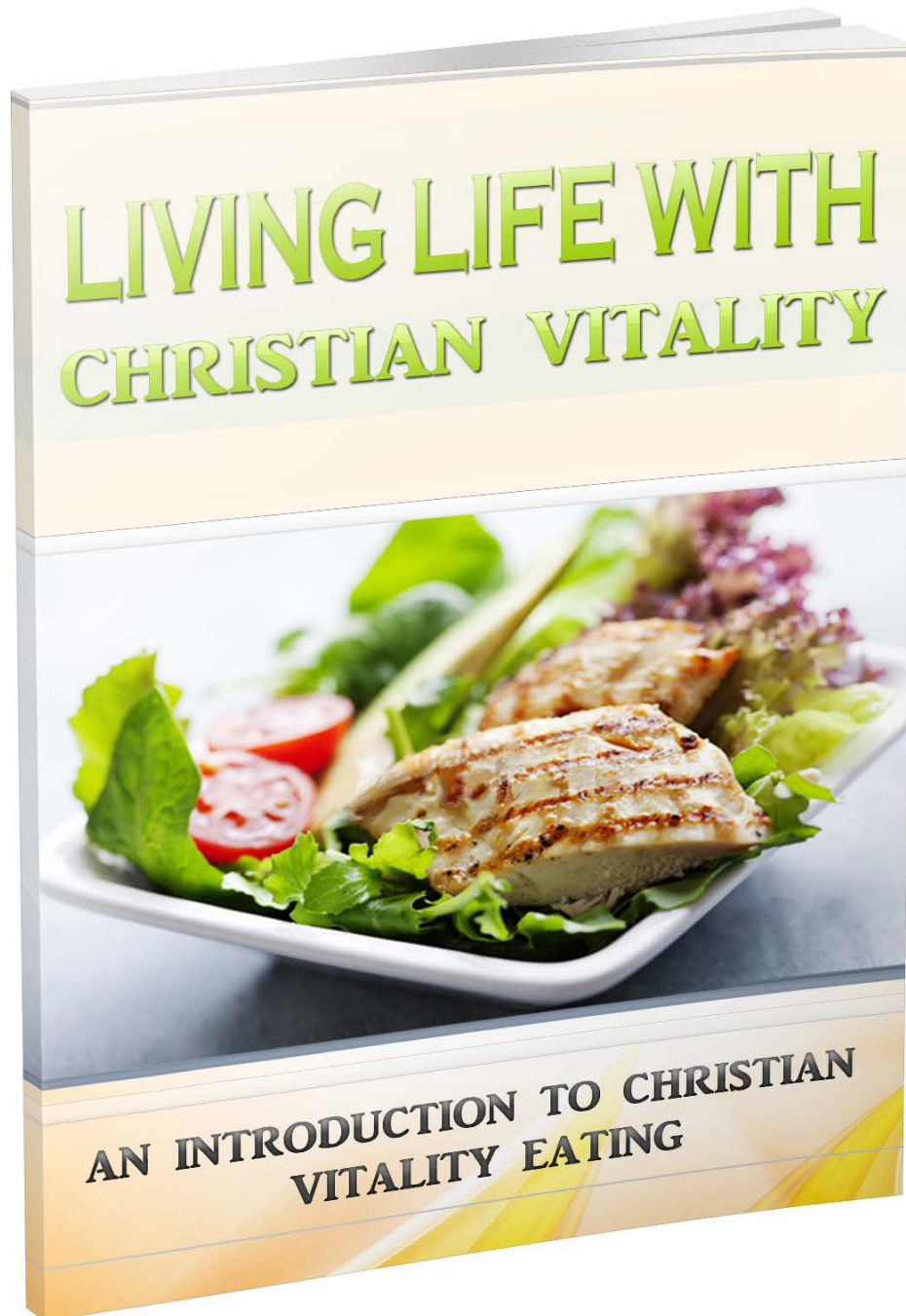




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PREFACE

What is the Christian Vitality Diet?

The Christian Vitality Diet is a combination of several programs and strategies, but follows most closely to what is commonly called the Paleo-diet. We will go into further details about the Paleo-diet and the; what & how parts later in this book. Going forward you can use the Christian Vitality Diet, Paleo-diet and the Christian Caveman Diet all interchangeably. They are essentially the same.

What I'm striving to do is help you make the connection to the fact that our human bodies have genetically changed very little since Adam & Eve were first created and set here on beautiful Earth.

