

WITH A FOREWORD BY **MARK SISSON**

**OVER 100
DELICIOUS
RECIPES**

THE
**PALEO
PRIMER**

**A JUMP-START GUIDE TO LOSING
BODY FAT AND LIVING PRIMALLY!**

KERIS MARSDEN AND MATT WHITMORE

CONTENTS

Cover

ABOUT THE AUTHORS

ADVANCE PRAISE FOR THE PALEO PRIMER

Title Page

FOREWORD

INTRODUCTION

CHAPTER 1 WHAT IS THE PALEO DIET?

CHAPTER 2 SIGNS YOUR DIET IS NOT WORKING

CHAPTER 3 CHANGE YOUR MIND, CHANGE YOUR HEALTH

CHAPTER 4 *Nutrition – Know Thy Stuff*

CHAPTER 5 REMOVING SUGAR, GRAINS AND LEGUMES

CHAPTER 6 CAFFEINE, CHOCOLATE AND ALCOHOL

CHAPTER 7 *Getting Started*

CHAPTER 8 The Paleo Shopping List

RECIPES

- ☞ includes dairy
- ☞ dairy optional

BREAKFAST

How to Poach an Egg
Parsley Salmon and Poached Egg
Omega Breakfast Bake
Quick-Cook Chive Scrambled Eggs and Bacon
Creamy Green Omelette
Breakfast Calzone ☞
Breakfast Stir-Fry
Breakfast Burger
Turkey Toast
Avocado Breakfast Bowl
Crunchy Nut Coconut Flakes
Scrambled Eggs with Sun-Dried Tomatoes and Chorizo
Liver Dippy Egg
Tuna Avo Egg

LIGHT BITES

Citrus Ceviche with Tomato and Avocado Salad
Prawn Cocktail
BLT
'OMG! Where's The Protein?' Salad ☞
Egg-Stuffed Toms
Crispy Stuffing Balls
Pockets of Power
Liver Pâté
Sweet Potato Wedges

Baked Squash Discs
Courgette and Chive Fritters

OUR TOP BURGER BITES

Burger King and Queen
Tarragon Turkey Burgers and Citrus Chips
Thai Burgers
Pesto Pork Cupcakes
Turkey, Chestnut, and Rosemary Burgers
Lamb and Cumin Burgers
Matt's Big Beefy: Onion and Chorizo
Beef and Mustard Burgers

Meals in Minutes

Coconut Comfort Curry
Thai Sea Bass Supper
Sweet Garlic Prawns
Fish in a Blanket
Pan-Fried Spicy Mackerel
Mackerel and Sweet Potato Fish Cakes
Mustard Seed Salmon
Baked Tomato Salmon
Caribbean Jerk Salmon
Quick Piri Piri Chicken
Sun-Dried Stuffed Chicken Breast
Turmeric and Black Pepper Chicken with Rainbow Veg
Thai Chicken and Spring Onion Rice
Everyday Chicken Curry
Turkey Coconut Curry

Grass-Fed Steak with Garlic Chips and Béarnaise Sauce
Lebanese-Style Beef
Chilli Con Cauliflower
Whack It in a Sweet Potato Jacket
Italian Meatballs
Lightning Lamb Kebabs
Liver and Bacon
Sausage-Stuffed Peppers
Moules Marinara
Thai Mussels

Paleo Comfort Food

Mediterranean Bake 🍴
Primal Shepherd's Pie
Man Maker Pie
Bangers and Mash
Matt's Mighty Scotch Egg
Beef and Creamy Cauliflower Tagine
Chicken Vindaloo
Tarragon Roast Chicken and Chestnut Stuffing
Lemon and Olive Chicken Tagine
Sweet and Spicy Chicken
Fish Fingers
Fish, Chips and Mushy Peas
Rosemary Loaf
Chestnut Tea Cake
Cauliflower Pizza 🍴
Slow-Cooked Anchovy Lamb

SIDES

Spicy Carrot Chips

Celeriac Chips

Cauliflower Rice

Cauliflower Mash

Kale and Chorizo Mash

Butternut Smash

Bubble and Squeak

Cinnamon Coconut Squash

Vegetable Spaghetti

Vegetable Kebabs

Chunky Courgette Chips

Lemon and Thyme Baked Carrots

Buttered Savoy Cabbage (With or Without Bacon)

