

Making Everything Easier!™

Paleo

ALL-IN-ONE

FOR
DUMMIES[®]
A Wiley Brand

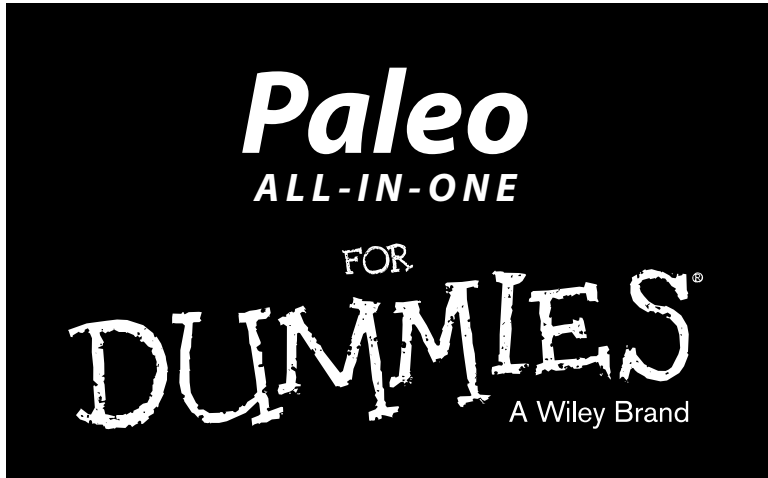
4 BOOKS
IN 1

- Living Paleo For Dummies
- Paleo Cookbook For Dummies
- Paleo Workouts For Dummies
- Paleo Desserts For Dummies



View step-by-step Paleo workout demonstrations online





**by Patrick Flynn, Adriana Harlan,
Melissa Joulwan, and Dr. Kellyann Petrucci**



Paleo All-In-One For Dummies®

Published by
John Wiley & Sons, Inc.
111 River Street
Hoboken, NJ
07030-5774

www.wiley.com

Copyright © 2015 by John Wiley & Sons, Inc., Hoboken, New Jersey

Media and software compilation copyright © 2015 by John Wiley & Sons, Inc. All rights reserved.

Published simultaneously in Canada

No part of this publication may be reproduced, stored in a retrieval system or transmitted in any form or by any means, electronic, mechanical, photocopying, recording, scanning or otherwise, except as permitted under Sections 107 or 108 of the 1976 United States Copyright Act, without the prior written permission of the Publisher. Requests to the Publisher for permission should be addressed to the Permissions Department, John Wiley & Sons, Inc., 111 River Street, Hoboken, NJ 07030, (201) 748-6011, fax (201) 748-6008, or online at <http://www.wiley.com/go/permissions>.

Trademarks: Wiley, For Dummies, the Dummies Man logo, Dummies.com, Making Everything Easier, and related trade dress are trademarks or registered trademarks of John Wiley & Sons, Inc., and may not be used without written permission. All other trademarks are the property of their respective owners. John Wiley & Sons, Inc., is not associated with any product or vendor mentioned in this book.

LIMIT OF LIABILITY/DISCLAIMER OF WARRANTY: WHILE THE PUBLISHER AND AUTHOR HAVE USED THEIR BEST EFFORTS IN PREPARING THIS BOOK, THEY MAKE NO REPRESENTATIONS OR WARRANTIES WITH RESPECT TO THE ACCURACY OR COMPLETENESS OF THE CONTENTS OF THIS BOOK AND SPECIFICALLY DISCLAIM ANY IMPLIED WARRANTIES OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE. NO WARRANTY MAY BE CREATED OR EXTENDED BY SALES REPRESENTATIVES OR WRITTEN SALES MATERIALS. THE ADVICE AND STRATEGIES CONTAINED HEREIN MAY NOT BE SUITABLE FOR YOUR SITUATION. YOU SHOULD CONSULT WITH A PROFESSIONAL WHERE APPROPRIATE. NEITHER THE PUBLISHER NOR THE AUTHOR SHALL BE LIABLE FOR DAMAGES ARISING HEREFROM. SOME OF THE EXERCISES AND DIETARY SUGGESTIONS CONTAINED IN THIS WORK MAY NOT BE APPROPRIATE FOR ALL INDIVIDUALS, AND READERS SHOULD CONSULT WITH A PHYSICIAN BEFORE COMMENCING ANY EXERCISE OR DIETARY PROGRAM.

For general information on our other products and services, please contact our Customer Care Department within the U.S. at 877-762-2974, outside the U.S. at 317-572-3993, or fax 317-572-4002. For technical support, please visit www.wiley.com/techsupport.

Wiley publishes in a variety of print and electronic formats and by print-on-demand. Some material included with standard print versions of this book may not be included in e-books or in print-on-demand. If this book refers to media such as a CD or DVD that is not included in the version you purchased, you may download this material at <http://booksupport.wiley.com>. For more information about Wiley products, visit www.wiley.com.

Library of Congress Control Number: 2014951013

ISBN: 978-1-119-02277-0 (pbk); ISBN 978-1-119-02278-9 (ebk); ISBN 978-1-119-02279-4 (ebk)