First we have to address the issue of the Christian Cavemen. So, do I believe in evolution and that the Earth is 4 Billion years old. No, to do so, I would have to believe that the Bible is not the infallible word of God...which it is.

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<https://answersingenesis.org/evidence-for-creation/the-10-best-evidences-from-science-that-confirm-a-young-earth/>

Ken Ham and his team at the answersingenesis.org website, have done a wonderful job and made it their life's work to combat the inaccuracies of the evolutionist theories and I will refer you to them. They have hundreds of articles & decades of research dealing with all of the aspects and controversy behind this.

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Questions like “what about the dinosaurs?” “what about the caveman?” “How old is Adam & Eve?” and many others are found there. I’ve done the research and I’ll leave it to you to go research it for yourself, if you like.

<https://answersingenesis.org/dinosaurs/dinosaurs-and-the-bible/>

<https://cdn-assets.answersingenesis.org/doc/articles/radio/what-happened-to-dinosaurs.pdf>

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<https://answersingenesis.org/human-evolution/>

<https://answersingenesis.org/human-evolution/cavemen/>

<https://answersingenesis.org/human-evolution/cavemen/when-did-cavemen-live/>

<https://answersingenesis.org/human-evolution/cavemen/who-were-cavemen/>

Just know that I am a very well educated (with a couple of degrees & certifications) engineer by training and I have personally seen the hand of God in the design of the Universe and I firmly believe that the Bible is the infallible word of God.

We don't know all the answers...we're not supposed to. God intended us to have some mystery in our lives. But, it is important that you accept



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these truths as well or you may get lost in the worldly perspective of mankind and how we got here.

The very interesting thing to me is that the Paleo-diet dates our current (genome or genes) human heritage back about 10,000 years ago and the non-chronogenealogical young-earth creationists (Christians who believe there is scientific evidence to debunk Evolutionists theories), who I am one of, believe that the Bible allows for the possibility of genealogical gaps in Genesis 5 and 11, thus allowing for a creation date of Adam up to 10,000 BC.

<https://answersingenesis.org/bible-characters/adam-and-eve/creation-date-of-adam-from-young-earth-creationism-perspective/>

So, how long ago were Adam & Eve created? Roughly 10,000 to 12,000 years ago. Which, coincidentally matches up perfectly with Paleolithic man and all the research backing that his diet is good for us today.

There is a ton more great information on Adam & Eve and the scientific evidence supporting them at the links that follow:

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<https://answersingenesis.org/search/?csrfmiddlewaretoken=2FgXnXctwolPUI7JszOfTsZvubNoUvhC&site=AiGall&q=adam+%26+eve>

So, I firmly believe in the Paleo Diet and have personally seen it help cure people of obesity, diabetes, acne, infertility, high blood pressure, high cholesterol, and many other modern day diseases and ailments.

I can only conclude the Paleo Diet crowd has it right. Our bodies were designed by God to eat a hunter gatherer style of diet consisting only of whole natural, unprocessed foods. Foods that are low in sugar and refined oils.

Where the Paleo Diet tends to be a bit flawed, is on the history of the earth before Paleolithic man. So, when you read anything on Paleo ignore any introductory discussion on theories of a 4 billion year old Earth and the theory of Evolution. It's not relevant or even in context when talking about our genes and the last 10,000 – 12,000 years of our human history.



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Just know that the genes in your body match that of Adam & Eve and were designed by God to work and function in a maximum capacity by eating a Paleo Diet.

Adam & Eve invented the Paleo Diet. That is of course minus the meat eating part, which came after the flood when God gave Noah permission to eat animals in Genesis 9:1-3. Noah and the rest of human-kind were true hunter-gathers just like Paleolithic man.

Genesis 9 ¹And God blessed Noah and his sons and said to them, "Be fruitful and multiply and fill the earth. ²The fear of you and the dread of you shall be upon every beast of the earth and upon every bird of the heavens, upon everything that creeps on the ground and all the fish of the sea. Into your hand they are delivered. ³**Every moving thing that lives shall be food for you.** And as I gave you the green plants, I give you everything.

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INTRODUCTION

Anyone who takes a sustained look at the obesity numbers in the present global population will notice that they are rising fast. According to USA Today (May 29, 2014) the USA has 87 Million Americans that are obese and the world population has about 857 Million obese people overall. Clearly the USA is the leader in the world as far as obese people.

In early 2013, the [Centers for Disease Control](#) officially labelled obesity a disease and estimate that it will soon dominate as the #1 cause of death in Americans.