Spinach, Sun-Dried Tomatoes and Pine Nuts

HOW TO PIMP A SALAD

Roasted Peppers

Soaked Sun-Dried Tomatoes

Root Vegetable Croutons

Toasted Walnuts

Dips and Condiments

Ketchup

Homemade Mayonnaise

Guacamole

Oil Infusions

Quick & Easy Tomato Sauce

Preserved Lemons

HEALTHY SNACKS

Homemade Kettle Chips
Salt and Vinegar Kale Crisps
Chilli-Roasted Macadamias
Movie Mix
Chocolate Macadamias
Toasted Coconut

Cheats of Champions

Blackberry Apple Crumble
Breadless Butter Pudding
Dark Chocolate Almond Cake
Chocolate Chestnut Fudge Cake
Portuguese Almond Cake
Plum Cake
Mum's Legendary Almond & Pear Tart 🐾
Chestnut Cookies
Chocolate-Dipped Strawberries
Coconut Cashew Fudge

RESOURCES

IMPERIAL CONVERSIONS

NUTRITIONAL INFORMATION

ACKNOWLEDGEMENTS

Copyright

THE PALEO PRIMER

The information in this book has been compiled by way of general guidance in relation to the specific subjects addressed, but is not a substitute and not to be relied on for medical, healthcare, pharmaceutical or other professional advice on specific circumstances and in specific locations. So far as the authors are aware the information given is correct and up to date as at October 2014. Practice, laws and regulations all change, and the reader should obtain up to date professional advice on any such issues. The authors and publishers disclaim, as far as the law allows, any liability arising directly or indirectly from the use, or misuse, of the information contained in this book.

ABOUT THE AUTHORS

Together, personal trainer and health coach Matt Whitmore and naturopathic nutritionist Keris Marsden run Fitter Food (with help from their wonder dog, Hamish the Bavarian Mountain Hound). Driven by a passion for creating great-tasting, nutritious and easy-to-prepare food to fuel active lifestyles, they want to share just how easy it is to enjoy amazing meals that are both nutritionally sound and won't break the bank.



ADVANCE PRAISE FOR THE PALEO PRIMER

The Ultimate Health and Fitness Recipe Book! If you're serious about building a new you – a person brimming with strength, health and vitality, with a lean, powerful and athletic body – The Paleo Primer will deliver the answers! Written with wit and good humour, it takes you on a step-by-step journey to lifelong strength and health, teaching you what to eat, how to source it and how to prepare it.

—Brooks Kubik

Author of *Dinosaur Training: Lost Secrets of Strength and Development*
BrooksKubik.com

Science made simple. Great contribution to a healthy lifestyle and proves healthy food can be delicious!

—Laura C., United Kingdom

A must buy! Really simple and clear instructions on how to make some great, tasty, healthy meals and snacks.

—Michael Lindsay, United Kingdom

Intelligent and witty prose. This book says everything about food and health that I truly believe in, but sometimes stumble to find words to explain in easy terms myself. Only after 70 pages of this fascinating and easy-to-read nutritional background – littered with brilliantly funny illustrations and charming coffee cup stains – do we come to the 100-plus delicious recipes. Fantastically, there is not a single recipe without an accompanying mouth-watering picture.

—Ceri Jones, United Kingdom

Nothing like anything else. So far every recipe I have used has tasted awesome. I've used it for friends and family; it makes good food tasty! Simple as that. Well worth it just for the information on healthy eating at the beginning of the book.

—Mick H., United Kingdom

THE PALEO PRIMER

A JUMP-START GUIDE TO LOSING BODY FAT AND LIVING PRIMALLY



KERIS MARSDEN AND MATT WHITMORE

FOREWORD

In the past several years, there have been a number of outstanding books written by the leading voices in the ancestral health movement, including Robb Wolf, Gary Taubes, Loren Cordain, and dare I say myself with *The Primal Blueprint* (which took two years to research and write). Books by these and other authors convey the ancestral principles in great detail and with excellent scientific support.

While the knowledge base and the expert voices of the movement are growing impressively, cutting to the chase can be quite appealing to those of us who lead busy lives and are looking for direct, easy-to-follow guidance. Many simply want to know what, why and how to improve dietary habits, implement exercise strategies and comprehend general health in the ancestral model. With *The Paleo Primer*, our friends across the pond, Matt Whitmore and Keris Marsden, have done a masterful job doing just that, creating a fun, extremely creative and informative book to help you get healthier and enjoy the process.