Manufactured in the United States of America

10 9 8 7 6 5 4 3 2 1

Contents at a Glance

<i>Introduction</i>	1
<i>Book I: Getting Started with Paleo</i>	5
Chapter 1: Grasping the What and Why of Paleo	7
Chapter 2: Modern Foods and Your Inner Cave Man	33
Chapter 3: Preparing and Using Your Cave Kitchen	63
Chapter 4: Using Paleo Concepts in Your Fitness Routine	89
Chapter 5: Making Paleo Practical in a Modern World	113
<i>Book II: Recipes for Every Occasion and Meal</i>	137
Chapter 1: Crafting Paleo Breakfasts	139
Chapter 2: Packing Nutrition into Soups and Salads	157
Chapter 3: The Meat (and More) of the Matter: Paleo Main Dishes	189
Chapter 4: Paleo Life in the Slow (Cooker) Lane	209
Chapter 5: Vegetable Dishes That Satisfy	227
Chapter 6: Paleo for Kids: Recipes Your Littles Will Love	245
<i>Book III: Paleo Extras: Snacks, Sauces, Spice Mixes, and Sweets</i>	257
Chapter 1: Snacks That Fuel Your Body, Sugar Crash Not Included	259
Chapter 2: Spicing Up Paleo Cooking with Sauces, Dressings, and Salsas	275
Chapter 3: Mixing Rubs and Paleo Seasonings	295
Chapter 4: Satisfying Your Sweet Tooth	307
<i>Book IV: Primal Power Moves for a Healthier Body</i>	335
Chapter 1: Hinging and Squatting Your Butt and Legs to Primal Perfection	337
Chapter 2: Pushes and Pulls for a Strong, Solid Torso	363
Chapter 3: Carrying Heavy Things and Ab Exercises That Don't Suck	387
Chapter 4: Primal Power Moves for Explosive Athleticism	411
Chapter 5: Beyond Strength Training and Cardio to Metabolic Conditioning	425
Chapter 6: Programs for Getting Started — and for Pushing Forward	447
<i>Appendix</i>	481
<i>Index</i>	485

Recipes at a Glance

Breakfast Dishes

☉ Almond Banana Pancakes	150
☉ Anytime Waffles.....	152
Breakfast Sausage Scramble.....	143
Eggs in Spicy Tomato Sauce	145
☉ Frozen Blueberry Breakfast Bars	154
Grilled Eggs with Homemade Chorizo	146
☉ Huevos Rancheros	142
☉ Lime-Blueberry Poppy Seed Coffee Cake.....	153
Machacado and Eggs.....	148
☉ Mini Cinnamon Pancakes	149
☉ Morning Honey Muffins	151
Pizza Frittata.....	141
Thai Rolled Omelet	144

Soups and Stews

Bacon Butternut Squash Soup	169
Beef Bone Broth	211
Cheater Pork Stew	217
Chicken Fennel Soup	168
Coconut Curry Chowder	164
Curried Cream of Broccoli Soup	167
Deep Healing Chicken Broth.....	161
Hearty Chili.....	174
☉ Immune-Building Vegetable Broth.....	162
☉ Provençal Veggie Soup	170
☉ Roasted Red Pepper and Sweet Potato Soup	225
Teriyaki-Turkey Meatball Soup	172
Thai Butternut Squash Soup	173
☉ Tomato Fennel Soup	171
Turkey Spinach Soup.....	166
☉ Watermelon Soup.....	175

Salads

Avocado and Egg Salad	177
Chinese Chicken Salad	186

☉ Chopped Salad with Tahini Dressing.....	184
☉ Classic Cole Slaw.....	188
Curried Chicken Salad.....	179
Kale with a Kick Salad.....	176
Mango and Fennel Chicken Salad.....	180
Simple Crab Salad.....	181
☉ Turkish Chopped Salad.....	182
☉ Tuscan Spinach Salad.....	178
☉ Vietnamese Cucumber Salad.....	185
Waldorf Tuna Salad.....	183

Main Dishes

Chicken Cacciatore.....	213
Chicken Fingers.....	193
Citrus Carnitas.....	197
Club Sandwich Salad.....	195
Coconut Shrimp with Sweet and Spicy Sauce.....	203
Creamy Baked Scallops.....	204
Creamy Red Shrimp and Tomato Curry.....	224
Easy Chicken Curry with Cabbage.....	223
Grilled Buffalo Shrimp.....	202
Kalua Shredded Pork.....	216
Leafy Tacos.....	192
☉ Lunchbox Stuffed Peppers.....	250
Macadamia Nut Crusted Mahi-Mahi.....	206
Mango Coconut Chipotle Chicken.....	214
Meatloaf.....	220
Olive-Oil Braised Albacore.....	207
Orange Shrimp and Beef with Broccoli.....	194
Pineapple and Mango Sweet Heat Chicken Wings.....	219
Pineapple Pork Ribs.....	218
Roasted Oysters.....	205
Salmon a L'Afrique du Nord.....	208
Sausage-Stuffed Peppers.....	221
Slow Cooker BBQ Pulled Pork.....	215
Slow Cooker Moroccan Apricot Chicken.....	222
Slow Cooker Pork and Sauerkraut.....	212
Slow-Roasted Rack of Lamb.....	200

Spicy Stuffed Eggplant.....	201
Tandoori Chicken Thighs	199
Thai Green Curry Chicken	198
Winter Squash and Sausage Hash.....	196

Vegetables and Side Dishes

☺ Brussels Sprouts with Cranberries and Almonds.....	241
☺ Cauliflower Rice.....	234
☺ Cocoa Cauliflower	235
☺ Creamy Kale.....	230
☺ Creamy Spiced Broccoli.....	238
☺ Italian Broccoli	239
☺ Kimchi.....	242
☺ Lemon Cucumber Noodles with Cumin	244
☺ Mashed Cauliflower	233
Parsnip Hash Browns	251
Sautéed Kale with Bacon and Mushrooms	252
☺ Sautéed Kohlrabi.....	240
☺ Sesame Kale	229
☺ Spaghetti Squash Fritters.....	232
☺ Spiced Sweet Potato Fries.....	247
☺ Sweet Potato Shoestring Fries.....	231
☺ Vegetable Latkes	243
☺ Zucchini Pasta with Fire-Roasted Tomato Sauce.....	236

