

# 13 STEPS TO PERFECT PALEO

1

## Sleep:

8-10 hours per night is best and 3am to 1pm doesn't count. Try to get to bed at a decent hour. The more active you are, or the more stressful your lifestyle the more rest you will need. Sleep helps with food cravings, mood, stress, performance, and disease prevention. Completely darken your room with a black cloth or shade and enhance your quality of sleep.

2

## Eliminate Sugar:

Sugar literally steals nutrients from your body, causes dramatic spikes in blood sugar and causes energy crashes. Promotes fat storage & diabetes. Avoid fruit juices, table sugar, and artificial sweeteners. Check labels and ingredients for any added sugars. This includes dried fruit.

3

## Eliminate Grains and Legumes (beans):

Wheat, rye, barley, oats, corn, brown rice, quinoa, soy, peanuts, and all beans would be no-no's. "Whole-grains" just means "whole-lotta-problems." Most grains contain gluten which damages the lining of our gut and robs our bodies of certain vitamins and minerals. Opt for veggies or tubers like sweet potato or taro instead.

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## Eliminate Industrial Seed Oils:

Corn, canola, soybean, safflower, sunflower, vegetables, and peanuts are some but not all. Avoid hydrogenated and partially hydrogenated oils as well. Those are found in fake buttery spreads like "I can't believe it's not butter," and Earth Balance. They are in most prepackaged foods. Canned nuts usually contain them and most restaurants use them. Ask for alternatives.

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## Opt For Meals Over Snacks:

3-4 meals evenly spaced out is best. Roughly every 4 hours or so. Eat when you are hungry and don't stress out if you miss a meal. Focus on the quality of your food.

6

## Grass-fed, Organic, Local, and Pastured Raised:

They contain fewer antibiotics and hormones and carry better omega-3 to omega-6 ratios. Farmers markets offer a great chance to speak with farmers about how animals are cared for, raised, and treated. If you can not buy meats this way opt for the leanest cuts available and cook them in healthy fats like coconut oil.

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## Get Outside:

Take a break from work, errands, and house work to spend at least 30 minutes outside everyday. Expose your arms, face, and neck. Regular exposure will help to supplement your vitamin D (usually do not get enough) fight fatigue and disease.

8

## Exercise Right:

For the most part keep it short and intense. But make sure to get in plenty of variety. Long slow hikes, yoga, tai-chi, weight training is a great way to combine strength, flexibility, and aerobics. Listen to your body and rest when it tells you to.

9

## Exclude Dairy:

Most dairy produced is loaded with antibiotics and hormones. Vegetables will provide plenty of calcium so don't worry about that. If you just can't live without it choose full-fat, raw, local, and grass-fed options. Goat milk is wonderful.

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## Eat a Rainbow:

Choose a wide range with lots of color, Emphasize green and leafy but shop for color to get added nutrients. Cook in healthy fats like coconut oil or use in salads and top with cold olive oil or avocado.

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## Easy ON The Fruit and Nuts:

1-2 servings of fruits (fist size or handful) and 1-2 small handful of nuts a day should do you just fine. They are both easy to over eat and can cause digestive problems. The fructose in fruit can slow fat loss and disrupt thyroid Choose low sugar options like various berries and avoid tropical fruit which are higher in sugar like papaya and mango.

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## Do More of What You Love & Less of What You Don't:

Try new foods like rabbit and taro. Try different types of exercise like Crossfit and Tai-Chi. Challenge yourself by learning to surf, play guitar, or bungee jumping. Spend time doing more things you love. With the family, loved ones, with animals and nature. Smile as often as possible. Practice mediation and breathing.

13

## Eat Fat:

Saturated and mono saturated are best. Cook with butter, coconut oil, duck fat. Use olive oil, avocado, and macadamia oil as dressings or in homemade sauces. Fat is your friend. Your body and energy levels will thank you for it.