You can feel the passion and personality come through the pages as Keris and Matt each relate their health struggles despite striving to lead fit, athletic lives. The exploration, awakening and health breakthroughs they achieved form the backbone of this book and why it is certain to have a deep impact on you. Yep, even if some well-meaning loved one handed this to you in good faith and you are now holding it sceptically, you can't help but take notice, take a second look and take stock of what you are currently doing that can get a whole lot better.

Just for fun, take a quick spin through all the pages before you settle in for a proper read. That's what I did, and in only a few moments, I could tell it was something special. I guarantee that you'll be drawn in by the clever visuals, the simple format and the compelling points they make page after page. Often, Keris and Matt dispense healthy doses of that

British wit that will leave you smiling – and remembering the salient points – long after a page is turned!

It's my great pleasure on behalf of the Primal Blueprint Publishing team to share this book with as many readers as possible. I sure hope you have as much fun as I did reading it, and as Matt and Keris did writing it!

In good health,

MARK SISSON

Malibu, CA

May 2013

👉 Eighty per cent of your body composition is determined by what you eat. – MARK SISSON, *The Primal Blueprint*👈

INTRODUCTION

Welcome to *The Paleo Primer*. We want to inspire you to make some simple nutritional changes that will have a huge effect on your health, confidence and appearance. No matter what your particular goals, focusing on your health will increase your chances of success. So whether you're looking to lose weight, build lean muscle mass or a six-pack, obtain a quicker 10k time or turn back the hands of time (good nutrition can be incredibly anti-ageing!), the principles outlined in this book will help get you there. We've kept the information simple, the science straightforward and the recipes exciting, so that by the time you have finished reading this book, you'll be itching to get started in the kitchen.

When it comes to food, we understand that convenience sometimes take precedence over eating healthily. But the two don't have to be mutually exclusive. This book is packed with more than a hundred incredibly tasty and healthful meals, snacks and cakes (yes, cakes!) that you can put together in minutes!

We've seen first hand how people successfully adopt a healthier lifestyle when they understand the basics of nutrition. For this reason, the first half of this book is devoted to expert advice on the subject. You'll then be ready to get cracking in the kitchen and so the second half of this book is loaded with recipes to get you started, along with our recommendations on how to learn more and where and how to source ingredients!



ABOUT US

KERIS MARSDEN

After completing a diploma in public health nutrition I initially entered the fitness industry as a personal trainer. It was during a trip to Sweden, where I attended a nutrition course run by strength coach Charles Poliquin, that my eyes were opened to the value of alternative and functional medicine and how both play a key role in nutritional therapy. Inspired by this learning I went on to study naturopathic nutrition at the London College of Naturopathic Medicine and my approach to nutrition has been further informed by extensive research on ancestral health and evolution.

Before studying nutrition as a discipline, I, like most women, found myself susceptible to the expert marketing of the food and diet industry. I tried every fad out there, wasting hours counting calories and avoiding fat. In fact, I'd probably have eaten paper if you stamped "fat free" on it!

Back in those days, I faced a constant battle to maintain my weight and I would hit the gym at least twice a day believing that intensive training alone was the answer. It was when I suffered a terrible bout of acne and

was subsequently diagnosed with a common hormonal disorder called polycystic ovarian syndrome (PCOS) that I truly began to address my own health and nutrition. Although the antibiotics and birth control pills had helped to clear my acne, I was concerned that they only treated the symptoms of my PCOS without addressing the underlying cause. Also, to add insult to injury, the antibiotics left me with dreadful digestive issues, and it was not very long before I was also diagnosed with irritable bowel syndrome (IBS).



The answer had to be found by addressing the underlying causes and it was during the course of my naturopathic studies that I discovered the extensive impact of nutrition on our hormones. I discovered that many of the foods I had considered nutritious were actually further aggravating my health issues. Armed with new knowledge, I swapped my cereal and soy milk for whole, natural, unprocessed foods, and the transformation was incredible: my digestion improved, my energy levels balanced, and slowly but surely my skin cleared. And my PCOS disappeared!

Inspired by this learning and driven by a desire to share this knowledge and empower others our company Fitter Food was born. By running regular health seminars as well as nutrition and training programmes worldwide, our online community has grown into a thriving space for like-minded, health-focused individuals.

