

Making Everything Easier!™

Living Paleo

FOR DUMMIES®

Learn to:

- Lose weight with the Paleo lifestyle
- Improve your health and longevity
- Make Paleo-friendly dishes for every meal of the day
- Look, feel, and perform your best
- Tackle high-intensity workouts

Melissa Joulwan

*Author of Well Fed: Paleo Recipes
For People Who Love To Eat*

Dr. Kellyann Petrucci

*Coauthor of Boosting Your Immunity
For Dummies*



Making Everything Easier!™

Living Paleo

FOR DUMMIES®

Learn to:

- Lose weight with the Paleo lifestyle
- Improve your health and longevity
- Make Paleo-friendly dishes for every meal of the day
- Look, feel, and perform your best
- Tackle high-intensity workouts

Melissa Joulwan

Author of *Well Fed: Paleo Recipes
For People Who Love To Eat*

Dr. Kellyann Petrucci

Coauthor of *Boosting Your Immunity
For Dummies*



Living Paleo For Dummies®

Visit

www.dummies.com/cheatsheet/livingpaleo to
view this book's cheat sheet.

Table of Contents

[Introduction](#)

[About This Book](#)

[Conventions Used in This Book](#)

[What You're Not to Read](#)

[Foolish Assumptions](#)

[How This Book Is Organized](#)

[Part I: The Power of Paleo](#)

[Part II: Embracing the Paleo Lifestyle](#)

[Part III: Paleo Recipes for Success](#)

[Part IV: Making Paleo Practical in a Modern
World](#)

[Part V: The Part of Tens](#)

[Icons Used in This Book](#)

[Where to Go from Here](#)

[Part I: The Power of Paleo](#)

[Chapter 1: What Is Paleo?](#)

The Foundations of the Paleo Lifestyle

Enjoying foods that make up the Paleo diet

Taking a cue from our ancestors

Living the way we were designed

Understanding that Paleo is a lifestyle, not a diet

The Prescription for Modern Ailments

Losing weight on the Paleo diet

Clearing up gut and skin issues

Getting a good night's sleep

Stabilizing blood sugar

Reducing chronic inflammation

Why Start Paleo Living?

Look and feel better within 24 hours

Lose weight through good health, not fads and get-slim-quick schemes

The Science Behind Paleo

Chapter 2: Modern Foods and Your Inner Cave Man

Getting Familiar with the “Yes” and “No” Foods of the Paleo Diet

100% Paleo-approved: Checking out the Paleo “yes” list

[Paleo no-nos: Watching out for foods on the “no” list](#)

[The Truth about Common Foods](#)

[Slaying the sugar demon](#)

[Making the case for high-quality fats](#)

[Fitting fruit into the Paleo plan](#)

[Realizing that eggs are A-Okay \(and cholesterol isn't so bad\)](#)

[Making happy hour truly happy](#)

[Figuring Out How Much You Can \(And Should\) Eat](#)

[Understanding why a calorie isn't just a calorie](#)

[Trying the eat-until-satisfied approach](#)

[Measuring your food at a glance](#)

[Supercharging Your Body with the Power of Paleo Foods](#)

[Getting the nourishment you need](#)

[Creating healthy cells](#)

[Balancing your pH](#)

[Identifying food allergies and sensitivities](#)

[Chapter 3: Gearing Up for Paleo](#)

[Beginning Your Paleo Journey](#)

[Unplug and reprogram](#)

[Embrace the 30-Day Reset](#)
[Decide, commit, and go!](#)

[Building the Foundation for Success: The 30-Day Reset](#)

[Developing a habit with 30 days](#)
[Renewing your system](#)
[Mastering the plan](#)
[Understanding your body's transformation](#)
[Battling the sugar demon](#)

[The Big Seven: Tracking Your Progress with Health Markers](#)

[Body composition](#)
[Strength](#)
[Blood pressure](#)
[Blood sugar markers](#)
[C-reactive protein](#)
[Cholesterol and triglycerides](#)
[pH \(acid-base balance\)](#)

[Capturing Your Personal Before and After Makeover](#)

[Part II: Embracing the Paleo Lifestyle](#)

[Chapter 4: Paleo Nutrition](#)

[The Paleo Big Three: Animal Proteins, Natural Fats, Complex Carbohydrates](#)

[Paleo proteins and why animals matter](#)
[Friendly fats and why they're essential](#)
[Complex carbs and why they're king](#)

[Rethinking the Pyramid](#)