Sauces, Dressings, and Salsas

☺ Basil and Walnut Pesto.....	292
☺ Cashew Butter Satay Sauce.....	278
☺ Cilantro Vinaigrette.....	286
☺ Classic Stir-Fry Sauce.....	281
☺ Cooked Olive Oil Mayo.....	288
☺ Cucumber Avocado Salsa	293
☺ Ghee.....	277
☺ Mark's Daily Apple Ketchup	289
☺ Moroccan Dipping Sauce	279
☺ Olive Oil Mayo	287
☺ Orange Coconut Marinade.....	291
☺ Paleo Ranch Dressing	284

☺ Smooth and Creamy Avocado Dressing.....	283
☺ Sri Lankan Curry Sauce	280
☺ Sweet and Spicy Vinaigrette	285
☺ Tangy BBQ Sauce	290
☺ Tangy Carrot and Ginger Salad Dressing	282

Sweets and Desserts

☺ Almond Cookies with Cinnamon Glaze	310
☺ Avocado Chocolate Bread	328
☺ Banana Cacao Muffins	322
☺ Berries and Whipped Coconut Cream.....	332
☺ Blueberry Espresso Brownies	326
Chocolate Bacon Brownie Muffins.....	323
☺ Chocolate Chip Cookie Dough Granola Bars	314
☺ Chocolate Ice Cream.....	330
☺ Chocolate-Strawberry Crumble Bars.....	316
☺ Chocolate Zucchini Bread.....	327
☺ Cinnamon Chocolate Chip Muffins with Honey Frosting	320
☺ Classic Apple Crisp	315
☺ Coco-Mango Ice Cream.....	331
☺ Coconut Chocolate Chip Cookies	313
☺ Cranberry Ginger Cookies.....	309
☺ Fudge Bombs	272
☺ Lemon Brownies with Coconut Lemon Glaze.....	324
Maple Bacon Ice Cream.....	329
☺ OMG Chocolate Chip Cookies	312
☺ Pumpkin Cranberry Scones	317
☺ Pumpkin Pie Muffins	318
☺ Pumpkin Poppers.....	319
☺ Raspberry Cheesecake Bites	254
☺ Raspberry Peppermint Sorbet.....	253
☺ Star Fruit Magic Wands	256
☺ Tropical Mango Parfait.....	269

Snacks

☺ Avocado Cups.....	268
Barbecue-Flavored Kale Chips	248
☺ Cocoa-Cinnamon Coconut Chips	273

🍷 Crispy Kale Chips	261
🍷 Fried Sage Leaves	265
🍷 Ginger-Fried Pears	271
🍷 Grilled Spiced Peaches	270
Meatball Poppers	266
🍷 Nutty Fruit Stackers	274
🍷 Roasted Rosemary Almonds	262
🍷 Seaweed with a Kick	267
🍷 Southwest Deviled Eggs	263
🍷 Sweet Potato Chips	264

Spices

🍷 Dukkah	301
🍷 Everything Seafood Seasoning	299
🍷 Flame Out Blend	304
🍷 Garam Masala	302
🍷 Gremolata	305
🍷 Grilling Spice Rub	297
🍷 Italian Seasoning	300
🍷 Morning Spice	303
🍷 Succulent Steak Seasoning	298

Table of Contents

.....

<i>Introduction</i>	1
About This Book	1
Foolish Assumptions	2
Icons Used in This Book	3
Beyond the Book	4
Where to Go from Here	4
<i>Book 1: Getting Started with Paleo</i>	5
Chapter 1: Grasping the What and Why of Paleo	7
It's a Lifestyle, Not a Diet	8
Enjoying foods that make up the Paleo diet	9
Taking a cue from our ancestors	10
Living the way we were designed	10
Glimpsing the Science Behind the Lifestyle	11
Curing Modern Ailments with Prehistoric Practices	13
Losing weight on the Paleo diet	14
Clearing up gut and skin issues	15
Getting a good night's sleep	16
Stabilizing blood sugar	16
Reducing chronic inflammation	17
Stealing Moves from Cave Men: The Paleo Fitness Difference	18
Three principles of Paleo fitness	19
Keeping it simple: The secret to a good fitness program	19
Undergoing the Paleo Transformation	20
Identifying why Paleo works better than other approaches	20
Switching on your healthy genes with Paleo	20
Creating a Paleo Lifestyle	21
Shifting your belief system	22
Summing up the lifestyle with a few basic guidelines	22
Minimizing the effects of stress with a Paleo diet	26
Practicing Paleo Fitness: Movement by Design	28
Making exercise a requirement, not an option	29
Keeping your modern-day body strong and lean	30
Doing what you love	31
Improving your framework	31
Chapter 2: Modern Foods and Your Inner Cave Man	33
Getting Familiar with the "Yes" and "No" Foods of the Paleo Diet	34
100% Paleo-approved: Checking out the Paleo "yes" list	34
Paleo no-nos: Watching out for foods on the "no" list	38



- The Truth about Common Foods 42
 - Slaying the sugar demon..... 43
 - Making the case for high-quality fats 43
 - Fitting fruit into the Paleo plan 44
 - Realizing that eggs are A-OK (and cholesterol isn't so bad)..... 45
 - Making happy hour truly happy 45
- Figuring Out How Much You Can (and Should) Eat 47
 - Understanding why a calorie isn't just a calorie 47
 - Trying the eat-until-satisfied approach..... 48
 - Measuring your food at a glance..... 49
- Supercharging Your Body with the Power of Paleo Foods 50
 - Getting the nourishment you need..... 50
 - Creating healthy cells..... 51
 - Balancing your pH 52
 - Identifying food allergies and sensitivities 52
- Capturing Your Personal Before and After Makeover 53
- Building the Foundation for Success: The 30-Day Reset 54
 - Developing a habit with 30 days 55
 - Renewing your system 55
 - Mastering the plan 56
 - Understanding your body's transformation..... 58
 - Battling the sugar demon..... 58
 - The rules for your first 30 days..... 60
 - Dear Diary: Guidelines for 30 days of journaling 61