For me, maintaining a healthy weight is now effortless, and I often receive compliments about my complexion and figure. Throughout my transformation process, my biggest realisation has been personally experiencing how diet and nutrition plays a much larger role in body

composition than exercise. Of course I still love to train, but now I only need a couple of sessions in the gym each week – leaving me with lots more time for my nutritional studies as well as for walks with our dog Hamish!

MATT WHITMORE

My journey through health and nutrition was inspired in part by my granddad, a mountain of a man who always stressed the importance of being strong and eating well. He gave me two cans of baked beans and told me to curl them a hundred times. The rest was history as my passion for training only grew from that point. Now I'm a personal trainer and health coach with a passion for nutrition and a fondness for bacon and ice cream!

I have always loved sports and played high-level rugby from a young age. Sadly, I was forced to quit the game after a series of injuries and I now channel my passion for sports and self-improvement into Fitter Food, a business I share with my partner Keris (and our dog Hamish) where I strive to help others become better in mind and body through training and nutrition.

I've always been lean and in my earlier days didn't pay a huge amount of attention to what I put into my body. I thought nothing of wolfing down a pizza and downing 10 pints of beer after a rugby match. I now realise how incredibly naïve I was about my diet and the essential role it plays in supporting my level of physical activity. In fact it was only after my body gave me some serious warning signs that something was amiss that I began to understand how important nutrition was to my active lifestyle. At that point I had broken out in rashes, felt bloated and



lethargic all the time, and my training suffered. My joints had begun to feel painful, and I was plagued with injury after injury. Eventually I was diagnosed with candida, a systemic yeast infection that was likely caused by my poor diet and high stress levels. Whilst it wasn't life threatening, it was a big turning point for me, since candida is largely treated by diet. This meant all sugar and processed foods were out, and there was a big emphasis placed on increasing herbs, spices, and vegetables that have an anti-candida effect.

Finding new recipes and meal ideas had suddenly become a huge priority for me. If I didn't enjoy my meals then I knew I would never stick to the plan. Anyone who knows me knows that I love food and I eat a lot! By changing my diet and adopting what are now our 'Fitter Food Principles' I literally changed my life. The bloating disappeared, my energy levels soared, and my training went to a whole new level. I felt amazing! Once you experience that, you don't ever want to go back, in fact all you want to do is share the secret with other people – which is what we do through Fitter Food.

Whilst I am a changed man one thing still remains the same – I'm still a bacon lover, of course.

CHAPTER 1

WHAT IS THE PALEO DIET?

👉 I saw results – lasting ones – and I’ve discovered so many tasty new foods, sweet potato being the best. I’ve never had a six-pack before. Finally I have one. But best of all, I know how to keep it. **FRANCISSCO CUSSIANO** (*Client*)👉

The paleo diet is about eating real food. By real food, we mean food in its natural state that has not undergone any processing or manufacturing. Essentially, this is meat, poultry, fish, eggs, natural fats, vegetables, fruit, nuts, seeds, herbs and spices. Quite simply we want you to eat like a caveman ... with a modern twist.

The Paleolithic Era was a time when mankind thrived. Our earliest ancestors were physically strong and virtually disease free, thanks in no small part to the foods they ate. You may hear different names for this nutritional approach – paleo, Primal, the ancestral human diet, evolutionary eating, the caveman diet. We simply like to call it ‘fitter foods’.

Every recipe in this book is designed to fuel a healthy Primal/paleo lifestyle and is packed with nutrients without compromising on taste. To this approach, we’ve also added some dairy products such as quality cheese, butter and double cream. Even though these foods didn’t appear until the Neolithic Era, they contain incredibly healthy fats and other nutrients, so we felt they deserve a place on the table for those who don’t suffer from lactose intolerance or casein sensitivities. If you lead a really active lifestyle, you may also need to include some potatoes or rice.



WE KNOW WHAT YOU'RE THINKING...

👉 We've evolved! 👈

While this may be true, our need to eat as our Paleolithic ancestors did is actually even greater than ever! Busy lifestyles, working long hours and juggling family and friends can often leave us stressed, time poor and reaching for convenience foods. Over time, this lethal combination has not only expanded our waistlines, but has also resulted in a rapid decline of our overall health.

To combat the detrimental effects of modern-day living, we need to fill our plates with natural foods – abundant in healthy fats, antioxidants, vitamins and minerals – that have fuelled the human race for over two million years. There is no diet richer in these than the human diet that existed back in the BC era – and by BC, we mean 'Before Crap!'