[The flawed USDA food pyramid](#)
[The Paleo pyramid](#)

[Beyond the Big Three](#)

[Desserts redefined](#)
[Shakin' it up with protein shakes](#)
[Salt: Love it or leave it](#)

[Paleo-Approved Supplements](#)

[Omega-3s](#)
[Probiotics](#)
[Vitamin D3](#)
[Melatonin](#)
[Magnesium](#)
[Branched-chain amino acids](#)

[Chapter 5: Modern Challenges, Ancient Solutions](#)

[The Civilized Life of a Cave Man](#)

[The working life of a Paleo man](#)
[The relaxing life of a Paleo man](#)

[Sleep: An Essential Ingredient for Weight Loss and Health](#)

What happens when you're short on zzz's
Getting enough sleep and creating a
natural rhythm

The Sun's Time to Shine

Sunblock and sunscreen: Making the right
choice

Getting a healthy boost of sunshine with
slow immersion

Water: The Ideal Drink

Recognizing your body's signs for hunger
and thirst

Determining whether tap water is okay

Choosing clean water for wellness

Stress and Belly Fat: Modern Problems for Today's Cave Man

Putting your body under stress

Understanding the dangers of belly and
visceral fat

Minimizing stress and belly fat

Combating stress and cravings

Ridding Your Life of Toxins

Shifting your chemical culture

Eliminating toxins on your skin

Removing toxins from your home

Avoiding EMFs, the invisible pollution

Chapter 6: Incorporating Paleo Exercises into Your Life

Moving the Way You Were Designed to Move

Living Paleo resistance: Building strength and fighting age

Living Paleo anaerobic: Building speed and power

Living Paleo aerobic: Doing what you love to build endurance

Determining how much movement you need and how often

The Road Map to Lean and Healthy

Warming up and stretching yourself

Gathering the equipment for strength training

Performing Paleo strength exercises

Progressing through sprinting and recovery exercises

Chilling out with yoga

Designing Your Personal Paleo Exercise Program

Beginner sample week

Intermediate sample week

Advanced sample week

Chapter 7: Stocking a Paleo-Friendly Kitchen

[Cleaning Out Your Kitchen](#)

[The cabinets and pantry](#)

[The refrigerator](#)

[The freezer](#)

[Restocking Your New, Paleo-Friendly Kitchen](#)

[Paleo protein](#)

[Paleo produce](#)

[Paleo fats](#)

[Paleo pantry staples and spices](#)

[Gathering Essential Paleo Cooking Tools](#)

[Appliances](#)

[Gadgets and cookware](#)

[Trying Paleo-Approved Cooking Methods](#)

[Navigating the Grocery Store](#)

[Creating your Paleo-approved grocery list](#)

[Reading and understanding labels](#)

[Living Paleo on a Budget](#)

[Choosing whether to buy organic](#)

[Assessing your meat options: Grass-fed and pastured or factory-farmed](#)

[Chapter 8: Paleo Jump Start: The 30-Day Reset](#)

[The Rules for Your First 30 Days](#)

Dear Diary: Guidelines for 30 Days of Journaling

Week 1: Cleaning Up and Jumping In

What's happening?

Tasks and assignments

Troubleshooting challenges

Week 2: Creating New Habits and Being Strong

What's happening?

Tasks and assignments

Troubleshooting challenges

Week 3: Feeling Great and Sharing Your Success

What's happening?

Tasks and assignments

Troubleshooting challenges

Week 4: Celebrating Success and Preparing for What's Next

What's happening?

Tasks and assignments

Troubleshooting challenges

Part III: Paleo Recipes for Success

Chapter 9: Slow Down, Savor, and Keep It Simple

Connecting with and Enjoying Your Food

Eating at the table

Creating the restaurant experience at home

Packing lunches and snacks

Redefining your meal options

Distinguishing Between Your Emotional Appetite and True Hunger

Setting a Time For (Occasional) Treats

Choosing treats, not cheats

Deciding when a treat is okay

Savoring your food

A Note About the Recipes in This Book

Chapter 10: Everyday Entrees

Making Family Favorites Fit in Your Paleo Lifestyle

Tossing Together Main Dish Salads for Paleo-Approved Meals

Chapter 11: One-Pot Meals

Sitting Back with Soups and Stews

Exploring Easy Egg Dishes

Keeping It Simple with Slow Cooker Meals

Chapter 12: Vegetable Side Dishes

[Satisfying Your Paleo Palate with Cool Side Salads](#)