Chapter 3: Preparing and Using Your Cave Kitchen 63

- Rethinking What You Know about Nutrition 64
 - The flawed USDA Food Guide Pyramid 64
 - The Paleo pyramid..... 66
- The Paleo Big Three: Animal Proteins, Natural Fats,
Complex Carbohydrates 69
 - Paleo proteins and why animals matter 70
 - Friendly fats and why they're essential 72
 - Complex carbs and why they're king 74
- Getting Rid of the Foods that Don't Fit 75
 - Cleansing the pantry 75
 - Clearing out the refrigerator and freezer..... 77
- Refilling Your Kitchen with Paleo Foods 78
 - Picking Paleo-smart protein 78
 - Grabbing Paleo-smart produce 79
 - Spicing things up..... 80
 - Allowing Paleo-smart fats 81
 - Packing a Paleo-smart pantry..... 82
 - Sipping Paleo-smart drinks 83

Cooking Smart to Retain Flavor and Nutrition..... 84
 Paleo-smart cooking methods..... 84
 Keeping healthy fats healthy: Smoke points 86

Chapter 4: Using Paleo Concepts in Your Fitness Routine 89

Cultivating Strength 90
 Knowing what strength really is 90
 Getting stronger to fix just about everything..... 90
 Developing strength as a skill 92
 Realizing there’s more to fitness than strength..... 93
 Moving Every Day..... 93
 Breathing the Way You Were Meant To 94
 Knowing What Compels You..... 96
 Identifying your primal motivators 96
 Setting goals that stick 97
 Training the Primal Patterns Primarily..... 98
 Pushing..... 98
 Pulling..... 99
 Hinging 99
 Squatting 100
 Carrying..... 101
 Walking and sprinting 102
 Keeping Your Conditioning Inefficient..... 103
 Conditioning for strength or fat loss 103
 Comparing efficiency and effectiveness 104
 Doing the Least You Have to Do 105
 The Big Seven: Tracking Your Progress with Health Markers 106
 Body composition..... 106
 Strength..... 107
 Blood pressure..... 108
 Blood sugar markers 108
 C-reactive protein 109
 Cholesterol and triglycerides..... 110
 pH (acid-base balance) 112

Chapter 5: Making Paleo Practical in a Modern World 113

Dealing with Potential Pitfalls 113
 Clearing diet-related hurdles..... 114
 Accelerating through common roadblocks to living Paleo..... 115
 Incorporating Paleo into vegetarian and vegan lifestyles 118
 Dining Out and Traveling..... 119
 Choosing the right restaurant 120
 Making informed choices..... 120
 Managing the restaurant menu 121
 Planning for Paleo on the road..... 121

Enjoying Special Occasions.....	124
Planning ahead for social events	124
Eating Paleo during celebrations and holidays	125
Indulging with pleasure.....	128
Transitioning the Family.....	129
Teaching kids the “why” behind the “what”	129
Providing tasty, nutritious treats.....	130
Managing mealtimes.....	132
<i>Book II: Recipes for Every Occasion and Meal</i>	137
Chapter 1: Crafting Paleo Breakfasts	139
Expanding Your Breakfast Options	139
Enjoying Paleo-Friendly, Grain-Free Goodies.....	140
Chapter 2: Packing Nutrition into Soups and Salads	157
Making Your Own Savory Soups, and Buying Wisely When You Can’t.....	158
Seizing the Versatility of the Salad	160
Chapter 3: The Meat (and More) of the Matter: Paleo Main Dishes	189
Building Paleo Meals from Top-Quality Meats.....	189
Buying Fresh Fish for Fab Dishes	191
Chapter 4: Paleo Life in the Slow (Cooker) Lane	209
Getting the Scoop on Slow Cooking	209
Chapter 5: Vegetable Dishes That Satisfy	227
Evolving Past Starches: Paleo-Friendly Hot Side Dishes	228
Chapter 6: Paleo for Kids: Recipes Your Littles Will Love	245
Packing Kid-Friendly Paleo Lunches	245
<i>Book III: Paleo Extras: Snacks, Sauces, Spice Mixes, and Sweets</i>	257
Chapter 1: Snacks That Fuel Your Body, Sugar Crash Not Included	259
Making Sure Your Snacks Are Healthy.....	259

Chapter 2: Spicing Up Paleo Cooking with Sauces, Dressings, and Salsas275
 Making Your Own Dressings and Condiments 275
 Adding Flavor with Sugar-Free Spice Blends 276

Chapter 3: Mixing Rubs and Paleo Seasonings295
 Tapping the Healing Power of Spices..... 295

Chapter 4: Satisfying Your Sweet Tooth307
 Spotting Sugar in Its Sneakiest Forms..... 308

Book IV: Primal Power Moves for a Healthier Body 335

Chapter 1: Hinging and Squatting Your Butt and Legs to Primal Perfection337
 The Lowdown on Hinges 337
 Using your hips in the hinge..... 338
 Counting the benefits of a strong hinge..... 339
 Beginner Hinging Exercises 339
 The dead lift..... 339
 The single-leg dead lift 341
 Intermediate Hinging Exercises 343
 The swing..... 343
 The one-arm swing 345
 Advanced Hinging Exercises 346
 The clean..... 347
 The snatch 349
 The Lowdown on Squats 350
 Getting to the truth about squatting 351
 Exploring the benefits of a deep squat..... 351
 Beginner Squatting Exercises..... 352
 The goblet squat 352
 The bodyweight squat..... 354
 The goblet lunge 355
 Intermediate Squatting Exercises..... 356
 The racked squat 356
 The racked lunge 358
 Advanced Squatting Exercises..... 359
 The front squat..... 359
 The pistol squat 360