👉 Didn't cavemen die before the age of 35? 👈

The average mortality rate in the Paleolithic Era is generally skewed because, without modern medicine, many died at birth or shortly thereafter. Furthermore, even a minor trauma, such as a broken bone, often meant sure death. Naturally, with the advent of modern medicine, human life expectancy has increased dramatically in the last century. But though we may be living longer, we are not thriving in our old age.

👉 Meat, eggs, butter... all that fat! What about my cholesterol levels? 👈

Yes, our recipes include saturated fat, red meat, eggs and butter. Concerned? We aren't surprised, but there's absolutely no need to be. Unfortunately, many health claims that we read and hear about are often driven more by political or economic gain than by a sincere interest in public health. Many claims are not even substantiated with reliable science. Correlation does not mean causation, but that is exactly the sort of conclusion that has been drawn with many widely cited studies. For years we have believed that consuming foods high in saturated fat and cholesterol would clog our arteries and increase our risk of heart disease. However, newer studies have completely discredited this heart-health hypothesis, simply because the threat never existed. Three large cohort studies (the Framingham Study,¹ the Honolulu Heart Program Study,² and the Japanese Lipid Intervention Trial³) have all concluded that, in fact, having low cholesterol actually increases your risk of cardiovascular disease.⁴ Furthermore, there is no statistically significant correlation between diseases like heart disease and saturated fat.⁵

Clever marketing campaigns by the food industry have added further confusion by convincing us that all fat is the enemy and we should be living on low-fat cereals, crackers and wholegrain bread. Pharmaceutical companies have also had a powerful influence, as they supply the drugs to 'fix' us when these foods make us sick. And sometimes they try to fix us when we're not sick.

Cholesterol, for example, is and always has been a vital nutrient to the human body. As with saturated fat, cholesterol does not cause heart disease.⁶ This is exciting news as it means bacon and eggs for breakfast is a healthier choice than low-fat muesli and wholegrain toast. This topic really is a book within itself. If you are keen to know more, we suggest reading Dr. Roger Murphee's book *Heart Disease: What Your Doctor Won't Tell You*, so that you can have an educated response when your physician tells you your cholesterol is too high. New, cutting-edge studies are now establishing that other factors in our diet like sugar⁷ and excessive omega-6 fats⁸ (detailed in Chapter 4) actually play a much greater role in the progression of heart disease.