Despite the advancement in technology, healthcare and education, people are still making mistakes in how they eat. The current state of obesity in the world in 2014 calls for a return to the Paleo Diet, to eat the way God designed our bodies to eat. The present obesity debacle arises from the fact that people are taking up a lifestyle that is not optimal for their existence on earth and these behaviours leave the body with too many extra calories than it requires.



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The Paleo Diet derives its philosophy from the fact that people who inhabited the earth more than 10,000 years ago did not eat any processed food, yet they were healthy and not obese. Which is also true of the dozens of modern-day hunter-gatherer cultures around the world today. They did not and do not experience modern-day diseases like arthritis, cardiovascular complications and cancers. So based on this fact, anyone wishing to enjoy a healthy Paleo Diet and regain their health should simply ask themselves whether a caveman would eat what the person is about to eat. If the answer is yes, then it is a go-ahead for eating that particular food but if it's no, then it would be a hint to stop eating that kind of food.

In 2005, the Paleo Diet went mainstream after famous people started asking their followers to embrace it. Since then, various authoritative materials such as books and articles have been published to explain its benefits to health and fitness. Two that I've read and recommend are, you can click the links below:

[Mark Sisson's Paleo Blueprint](#) \$18.65 on Amazon.com

[The Paleo Solution by Robb Wolf](#) \$16.02 on Amazon.com

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In the past, human bodies were wired to cushion themselves against any form of food scarcity. That was the beginning of the attraction to fatty foods and other high calorie yielding foods. The present problem is that, technology and large-scale farming brought about by the agrarian revolution has made it possible to create excess food. People nowadays eat because it feels convenient to eat and not because they need the extra calories, in the foods that they take in.

The problem with most of the modern diet is that it lacks a balanced supply of both macro and micronutrients. When your body is experiencing a deficiency in a particular nutrient, it will initiate a hunger stimulus in your brain that will cause you to eat more. Unfortunately, if you do not go on to eat the right kind of food that produces the desired nutrient, you will end up with excess and still lack what you need. Thus, it is a major cause of obesity.

Now many modern fitness diet advocates call for a calorie limitation as a weight loss measure. This is beneficial only to a point. Remember that, without the right supply of all micro nutrients, your body will still cause



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hunger stimulus that causes you to break your fitness diet and eat in excess.

You can succeed at a health fitness diet, without the urges to binge eat, by taking up the Paleo Diet. It includes unprocessed meats, fresh fruits and vegetables as well as nuts. This combination has a lot of fiber that leaves you filled up without giving you excess calories. The Paleo Diet calls for low to none of the refined sugars and oils. The elimination of these two main ingredients that lead to obesity creates a calorie deficit and a nutrient surplus that leads to successful weight loss. Indeed, the time to take up the Paleo Diet is now. Journey with us as we embark on living life the Paleo way.



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CHAPTER 1- WHAT IS THIS THING THE PALEO DIET?

Currently a lot of people are talking about the Paleo Diet; some people also refer to it as the caveman diet and we call it the Christian Vitality Diet (it is Paleo Diet meets the Bible). As mentioned in the Preface of this book it originated from our ancient ancestors.

Humans have changed drastically in times of technology, culture and diet. On this particular discussion, our interest is on diet. After the Neolithic period, humans started practicing agriculture, hence a variety of ingredients become available for consumption changing our diet immensely.

Paleo eaters argue that as much as our environment have changed, our bodies have not had any change compared to our ancestors with our genes having changed by a mere 0.001% since the time of Adam & Eve, therefore our diets should not change either. Modern-day foods have



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been associated with a lot of medical conditions such as cancer due to the ingredients they contain. While they may be tasty and appealing, natural foods are healthier.

This brings us to the popular question, what exactly is the Paleo Diet?

This is a low sugar, high protein and low sodium diet that is meant to provide optimum health by following in our ancestors footsteps (of Adam & Eve and their grandchildren) who lived in the Paleolithic age. The basic principle about this diet is optimum health, but is also a good alternative if your aim is to lose weight.

A lot of evidence has been found to prove that our ancestors had the finest health and this is attributed to their diet. Different people may have various definitions to answer this question, but there are similarities in all these definitions i.e. minimally processed, locally available, in-season foods. A good way to also define this diet is by saying what it is not i.e. Paleo Diet is not any industrial refined oil, sugar, dairy (except for fermented dairy like yogurt & cheese in moderation), alcohol etc.



