

General Information

We want to help you develop a diet plan that you can live with on a daily basis. Just to be clear, we are not doctors, dietitians or nutritionists. These are merely suggestions, and compliance is 100% up to you. Remember, body composition changes are a result of 80-90% nutrition.

“You don’t go on a diet, you live one.” We want you to make small, meaningful changes that you can stick to. To help cleanse/detox your body, we may ask you to be extra strict for the first 30 days.

Eating as suggested will increase energy, improve sleep, improve mental clarity and contribute to body composition change.

Generally speaking, eat meat, vegetables, nuts and seeds, fruit, some starch and no sugar.

When in doubt, don’t eat it!

What To Eat

PROTEIN

Eat small amounts of protein at every meal. A portion size is no larger than 6 ounces and most likely only 3 or 4 ounces at most meals.

Choose a variety of protein sources such as deer, venison, beef, goat, pork, lamb, fish and shellfish, chicken and other fowl and eggs. Some cheese is okay, but limit the quantity (we may ask you to eliminate dairy for the first 30 days). While there are differing opinions about nitrites/nitrates, we recommend avoiding lunch meats or hotdogs with added nitrates.

Eat locally raised and grass-fed meat and eggs as much as possible. Most meat sources and eggs in the regular grocery stores are grain-fed and tend to be more harmful than good for you. There are great sources of both meat and eggs and the Farmer’s Market (Saturdays from 8 to 1 and Tuesdays from 3 to 6 in Abingdon). The Whole Health Center (276-628-3170 - Sean & Donna Bossie) here in Abingdon is also a great source for locally raised meat and eggs.

CARBS

Eat vegetables, roots and fruits. Fresh vegetables and fruits are the best choices, then frozen. Eat canned only when absolutely necessary. Canned vegetables tend to have too much salt and canned fruits tend to have added sugar.

Lightly steamed, stir-fried or sautéed are the best ways to cook vegetables. Cook veggies in butter, olive oil, almond or macadamia nut oil, and coconut oil.

FATS

Eating good fats from real foods will not make you fat.

To make sure you are eating plenty of healthy fats, use butter, extra virgin olive oil, coconut oil, flaxseed oil, fish oil (from fish, not capsules) and tree nut oils, such as almond and macadamia nut. Eat avocados and raw nuts. (While roasted nuts are a good source of protein, the heat involved in most roasting processes hurts the ratio of good fats to bad).

See links below for helpful lists on what/what not to eat.

Stay Away!

- No grains or starchy carbohydrates. No wheat, oats/oatmeal, rice, corn, barley, quinoa, white potatoes and soy. No breads, pasta, bagels, cereal, pastries, donuts.
- Vegetarians may eat wild rice, quinoa, amaranth, buckwheat and fermented soy (tofu & tempeh).
- No sugar or sweeteners. No white sugar, brown sugar, cane juice, artificial sweeteners, agave syrup, honey, coconut nectar, pure golden sunshine...organic or not, sugar and sweeteners in all forms are off-limits.
- No dairy. No milk, cheese, yogurt. The only exception is butter.
- No alcohol, soda or fruit juice. Wine, spirits and beer are all out. Vegetable juice is ok.
- No artificial ingredients, processed foods, or trans fats. Avoid anything that contains partially hydrogenated vegetable oils such as corn oil, peanut oil and margarine.

1st 30 days: Reset

Your diet should be entirely paleo: meat, vegetables, nuts and seeds, fruit, some starch and no sugar. Avoid all grains, dairy products, industrial seed oils (corn, soybean, cotton, sunflower, safflower), alcohol, caffeine, and anything artificial.

Drink 16 to 32 oz. of water upon waking up.

Eat breakfast everyday. Try to have at least 30 grams of protein at breakfast. 4 eggs or 2 eggs and some bacon, sausage or a protein shake should cover this (but watch for sugars/artificial additives in protein drinks/mixes).

Drink 16-20 oz. of water between every meal.

You can eat up to 5 or 6 times per day with the plan. Don't waste any calories drinking anything other than water (except a protein shake if you so choose).

2nd 30 days: Rebuild

Follow the same general plan, but you are free to slowly introduce certain foods back into your diet to see how your body handles them. This is not a “free-for-all.” You’ve worked hard to reset your body the last 30 days. Don’t blow it now. And be patient. It will take time to determine which foods work and which ones don’t.

Types of foods you may choose to introduce: dairy, rice, buckwheat, pseudograins (quinoa, amaranth, millet, teff), beans, nightshades and eggs (if you avoided them for the first 30), alcohol, concentrated sweeteners, caffeine, and (dark) chocolate. Note that this does *not include wheat*, or any grain with gluten (rye, barley, etc).

Follow the guidelines specifically:

1. *Only 1 new food in a 3 day period.* Not an entire category (e.g. cream for 3 days and then yogurt. Keep them normal-size servings too).
2. *Keep a food diary.* (Blank diary template on his website).
3. If you do have a reaction, remove the food and let your body settle back to how you were feeling. *Wait at least 3 days.*
4. *Context matters.* Sleep, cold or flu, stress or other factors may affect how your body responds to certain foods. *Don't introduce new foods if you are sick or stressed.*

Suggested order of introduction (if you choose):

Dairy > non-glutenous grains > legumes > nightshades and eggs > alcohol > sweeteners > caffeine > chocolate

After the first 30 days, you can have 1 ‘cheat’ day a week, if you so choose (although you should leave out something that really doesn’t work for you. Also, remember that the effects of gluten can last long beyond the length of digestion. DON’T eat gluten, even on cheat days). Shelley and I choose Sunday. Save up anything you want to ‘cheat’ with for that day. However, still eat a really good breakfast (everyday). And get rid of anything you have left over after your cheat day so you don’t cheat two days in a row (or more).

More Information

Your Personal Paleo Code, nutrition articles, etc. www.chriskresser.com

Paleo www.perfecthealthdiet.com

<http://www.eat-real-food-paleodietitian.com/support-files/paleodietfoodguide.pdf> -- print-friendly list of foods to eat/avoid

<http://ultimatepaleoguide.com/paleo-diet-food-list/> -- very extensive list of paleo meats/veggies/fruits/oils, as well as foods not to eat

<http://crossfitanaerobicinc.com/paleo-nutrition/list-of-foods/> -- a less detailed, but more explanatory guide to foods.

For specific nutritional testing, check out:

Dr. Charley Ward
Women's Nutritional Health Center Johnson City, TN

Dr. Joy Sakonyi
Wellspring Whole Health 502 W. North Avenue Pittsburgh, PA 412-321-3231