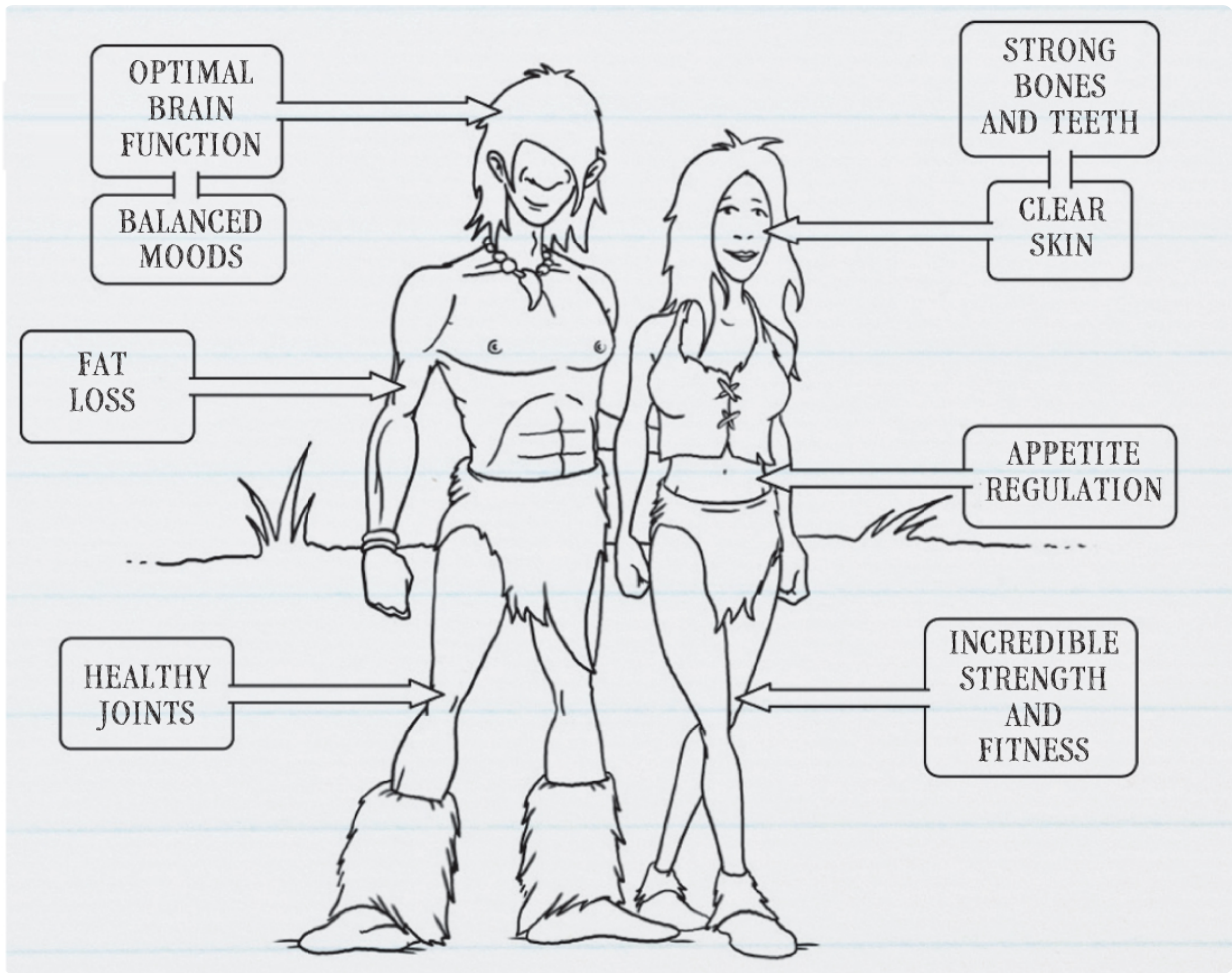
Before moving on, we would like to emphasise one last point: the quality of your food is paramount. In Chapter 8, we will detail the best of the best ingredients for optimal health.

👉 Medicine is not healthcare. Food is health care. Medicine is sick care.

UNKNOWN 🤖

WHY EAT PALEO FOOD?

Put simply, it will enhance your quality of life. You will look great, feel amazing, live longer and have ...



¹ The Framingham Study, FraminghamHeartStudy.org.

² I. Schatz, K. Masaki, K. Yano, R. Chen, B. Rodriguez, C. Curb, "Cholesterol and all-cause mortality in elderly people from the Honolulu Heart Program: a cohort study," *The Lancet*, vol. 358 (2001), 351–355.

³ A. Okyama, H. Ueshim, M. Marmot, M. Yamakara, M. Nakamura, Y. Kitay, Y. Masanobu, "Changes in Total Serum Cholesterol and Other Risk Factors for Cardiovascular Disease in Japan, 1980–1989," *International Journal of Epidemiology*, vol. 22 (2003), 1038–1047.

⁴ P. Siri-Tarino, Q. Sun, F. Hu, R. Krauss, "Meta-analysis of prospective cohort studies evaluating the association of saturated fat with cardiovascular disease," *American Journal of Clinical Nutrition*,

vol. 91 (2010) 535–46.

⁵ Neurobiologist Stephan Guyenet provides an excellent review at WholeHealthSource.blogspot.co.uk/2011/01/does-dietary-saturated-fat-increase.html

⁶ The Framingham Study showed that those with cholesterol levels below 140 were most likely to die from cardiovascular disease, while those with levels at 240 were less likely.

⁷ A. Barclay, P. Petocz, J. McMillan-Price, V. Flood, T. Prvan, P. Mitchell, and C. Brand-Miller "Glycemic index, glycemic load, and chronic disease risk — a meta analysis of observational studies." *American Journal of Clinical Nutrition*, vol. 87 (2008), 627–37.

⁸ J. Hibbeln, L. Nieminen, T. Blasbalg, J. Riggs, W. Lands, "Healthy intakes of n–3 and n–6 fatty acids: estimations considering worldwide diversity." *American Journal of Clinical Nutrition*, vol. 83 (2006), 1483–1493S.

CHAPTER 2

SIGNS YOUR DIET IS NOT WORKING