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Pastured, free-range chicken, grass-fed beef and anything organic are the most preferred foods for a Paleo Dieter. In terms of proteins, seafood/fish, poultry, lean meats, wild game are favored because they contain less saturated fats unlike processed meats and animals raised on grain. Animals that are grass-fed are eating the way God designed them to eat and by that very fact the fat they contain is Omega-3 (healthier) fat, where their grain-fed cousins are high in Omega-6 (a lot less healthy) fat.

When it comes to nuts or seeds, the ones with the most concentration of Omega-3 i.e. walnuts, macadamia, almonds and cashews are the best. Fruits with low glycemic index e.g. tomatoes, melons, onions and broccoli are favored unlike modern fruits to be large and look good. Herbs and spices are recommended regardless of whether they have been processed since they are organic anyways. Vinegar, fermented fruit juice is also a great choice for its metabolic effect and ability to help our bodies maintain glucose levels in human bodies.

Fast foods or foods in flashy wrappers are attractive, sweet and tempting; I bet you always salivate when you walk past a fast food café.

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The smell of fries, burgers and a drink of cold soda, well it is completely normal to feel that way (almost everyone feels that), but after trying Paleo for about 6 months, you would be surprised that a diet soda tastes very different than what you used to know, you can literally taste all the chemicals in it.

The Paleo Diet is growing daily as more people are getting concerned with what they eat, we are looking for ways to prevent diseases or lose weight. By recreating our early human diet, we are getting in touch with the ancient taste while reaping all the benefits that come with it. I believe this has answered the question, what exactly is the Paleo Diet and a couple of the foods recommended.



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CHAPTER 2 – THE REVITALIZATION OF THE PALEO DIET

As we have discussed, the Paleo Diet is based on ancient diet of man which included animals and wild plants that were consumed thousands of years ago during the Paleolithic era.

It is preservative and gluten free (can you imagine eating handfuls of wheat?). It is commonly centered on foods like eggs, fish, grass fed pasture raised meats, vegetables, potatoes, roots, fungi, fruits, nuts, fermented dairy products, unrefined salt, and unprocessed oils (coconut for cooking & olive oil for salads). But let's now retrace the steps and cover how this diet came back from the past and learn the history of it

The history of the Paleo Diet can be traced back to 1975 when Walter L. Voegtlin, a gastroenterologist published a book that highlighted the modern version of the diet. He arrived at his revelations after studying eating habits of the Paleolithic age while looking for a cure for Crohn's



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disease, colitis and irritable bowel syndrome. Diet from early man seemed to have desired effects on the conditions of patients. Patients miraculously were improving quickly without any side effects.

His version on the diet was based on the fact that there has not been much human genetic change since the Paleolithic era. He was more interested in the carnivorous history of man. He confirmed that humans are supposed to primarily feed on fats, proteins with little carbohydrates.

A decade later Professor Melvin Konner, an anthropologist, took the concepts to the scientific community with the assistance of an associate called Boyd Eaton. They did this by publishing a paper on the concepts in the New England Journal of Medicine. Professionals in the medical field started discussing the diet, which is a very important stage of the history of the Paleo Diet. A high percentage of medical professionals were convinced after seeing the proof, about the advantages of the diet.

Three years down the line Eaton, Konner and Marjorie Shostak published a book on the diet. The book was however written with a twist. Instead of focusing on the foods that should not be included in the diet, they talked



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about the importance of eating the same portion of carbohydrates, fats and proteins similar to the Paleolithic era diet.

Their version had some foods that were not allowed by Voegtlin. Their diet allowed permitted agricultural foods like whole grain bread, brown rice, potatoes and dairy products like skimmed milk that were not featured on the original diet. They were working under the rationale, that the nutrient proportion and not food choice was what made the Paleolithic diet healthy. They veered off course and their version was not as effective.

Momentum for the diet continued to grow regardless, even in the 1990s, as more nutritionists and medical professionals began to back the theory. More doctors started recommending it to their patients, as part of a healthy eating plan, and for the sick patients and even the ones who were well. Luckily, most of them relied on the original concept, where the diet consisted of the foods present before the introduction of agriculture.

As the years went by more people were drawn to the diet. Although it was hotly debated, it was still accepted in various circles. Today there are



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very many books and websites written on the diet as more and more people embrace it. At this point, it does not show any signs of dying away.



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CHAPTER 3: IS IT ALL IT'S CRACKED UP TO BE?

The Paleo Diet has become more popular due to all of the health benefits of it. If you are thinking about going on this diet yourself, there are a lot of reasons to seriously consider it. This can become a way of life that can make you healthy and really change your outlook on food!