[Evolving Past Starches: Paleo-Friendly Hot Side Dishes](#)

[Chapter 13: Snacks and Treats](#)

[Making Sure Your Snacks Are Healthy](#)

[Indulging with fruit and desserts](#)

[Enjoying Paleo-friendly, grain-free goodies](#)

[Chapter 14: Sauces and Seasonings](#)

[Making Your Own Dressings and Condiments](#)

[Adding Flavor with Sugar-Free Spice Blends](#)

[Part IV: Making Paleo Practical in a Modern World](#)

[Chapter 15: Dealing with Potential Pitfalls](#)

[Clearing Diet-Related Hurdles](#)

[The carb flu](#)

[Cravings](#)

[Accelerating Through Eight Common Roadblocks to Living Paleo](#)

[“It’s just too hard”](#)

[“I’m too busy; I don’t have time for this”](#)

[“I’m not losing any weight”](#)

“I feel like I can’t eat anything on this diet”

“My friends and family think I’ve gone mad”

“I can’t afford to eat Paleo”

“I can’t find healthy meats or vegetables where I live”

“I don’t know how to cook”

Incorporating Paleo into Vegetarian and Vegan Lifestyles

Getting enough protein

Avoiding Frankenfoods

Chapter 16: Dining Out and Traveling

Choosing the Right Restaurant

Keeping your expectations in check:

Restaurants aren’t perfect

Making friends with the server and chef

Managing the Restaurant Menu

The “yes” list: Paleo-friendly cooking methods

The “no” list: Cooking methods and terms to avoid

American restaurants, diners, and cafés

International cuisine

Taking Paleo on the Road

[Finding or bringing airport-friendly snacks](#)
[Snacking while driving: The “emergency” car cooler](#)

[Chapter 17: Enjoying Special Occasions](#)

[Planning Ahead for Social Events](#)
[Eating Paleo During Celebrations and Holidays](#)

[Creating Paleo-friendly celebratory meals](#)
[Having the occasional drink](#)
[Fighting temptation](#)
[Updating old traditions and creating new ones](#)

[Indulging with Pleasure](#)

[Chapter 18: Transitioning the Family](#)

[Taking the “Kids First” Approach](#)

[Leading by example](#)
[Different ages, different stages:](#)
[Improving nutrition for kids of any age](#)
[Eliminating gluten and dairy, the dynamic devils](#)
[Teaching kids the “why” behind the “what”](#)
[Providing tasty and nutritious treats](#)

[Managing Mealtimes](#)

[Pick a meal, any meal](#)
[The 2-plus-1 dinner rule](#)
[The “no biggie” rule](#)
[The non-negotiable bite](#)
[Building a kid-friendly plate](#)

[Convincing Your Significant Other](#)

[Part V: The Part of Tens](#)

[Chapter 19: Ten Foods to Always Have in the Kitchen](#)

[Cage-Free, Organic Eggs](#)
[Organic, Grass-Fed Ground Beef](#)
[Sardines Packed in Olive Oil](#)
[Cauliflower](#)
[Collard Greens](#)
[Frozen, Unsweetened Berries](#)
[Sweet Potatoes](#)
[Full-Fat Coconut Milk](#)
[Organic, Unsweetened Coconut Flakes](#)
[Unrefined Coconut Oil](#)

[Chapter 20: Ten Effective No-Equipment Exercises](#)

[Burpees](#)
[Sit-Ups](#)
[Walking Lunges](#)
[Air Squats](#)
[Step-Ups](#)
[Dips](#)
[Jumping Jacks](#)

[Plank Hold](#)

[Walking and Running](#)

[Qi Gong K-27 Energy Buttons](#)

[Cheat Sheet](#)

Living Paleo For Dummies[®]
**by Melissa Joulwan and Dr. Kellyann
Petrucci**



John Wiley & Sons, Inc.