Chapter 2: Pushes and Pulls for a Strong, Solid Torso	363
All about the Primal Pushes	363
Reaping the benefits of the big pushes	364
Practicing strength	364
Beginner Pushes	365
The push-up.....	365
The military press.....	367
Intermediate Pushes	368
The one-arm push-up	368
The bench press	369
The dip	372
Advanced Pushes	373
The one-arm one-leg push-up.....	373
The handstand push-up.....	373
All about the Primal Pulls.....	375
Balancing out with pulls.....	376
Recognizing the many benefits of pulling.....	376
Beginner Pulls	377
The bodyweight row.....	377
The chin-up.....	378
Intermediate Pulls	379
The one-arm row.....	380
The pull-up.....	381
Advanced Pulls	382
The L-sit pull-up/chin-up.....	382
The muscle-up.....	383
The one-arm chin-up	385
Chapter 3: Carrying Heavy Things and Ab Exercises That Don't Suck.	387
Mastering the Art of the Loaded Carry.....	388
Focusing on an everyday activity	388
Carrying heavy things for strength and fitness.....	388
Beginner Carries	389
The farmer's carry	389
The waiter's carry.....	391
Intermediate Carries	392
The racked carry.....	392
The two-arm waiter's carry	393
Advanced Carries: The Bottoms-Up Carry	394
Getting the Abs of Your Dreams	396
Beginner Ab Exercises	397
The four-point plank.....	397
The V-up.....	397
The windmill.....	399

Intermediate Ab Exercises..... 400
 The hanging knee raise 401
 The two-point plank..... 402
 Advanced Ab Exercises 403
 The hanging leg raise 403
 The windshield wiper..... 405
 An All-Around Paleo Exercise: The Turkish Get-Up 406

Chapter 4: Primal Power Moves for Explosive Athleticism 411

Understanding Primal Power 412
 Your need for speed 412
 The benefits of power training..... 412
 Beginner Power Moves 413
 The push press..... 413
 The broad jump..... 415
 Intermediate Power Moves 416
 The jerk 417
 The box jump 418
 Advanced Power Moves 420
 The double jerk 420
 The double snatch 422

Chapter 5: Beyond Strength Training and Cardio to Metabolic Conditioning 425

Introducing Primal Strength Training..... 426
 Defining strength training 426
 Acknowledging the benefits of lifting heavy things..... 427
 Determining how heavy is heavy enough..... 428
 Gaining Strength Without Gaining Weight..... 429
 Tensing (and relaxing) muscles to develop strength..... 429
 Combining heavy weight and low reps 430
 Deciding on your training frequency..... 430
 Working the best strength-building exercises 431
 Moving Past Chronic Cardio Syndrome..... 432
 Facing the little-known drawbacks of excessive cardio..... 433
 Doing what you love..... 433
 Getting more out of your cardio with fasting..... 434
 Developing the Recipe for a Good Exercise Program 435
 Simple..... 435
 Sensible 436
 Reasonable..... 436
 Introducing Metabolic Conditioning 437
 Discovering the benefits of metabolic conditioning 438
 Switching on your fat-burning furnace..... 439
 Getting results in just 15 minutes 439

Turbocharging Fat Loss with Complexes	440
Starting with basic bodyweight complexes.....	441
Taking it up a notch with kettlebell complexes	443
Chapter 6: Programs for Getting Started — and for Pushing Forward.	451
Beginning at the Beginning: The 21-Day Primal Quick Start	448
Gearing Up for the 21-Day Program	448
Start with a warm-up	449
Get ready for some repetition	454
Be prepared to lift heavy	454
Expect to improve your conditioning	455
Your 21-Day Primal Quick Start	455
From Average to Elite: The 90-Day Primal Body Transformation	459
Building a Balanced 90-Day Program	460
Strength-training exercises.....	461
Metabolic conditioning	464
Your daily warm-up	464
Your weekly schedule	465
Your 90-Day Primal Body Transformation	465
 <i>Appendix</i>	 481
 <i>Index</i>	 485

Introduction

Any Paleo aficionado will agree that your Paleo journey starts with food. Discovering the “yes” and “no” Paleo foods, converting your kitchen into a primal one, and creating your own Paleo meals can help you lose weight, boost immunity, fight aging, heal conditions, and perform better.

But living Paleo isn’t a “diet” in the traditional sense but a way of thinking about health and fitness — one that’s based on eating and moving like your ancestors did. This means loading up on some foods and avoiding others. It also means heavy lifting, sprinting, and other movements that the conveniences of modern day have made largely irrelevant.

Whenever someone comes along with a “new and exciting” exercise program, it’s generally all wrong. When it comes to fitness, a new way of doing something is rarely a better way of doing something. It’s almost invariably the exchange of one nuisance for another. The same is true of what you eat. This book shows you what you need to live a lifestyle that supports your health with all the information, tips, and recipes you need to feel alive, vibrant, and nourished the Paleo way.

About This Book

Adopting the Paleo lifestyle may seem overwhelming at first, so *Paleo All-in-One For Dummies* is organized in a way that makes the benefits of eating and exercising Paleo easy to understand. Use this book as both a reference and a cookbook; if you need to check on whether a food is a Paleo yes or no, you can find that information easily. If you’re creating a menu for a dinner party and want to go all Paleo, you can pick your recipes and get to work. If Paleo is new to you, you can start with the foundational information and get to know Paleo superfoods, how Paleo eating can improve how you feel, and how you can get started with a cleansing 30-Day Reset. You can find out exactly what it means to work out Paleo, the benefits you reap from doing so, and all the exercises you need to build a solid workout program. (For good measure, you also get 90 days’ worth of workouts to follow.)

