, papayas and mangoes are great for athletes post workout but dodgy for folks who want to lose weight.

Fats.

Olive oil (extra virgin) coconut, avocado (oil and whole), macadamia (whole and oil), almonds, walnuts. If fat loss is a goal limit nuts to 1-2 oz. per day.

Odds & Ends.

Marinara sauce, herbs, spices-curry powder, garlic, ginger, cilantro, garam massala, chili powder, black pepper, lemon zest, allspice, cinnamon, cumin, oregano, and basil. Get at least 20 herbs and spices to keep your cooking lively. Stock up on espresso, teas and mineral water as these are your beverages of choice.

3. Cook!

The majority of your meals look something like this:

- 4-8 oz of lean protein such as chicken, lean beef, turkey, pork loin or seafood.
- Several servings of vegetables, either raw, steamed, or lightly cooked.
- Finally, round out the meal with good fats from Avocado, olive oil or a handful of un-salted nuts such as almonds, pecans, macadamias or walnuts.

Keypoints:

- Protein every meal
- 3-4 meals per day
- Limit fruit to 1 serving if fat loss is a goal
- Limit nuts to 1-2 oz if fat loss is a goal
- Beverages are coffee, tea, mineral water. Unsweetened, this includes stevia.

4. Go for a Walk!

Get outside and move. Gauge your fitness level and act accordingly. If you need help, find a trainer or coach.

5. Sleep!

Black out your room. No, REALLY black out your room. No LED lights from alarm clocks, fire alarms, TV's etc. Do not watch TV or check email for at least 1 hour before bed. Go to bed early, get at least 8-9 hrs of sleep. You should wake up without an alarm, feeling refreshed.

Questions? Confused?

If you are curious about these recommendations read *The Paleo Solution*. Or just follow this guide, reap all the benefits and don't bother with the details. That's up to you.