Living Paleo For Dummies[®]

Published by
John Wiley & Sons, Inc.
111 River St.
Hoboken, NJ 07030-5774
www.wiley.com

Copyright © 2013 by John Wiley & Sons, Inc., Hoboken, New Jersey

Published by John Wiley & Sons, Inc., Hoboken, New Jersey

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, the Wiley logo, For Dummies, the Dummies Man logo, A Reference for the Rest of Us!, The Dummies Way, Dummies Daily, The Fun and Easy Way, Dummies.com, Making Everything Easier, and related trade dress are trademarks or registered trademarks of John Wiley & Sons, Inc., and/or its affiliates in the United States and other countries, 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: The publisher and the author make no representations or warranties with respect to the accuracy or completeness of the contents of this work and specifically disclaim all warranties, including without limitation warranties of fitness for a particular purpose. No warranty may be created or extended by sales or promotional materials. The advice and strategies contained herein may not be suitable for every situation. This work is sold with the understanding that the publisher is not engaged in rendering legal, accounting, or other professional services. If professional assistance is required, the services of a competent professional person should be sought. Neither the publisher nor the author shall be liable for damages arising herefrom. The fact that an organization or Website is referred to in this work as a citation and/or a potential source of further information does not mean that the author or the publisher endorses the information the organization or Website may provide or recommendations it may make. Further, readers should be aware that Internet Websites listed in this work may have changed or disappeared between when this work was written and when it is read.

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: 2012951867

ISBN 978-1-118-29405-5 (pbk); ISBN 978-1-118-29406-2 (ebk); ISBN 978-1-118-29407-9 (ebk); ISBN 978-1-118-29408-6 (ebk)

Manufactured in the United States of America

10 9 8 7 6 5 4 3 2 1



About the Authors

Melissa Joulwan is the author of *Well Fed: Paleo Recipes for People Who Love to Eat* (Smudge Publishing, LLC) and the author of the recipes and Meal Map included in the *New York Times* Bestseller *It Starts With Food: Discover the Whole30 and Change Your Life in Unexpected Ways* (Victory Belt Publishing). Her recipes have appeared in *Paleo Magazine*, and she was a featured chef for U.S. Wellness Meats and Lava Lake Lamb. She

also teaches Paleo cooking classes at the Whole Foods Culinary Center.

Melissa has been following a strict Paleo diet since 2009, when she underwent a thyroidectomy. In the aftermath of the surgery and recovery, she became particularly interested in how diet affects hormones, body composition, mood, and mental well-being. Her experiences are chronicled on the popular, award-winning blog *The Clothes Make The Girl* (www.theclothesmakethegirl.com), where she writes daily about the Paleo lifestyle, recipes, fitness training, yoga, meditation, and motivation.

Melissa is also a community ambassador for *Experience Life* magazine, a contributor to health and fitness periodicals, and a frequent presenter at Paleo conferences.

Dr. Kellyann Petrucci earned her bachelor's degree from Temple University, hosted her alma mater's Department of Public Health Intern Program, and mentored students entering the health field. She earned her master's degree from St. Joseph's University and her Doctor of Chiropractic degree from Logan College of Chiropractic/University Programs, where she served as the Postgraduate Chairperson. Dr. Kellyann did postgraduate coursework in Europe. She studied Naturopathic Medicine at the College of Naturopathic Medicine, London, and she is one of the few practitioners in the United States certified in Biological Medicine by the esteemed Dr. Thomas Rau, of the Paracelsus Klinik Lustmühle, Switzerland.

In Dr. Kellyann's many years in a thriving nutritional-based practice and consulting, she's helped patients build the strongest, healthiest body possible. She learned early on that looking and feeling amazing came down to learning simple, principle food values that made astonishing differences in people's lives. She realized that deep nutrition wasn't about

fancy powders, ancient elixirs, or the latest creams; it was about reprogramming the body to get back to the basics and eat the way people were designed to eat. She found the principles of living Paleo to be the key for those who want to lose weight, boost immunity, and fight aging. Dr. Kellyann has seen so much success from those eating Paleo that she feels a moral obligation to spread the message of eating real food.

Dr. Kellyann is the coauthor for the health and lifestyle book *Boosting Your Immunity For Dummies* (Wiley). She also created the successful kids' health and wellness program Superkids Wellness and developed the PaleoSmart System and International Wellness Consulting.

You can find free nutritional videos and a weekly dose of news, tips recipes, and inspiration on her website www.DrKellyann.com.

Dedication

From Melissa: I dedicate this book to my husband, Dave, for always approaching the dinner table with an open mind and an open heart; you're my favorite taste-tester. And to my parents, Tom and Roni Joulwan, thank you for letting me be weird, for teaching me how to play in the kitchen, and for proving that love and food can be happily intertwined.