Cooking is a big part of the Paleo equation. The recipes in this book will keep you well fed from breakfast through dinner, with healthy snacks in between. Here are some specific recipe-related conventions that apply throughout the book:

- ✔ Temperatures are given in degrees Fahrenheit.
- ✔ All eggs are large unless noted otherwise.
- ✔ All water is filtered so all the toxic elements are removed.
- ✔ All bacon is free of nitrates, casein, gluten, and antibiotics.
- ✔ All pepper is freshly ground black pepper unless otherwise noted.
- ✔ All butter is grass-fed and organic. (If you can't find grass-fed butter, though, you can substitute conventional organic butter.) You may also replace any butter with *ghee* (clarified butter).
- ✔ All salt is unprocessed. Good sources for unprocessed salt include Selina Naturally brand Celtic sea salt (www.celticseasalt.com) and Real Salt brand sea salt (<http://realsalt.com>).

At the end of many recipes, you'll see a note indicating that the recipe has been vetted by the team at Whole9 (<http://whole9life.com>) and is considered acceptable for a cleansing 30-day Paleo launch, which in this book is called the 30-Day Reset Paleo cleanse. These recipes don't include any added sugars (real or artificial), grains, legumes, or dairy. They replace butter with clarified butter (*ghee*). If a recipe includes a processed food (such as chicken broth, bacon, or tomato paste), you should choose brands that don't contain off-limits ingredients such as sugar, soy, additives, or preservatives.

So that this book is as practical as possible (because that's what it's really about, right?), it includes web addresses for sources of products and other information. Some web addresses may break across two lines of text. If you're reading this book in print and want to visit one of these web pages, simply key in the address exactly as it's noted in the text, pretending as though the line break doesn't exist. If you're reading this text as an e-book, you've got it easy — just click the web address to be taken directly to the web page.

Foolish Assumptions

As we wrote this book, we made the following assumptions about you:

- ✔ You want to change your diet, lose weight, improve your fitness, or manage some type of medical condition and have heard about the Paleo diet.
- ✔ You want to stop eating processed and unhealthy foods to feel younger, healthier, happier, and more vibrant.

- ✔ You're open to the idea of making lifestyle changes — avoiding certain foods, making sleep a priority, reducing stress — to enhance your quality of life.
- ✔ You want to encourage yourself to continue the Paleo lifestyle by finding great-tasting recipes that are easy to make.
- ✔ You're adopting a level of commitment to Paleo that has you craving an all-around useful guidebook that has everything you could possibly need to jump back into your kitchen — and into your life.
- ✔ You want to be healthier, leaner, stronger, or more productive. Or perhaps you want to be all of these things.
- ✔ You've tried exercise programs in the past and haven't been satisfied with the results or have been frustrated with the process.
- ✔ You have control over your food choices and those of your family, and you want to help your loved ones enjoy a healthy Paleo lifestyle, too.

Note: We recommend that you get your doctor's approval before beginning any exercise program, whether you're a novice or a veteran to fitness.

Icons Used in This Book

To make this book easier to navigate, the following icons help you find key information about the Paleo lifestyle and Paleo cooking.



This icon indicates practical information that can help you in your quest for improving health and fitness, adopting a Paleo diet, or making one of the recipes.



When you see this icon, you know that the information that follows is important enough to read twice!



This icon highlights information that may be detrimental to your success or physical well-being if you ignore it.



This icon gives you a heads-up that what you're reading is more in-depth or technical than what you need to get a basic grasp on the main topic at hand.

Beyond the Book

In addition to all the material, resources, and recipes you can find in the book you're reading right now, this product also comes with some access-anywhere goodies on the web. Check out the eCheat Sheet at www.dummies.com/cheatsheet/paleoaiio for details on Paleo superfoods, ideas for getting your kids to eat their Paleo veggies, and advice for eating Paleo while you're traveling.

You can also go online to see the proper method for performing many of the Paleo exercises included in Book IV. The videos linked to at www.dummies.com/extras/paleoaiio show you how to position and move your body correctly, thereby reducing the chance of injury from using the incorrect form. At www.dummies.com/extras/paleoaiio, you can also read about supplements that may be beneficial to your health and protein-filled foods that are suitable for packing in your kid's lunchbox.

Where to Go from Here

This book is organized so you can read it in the way that makes the most sense to you; feel free to jump around to the information that's most relevant to you right now. You can use the table of contents to find the broad categories of subjects or use the index to look up specific information.

Do you want to know more about the Paleo superfoods so you can get started on the Paleo path? Start with Chapter 2 of Book I. Feeling hungry and want to get started on the recipes? Feel free to jump right into the recipes in Books II and III. Can't wait to get an exercise high? Book IV has the exercises that will get you there.

And if you're not sure where to begin, read Book I. It gives you the basic information you need to understand why and how eating and living Paleo can help you improve your health and quality of life.

Book I

Getting Started with Paleo



Visit www.dummies.com for free access to great Dummies content online.

Contents at a Glance

Chapter 1: Grasping the What and Why of Paleo	7
It's a Lifestyle, Not a Diet.....	8
Glimpsing the Science Behind the Lifestyle.....	11
Curing Modern Ailments with Prehistoric Practices.....	13
Stealing Moves from Cave Men: The Paleo Fitness Difference.....	18
Undergoing the Paleo Transformation.....	20
Creating a Paleo Lifestyle.....	21
Practicing Paleo Fitness: Movement by Design.....	28
Chapter 2: Modern Foods and Your Inner Cave Man	33
Getting Familiar with the “Yes” and “No” Foods of the Paleo Diet.....	34
The Truth about Common Foods.....	42
Figuring Out How Much You Can (and Should) Eat.....	47
Supercharging Your Body with the Power of Paleo Foods.....	50
Capturing Your Personal Before and After Makeover.....	53
Building the Foundation for Success: The 30-Day Reset.....	54
Chapter 3: Preparing and Using Your Cave Kitchen	63
Rethinking What You Know about Nutrition.....	64
The Paleo Big Three: Animal Proteins, Natural Fats, Complex Carbohydrates.....	69
Getting Rid of the Foods that Don't Fit.....	75
Refilling Your Kitchen with Paleo Foods.....	78
Cooking Smart to Retain Flavor and Nutrition.....	84
Chapter 4: Using Paleo Concepts in Your Fitness Routine	89
Cultivating Strength.....	90
Moving Every Day.....	93
Breathing the Way You Were Meant To.....	94
Knowing What Compels You.....	96
Training the Primal Patterns Primarily.....	98
Keeping Your Conditioning Inefficient.....	103
Doing the Least You Have to Do.....	105
The Big Seven: Tracking Your Progress with Health Markers.....	106
Chapter 5: Making Paleo Practical in a Modern World	113
Dealing with Potential Pitfalls.....	113
Dining Out and Traveling.....	119
Enjoying Special Occasions.....	124
Transitioning the Family.....	129