From Dr. Petrucci: I dedicate this book to my boys: my husband Kevin and my little guys John and Michael. There were a lot of "no's" and "no shows" during the creation of this book, and they were always positive and did what it whatever it took to make my dreams flourish. Kevin, thanks for all of the paleo meals you created for us while in the throws of my writing. It wasn't always easy wearing so many of the household hats, and you done good! And I can't forget the eager faces of my little boys, with their bright eyes and sparkly smiles, asking me, "What page are you on now?" (every ten minutes) and saying,

“Really, Mom, you’re going to be in a bookstore?” You injected every tireless writing day with a burst of sunshine. I will never take for granted a single day I share with my boys! And for my parents, John and Ellie, who have always taught me that if I make value-based decisions, the world will unfold as it should, when it should. Thank you Dad for teaching me how to be an entrepreneur. And Mom, you’re such a beautiful artist. Thank you times ten for always embracing and enriching my creativity. I also dedicate this book to my sister, Dr. Kathleen Petrucci, and her husband Glenn. Kathy, I respect your grit and good-spirited high energy more than you’ll ever know. I love sharing the “twin syndrome” with you. I’m so glad I have you and Glenn to chew the paleo fat with! To my brothers, Joseph and John Michael, who have added so much joy and laughter to my life, thank you for forever making my life rich! And to Dr. Jennifer Bonde, who will always be my dearest friend on the planet. She may not be my biological sister, but she is a sister of the heart. I’m so glad my life’s journey has you in it! Finally to Pamela and Andrew Carroll, I admire your determination to find solutions and your love of the power of paleo. I value all of our exchanges and find it heartwarming watching you skillfully sharing your passion with others.

Authors’ Acknowledgments

From Melissa: First, a big hug of thanks and a sincere nod of respect to my coauthor, Dr. Kellyann, for inviting me along on this adventure. I also send deep gratitude to the readers of *The Clothes Make The Girl* for encouraging me to write *Well Fed*, which put me on the path to this book. Heartfelt thanks to Jen Sinkler, all-around excellent human and exemplary fitness model, for demonstrating the exercises and proving that strong is beautiful. And to Melissa and Dallas Hartwig of Whole9, I’m

forever grateful that you taught me how to “just eat” real food so I could find my way back into the kitchen.

From Dr. Petrucci: Thank you to my talented coauthor, Melissa Joulwan, for taking a leap of faith and for all of the heart-to-hearts along the way; I respect her talents a great deal. I also feel deep gratitude and will be forever thankful to my agent, Bill Gladstone, of Waterside Productions for giving me my first “break.” I’m grateful he not only believed in me, but encouraged me to roll the dice and go for it. And to Margot Hutchinson of Waterside Productions who made fantastic deals happen along the way and truly cares about my future — you’re a good egg, Margot! Also, thank you to all the masterful pros at John Wiley & Sons: Acquisitions Editor Tracy Boggier, who worked like mad to shepherd and organize this title, and to the Project Editor Tim Gallan who kept the quality up, and the stress low. Thanks Tim. To Scott Frishman (a.k.a. Tell It), thank you for all of the guidance. And thanks to Rick Frishman for making the magic happen in so many of our lives. To all of the doctors, coaches, and business leaders that I have learned from in the last 30 years, your messages and inspiration will always be pieces of my life’s quilt.

Publisher’s Acknowledgments

We’re proud of this book; please send us your comments at <http://dummies.custhelp.com>. For other comments, 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.

Some of the people who helped bring this book to market include the following:

Acquisitions, Editorial, and Vertical Websites

Senior Project Editor: Tim Gallan

Senior Acquisitions Editor: Tracy Boggier

Copy Editor: Jennette ElNaggar

Assistant Editor: David Lutton

Editorial Program Coordinator: Joe Niesen

Technical Editor: Rachel Nix

Recipe Tester: Mike Tully

Nutritional Analyst: Patti Santelli

Editorial Manager: Michelle Hacker

Editorial Assistants: Rachelle S. Amick, Alexa Koschier

Art Coordinator: Alicia B. South

Cover Photo: © Kensuke Okabayashi

Cartoons: Rich Tennant (www.the5thwave.com)

Photographer: Bob McNamara

Composition Services

Project Coordinator: Sheree Montgomery

Layout and Graphics: Jennifer Creasey, Joyce Haughey

Proofreaders: Melissa Cossell, Dwight Ramsey, Sossity R. Smith

Indexer: Riverside Indexes, Inc.