Chapter 1

Grasping the What and Why of Paleo

In This Chapter

- ▶ Explaining the foundations of the Paleo diet and why it works
 - ▶ Digging into the scientific foundation of the lifestyle
 - ▶ Looking and feeling better by following the Paleo lifestyle
 - ▶ Bringing the exercise component into your Paleo program
 - ▶ Finding out about the Paleo transformation
 - ▶ Being sensible about moving your body
-

Paleo is the answer. If you've suffered with weight problems or health issues, you're in for a treat. Every aspect of your health improves when you incorporate Paleo principles into your life. Your body starts to transform right before your eyes, and suddenly, your outlook is optimistic.

Your eyes brighten, your skin takes on a completely different sheen, and your wrinkles start to fade. You begin to shed body fat as you watch your stomach get flatter and flatter. Your muscle tone improves, your hair gets silky, your teeth seem stronger. Your mood elevates, and you begin to notice that you feel happier. Your body begins to calm, releasing anxiety and tension. You start to forget what it feels like to have aches and pains, and your entire body seems to lose the bloated feeling it's been carrying around for far too long. You begin to be more than just *present* in life; you begin to start really *living* life. For some, it's the first time in a very long time.

You'd be hard-pressed to find a more excited group of people than those who have transformed their lives to living Paleo. What you find in the pages of this book is an easy-to-follow nutritional blueprint and fitness program that actually exists and works — and when you adopt this plan, everything gets easier.

In this chapter, you discover some foundational Paleo principles, including the answers to questions about how the Paleo diet came to be, the foods that make up the Paleo diet, the science behind Paleo success, and how living Paleo will soon have you looking and feeling better than ever.

Living Paleo takes you from a place of hopelessness to hope. So what are you waiting for? Dig in!

It's a Lifestyle, Not a Diet

Living Paleo takes the mystery out of eating. It's simplicity at its finest, which is one of the reasons eating Paleo foods works well for so many. When you eat simply (but deliciously), you get results.

Many eating plans, programs, and products give you lots of rules and may even require special foods, which makes understanding these plans and staying committed to them even harder. The biggest missing element in other plans is the core ingredient for long-term success — *health*. Most programs don't move you toward health either biologically or behaviorally. If your cells aren't getting healthier and your behavior is expected to change in strict ways only for the short term, the entire purpose is lost. You don't discover how to eat and live for the *rest of your life*.

Paleo is different; Paleo is based on simple, easy-to-understand nutritional principles. Eating Paleo takes away all the confusion and is natural to implement. It's something you can stick with for a long time.



Paleo is the abbreviation for *Paleolithic*. The Paleo diet refers to foods consumed during the Paleolithic era, the time from about 2.5 million years ago up to 10,000 BC.

A lot of people start the Paleo diet to get a killer body. And living Paleo is a great way to move toward your ideal body, but what most people experience is even more powerful. Living Paleo literally changes their lives for the better. If you've had aches and pains, fatigue, skin issues, menstrual problems, chronic inflammation, digestive complaints, weight gain, depression, fertility problems, autoimmune struggles, diabetes, or cardiovascular disease, you're going to love living Paleo.

The hormone-modulating, anti-inflammatory, nutrient-dense properties of the Paleo lifestyle help regulate all the systems and functions of the body. Your body resets at a higher functioning level, so you'll not only look better eating Paleo, but you'll also feel better. Living Paleo supports the healing and prevention of many chronic diseases. And thanks to the nutrition-packed foods

of the Paleo diet, you start sporting a much stronger cellular system, and with that comes healing and transformation.

Enjoying foods that make up the Paleo diet

When you think Paleo foods, think grassroots — simple, back-to-nature foods filled with nutrients that bring you back to life. Paleo foods are what you are *designed* to eat. They're the foods that your body digests and absorbs efficiently. Paleo foods have the most positive impact on all the structures and functions of your body.

The foundational Paleo foods include lean meats, seafood, vegetables, fruits, nuts, seeds, and naturally occurring healthy fats — those that have always been found in animals and plants. Our hunter-gatherer ancestors survived on these foods. In the Paleolithic era, no one planted crops, and no factories churned out industrialized foods. Our ancestors didn't have access to grains, sugars, starches, legumes, dairy, processed foods, or oils — and autopsies show that they were better for it. They may not have had the convenience of a one-minute meal, but our ancestors had far higher levels of health and didn't suffer from the modern-day diseases we do today.

Changes in everyday foods and in food processing have fundamentally altered modern diets. Paleo foods differ nutritionally in several ways, such as their ability to do the following:

- ✓ Balance blood sugar and keep your overall sugar load down
- ✓ Create a favorable fatty-acid balance (omega-6 to omega-3 balance)
- ✓ Balance macronutrients (proteins, fats, and carbohydrates)
- ✓ Provide adequate amounts of trace nutrients (minerals)
- ✓ Promote and maintain acid-base balance (how acid and alkaline your blood is)
- ✓ Add robust amounts of fiber to your daily plate (for intestinal health)

The fact that modern-day foods aren't working is rather obvious. People are sicker and fatter than ever and are more confused about what to eat and how to live than in any other time in history. But living Paleo cuts through the confusion and clarifies what foods move you toward health.

When you begin eating Paleo, your body sheds unhealthy cells. You peel away layers of fat; you become leaner, stronger, and healthier.

Taking a cue from our ancestors

Our bodies haven't changed much since before agricultural society. Our body's needs now are similar to what they were during Paleolithic times, before the dawn of agriculture.

Humans have been shaped and molded over a hundred thousand generations. What our bodies were designed to eat then, they are designed to eat now. In other words, our genes are still stuck in the hunter-gatherer's time, even though we're living in the modern world. Our genes simply haven't caught up to the modern-day divergence.

About 10,000 years ago, the birth of *agriculture* changed the way people lived. Hunter-gatherers became attracted to a new way of life based on a routine and settled existence that centered around agriculture and the breeding of animals.

The tidal wave of change happened again a few hundred years ago with the *Industrial Revolution*. The impact that this technological progress has had on human biology is huge. Some of these advancements have provided safety and convenience. But some of these man-made environmental changes have caused a pandemic of human suffering and diseases that were unknown to our ancestors.

Autopsies show that the hunter-gatherers were some of the healthiest people to walk the earth. Using their lifestyle as our template, we can strike a balance between modern-day living and our grassroots beginning.

Living the way we were designed

If you've tried other eating plans and haven't been successful long term or if you've been trying to get well and are making little headway, you're probably carrying the wrong road map. Here's why: The missing link is probably that you're not eating the foods that you're *designed* to eat or living the lifestyle you're designed to live.

Our genes have changed very little since Paleolithic times. In fact, according to medical anthropologist S. Boyd Eaton, MD, 99.99 percent of our genes were formed before the development of agriculture. This is big. That means that our hunter-gatherer ancestors programmed our genes. How they ate is our nutritional blueprint, how they moved is the blueprint for our physiology, and how they lived is the blueprint for the lifestyle we should strive to lead.

You don't need to live life as a science experiment, trying to reenact everything our ancestors did or see the world through Paleo goggles. You just

need to understand how your genes were programmed and try to model that as closely as you can. When you model the Paleo lifestyle, your struggles will be greatly reduced.



As humans, our bodies are the result of an optimal design that has been shaped and molded by nature. To look and feel your absolute best, you have to do what it's designed to do. *Paleo All-in-One For Dummies* is your reference guide to show you how to live according to your nature.

Living Paleo is about getting you healthy. When your cells are healthy, everything falls into place. You feel better, look better, and lose weight. What makes Paleo different from everything else is that the nutrient-dense foods are just one piece of the puzzle. The way you live *outside* of the kitchen has as much to do with how you look and feel as the foods you eat.

Traditional diets provide food rules, and that's where they end. You follow the rules, hope to get results, and hope that the results stick. This pattern is often the recipe for disappointment and frustration because eventually the rules stop and your life takes over. You haven't made lifestyle changes that support lasting results.

Paleo considers why you eat, when you eat, how you eat, and other factors in your life that influence how you feel, such as amount and quality of sleep, stress levels, sunlight, movement, supplementation, and your thoughts. It's a lifelong change that's fairly simple to make and has lasting, positive consequences, unlike a diet that's meant as a short-term solution to lose a few pounds, which ultimately leads to frustration and hopelessness.

In the end, your habits and patterns are responsible for how you look and feel. Living Paleo gives you the lifestyle patterns and strategies that go well beyond a flash-in-the-pan diet. You figure out how to make the lifestyle changes that have lasting, positive effects.



Genetically, you can live for 120 years. The key is creating healthy lifestyle patterns so your body expresses health and vitality and doesn't express disease or obesity. That's what living Paleo is all about.

Glimpsing the Science Behind the Lifestyle

Yes, the excitement and results of living Paleo are awesome. But knowing that some of the most respected leaders in the field, as well as some of the most brilliant researchers, have found evidence for why Paleo foods and Paleo living work well is a great reassurance.

Here are some facts from leading Paleolithic researchers S. Boyd Eaton, MD, and M. Konner, PhD, cited in the *New England Journal of Medicine* (“Paleolithic nutrition: a consideration of its nature and current implications.” 1985: N. Eng. J. Med. 321, 283–289):

- ✔ “The human genetic constitution has changed relatively little in the past 40,000 years.”
- ✔ “The development of agriculture 10,000 years ago has had a minimal influence on our genes.”
- ✔ “The Industrial Revolution, agribusiness, and modern food-processing techniques have occurred too recently to have any evolutionary effect at all.”
- ✔ “Physicians and nutritionists are increasingly convinced that the dietary habits adopted by Western society over the past 100 years make an important etiologic contribution to coronary heart disease, hypertension, diabetes, and some types of cancer.”
- ✔ “These conditions have emerged as dominant health problems only in the past century and are virtually unknown among the few surviving hunter-gatherer populations whose way of life and eating habits most closely resemble pre-agricultural human beings.”

Here’s some compelling research from Dr. Loren Cordain (*The Paleo Diet* [Wiley]), professor in the Health and Exercise Science Department at Colorado State University and one of the top global researchers in the area of evolutionary medicine:

- ✔ “DNA evidence shows genetically humans have hardly changed at all (to be specific, the human genome has changed less than 0.02% in 40,000 years).”
- ✔ “Nature determined what our bodies needed thousands of years before civilization developed, before people started farming and raising livestock.”
- ✔ “In other words, built into our genes is a blueprint for optimal nutrition — a plan that spells out the foods that make us healthy, lean, and fit.” (The *blueprint* is Paleo foods.)

Finally, Rainer J Klement and Ulrike Kämmerer discuss the striking benefits and prevention of cancer with a Paleo diet in *Nutrition & Metabolism* (“Is there a role for carbohydrate restriction in the treatment and prevention of cancer.” October 2011. 8[75]):