Publishing and Editorial for Consumer Dummies

Kathleen Nebenhaus, Vice President and Executive
Publisher

David Palmer, Associate Publisher

Kristin Ferguson-Wagstaffe, Product Development Director

Publishing for Technology Dummies

Andy Cummings, Vice President and Publisher

Composition Services

Debbie Stailey, Director of Composition Services

Introduction

You've probably heard a lot of names for what we call living Paleo: the Paleo lifestyle, the cave man diet, eating primal, and the real food diet. All these terms describe roughly the same way of eating. It's nutrition based on the idea that for optimal health, both mentally and physically, we should try to eat like our hunter-gatherer ancestors. In practical terms, that means focusing on whole foods that are processed as little as possible and avoiding foods, like grains and dairy, that cause inflammation inside your body.

When you remove inflammatory foods from your meals, you reduce your risk for diseases of civilization, such as heart disease, diabetes, and cancers. You also have more energy, look younger, lose weight, get stronger, and sleep more soundly. In short, you enjoy your life more.

Living Paleo isn't a "diet" in the traditional sense, though we do ask you to give up certain foods — sometimes just for 30 days and, in some cases, indefinitely. Although that may sound intimidating, this book shows you the reasons you should avoid certain foods for optimal health and fitness. We also provide plenty of practical tips to make the transition as easy as possible for you and your family. From how to stock your kitchen cupboards to healthy travel to reversing disease and exercising wisely, you'll find everything you need to adopt the Paleo lifestyle.

About This Book

Adopting the Paleo diet may seem overwhelming at first, so this book is organized in a way that makes the benefits of living Paleo easy to understand. We explain the foundation of Paleo

principles and show you how adapting some of the lifestyle characteristics of our hunter-gatherer ancestors can vastly improve your modern quality of life.

We break down the “yes” and “no” lists of Paleo foods so you know exactly where to begin your new nutritional lifestyle, and we help you understand just how much to eat to reach your goals. Whether you’re trying to lose weight, reverse a medical condition, or improve your athletic performance, this book provides the information you need to succeed.

Understanding the underlying science of the Paleo diet can help keep you on track when cravings or temptations arise, so we explain the nutritional aspects of the Paleo lifestyle and answer your questions about fiber, vitamins, minerals, supplements, and more. But living Paleo goes beyond the food that you put on your plate, so we also explore how you can learn from our cave-man ancestors to improve your sleep, enhance your playtime, and improve your fitness, while enjoying the modern conveniences that make your life easier.

If you’re more interested in practical application than scientific theories, we’ve got you covered there, too, with chapters that outline how to revamp your kitchen for the Paleo lifestyle as well as tips for traveling — for work or pleasure — without kissing your good habits goodbye.

And finally, we include plenty of delicious, satisfying recipes to help you and your family make the transition to living Paleo. The recipes will keep you well fed from breakfast through dinner with healthy snacks in between; we also provide easy meal ideas that don’t require a recipe at all to create your own Paleo-friendly “fast food”; and we even include a few dessert recipes for those special occasions when you want something a little sweeter than usual.

Conventions Used in This Book

We use the following conventions throughout the text to make things consistent and easy to understand:

- ✓ All web addresses appear in monofont.
- ✓ When this book was printed, some web addresses may have needed to break across two lines of text. If that happened, rest assured that we haven't put in any extra characters (such as hyphens) to indicate the break. So when using one of these web addresses, just type in exactly what you see in this book, pretending as though the line break doesn't exist.
- ✓ **Boldface** highlights keywords in bulleted lists and the action parts of numbered steps.

What You're Not to Read

We've written this book so you can find information easily and quickly. Each chapter covers one aspect of living Paleo and includes specific details and practical tips to help you understand how to incorporate it into your new lifestyle. If you don't have the time (or the desire) to read every word, you can skip the text in the sidebars, the shaded boxes you see throughout the book. They provide detailed examples or information to supplement the primary points explained in the chapters.

You don't need to read every single paragraph of this book to begin to enjoy the benefits of living Paleo. Feel free to skip around to the stuff that interests you most.

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 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.
- ✔ You want to stop eating processed and unhealthy foods to feel younger, healthier, more vibrant, and happier.
- ✔ You're interested in learning how food affects you physically and mentally, but you don't want to get bogged down in too much scientific detail.
- ✔ You're open to the idea of making lifestyle changes — avoiding certain foods, making sleep a priority, adopting a fitness program — to enhance your quality of life.

How This Book Is Organized

We've divided this book into five parts to make the different topics more manageable and easier to digest. Each part deals with certain aspects of living Paleo and discusses the relevant issues, including nutrition, how to get started, fitness, social situations, shopping, travel, and recipes. You don't have to read straight through the book from cover to cover; you can pick a chapter of interest and read it to find out everything you need to know about that issue.