Benefits of Going Paleo

Weight Loss

Losing weight is hard for most people because they are either going on crazy diets or they are simply eating foods that aren't good for them. The Paleo Diet can help you lose weight because the foods you will be eating are healthy and good for you! These can help you cut out fats and calories that you just don't need. Especially the ones that are not only full of extra calories, but calories with little or negative nutritional value. This will result in weight loss that doesn't come from you starving and, for the



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most part, not having to give up eating foods you enjoy. Most people continuously lose weight while on this diet because it's so healthy and easy to stick with and more importantly sustainable.

Energy

Have you ever felt really tired and lethargic after eating a big meal full of carbohydrates and fats? Fast foods and unhealthy meals can make you feel terrible because they don't have anything good for you inside of them. By changing the foods you eat to those that are healthy, you will have more energy overall and feel great each day! Getting the proper vitamins and nutrients in your diet can make a huge difference with the way you feel and really help you get extra energy you have been lacking.

Nutrition

When eating a diet of junk food, candy, sugar, high glycemic-load carbs and other bad foods it's difficult to get the proper vitamins and nutrients that are essential for a healthy body. When you switch to the Paleo way

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of life you will easily be able to get the nutrients that you need. All of the foods you eat will be packed full of things like Fiber, Vitamin A, Vitamin C and other nutrients (antioxidants, and other phytochemicals) that are great for your body. When you have better nutrition in your life you will feel better and look better too!

Allergies

The junk foods that people eat today are packed full of toxic ingredients (hydrogenated oils & high-fructose corn syrup) that can easily hurt the body. Another example is gluten (wheat protein) which humans have an intolerance for and is one of the biggest problems most people have today (next to too much sugar). The Paleo Diet will make it possible to eat good food without having to worry about food allergens. Of course you should pay attention to what you eat if you are sensitive to certain things, but you won't have to deal with any chemicals or hidden toxins.

Recipes

There are a lot of different recipes you can make for the Paleo Diet.

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These are easy to find and they taste great as well. These can help you find new foods that you enjoy eating and that are really good for you. When you aren't starving yourself or feeling deprived it will be easy to eat healthy and change the way you eat on a daily basis.

All of these benefits are worth considering if you want to change your eating habits and your health. The Paleo way of life is easy to adopt and can make you feel great from day one.



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CHAPTER 4 – PREPARATION FOR YOUR PALEO DIET

The Paleo Diet is quite simple to follow since it doesn't involve counting calories or other restrictions. It focuses on eating natural and fresh foods just like the hunters and gatherers did. As long as you are eating fresh sea food, lean meat, nuts, fruits (in moderation) and vegetables as provided in this diet, then you can take in as much as you wish without counting calories.

Before you embark on the Paleo Diet you must have an inquiring and open mind. You have to sit down and decide when to start and what to eat in the first week. Primarily, if you choose to begin with a full on diet then you will experience an adjustment period. This period will most likely involve some mental, emotional and physical withdrawal symptoms as you begin changing your usual eating habits.

Because of the adjustment phase, it is advisable to start the diet when



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your life is relatively calm and without stressful situations. Some people can experience a slight headache while others show symptoms of flu for just a few days (this is caused by a slight withdrawal from sugar). The adjustment period can last for a week or two. During this phase, there is a feeling of fatigue, dizziness and a powerful craving for some delicious, but not so good for you, carbohydrate foods.

How to manage cravings and symptoms

One of the most strange aspects of human psychology is that people crave foods that have no nutritional value for their bodies. This is exactly true for sugar, dairy products and grains, therefore people who start the Paleo Diet experience an intense craving for such foods. Here are some things to do to make the change of lifestyle a bit easier.

Drink a lot of water

Include garlic and onions in your food. They are rich in sulphur and amino acids. Sulphur is an important component of the detox system.

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Add plenty of turmeric in your food. Turmeric is a strong anti-inflammatory and antioxidant agent.

Cook your meals with coconut oil if possible or olive oil (not as preferred because it is susceptible to oxidation from heating). Oily, cold-water fish is also very good.

Planning your Paleo Diet

You must not embark on the diet before planning what foods you are going to eat during the first week. Preparation is key, you have to buy the things that are needed in advance to avoid reaching for some sugary snacks immediately after the cravings start. It is wise to have adequate supply of snacks like natural jerky, walnuts, almonds, pecans, macadamias, and low sugar (un-sulphured) dried fruits. When planning your Paleo Diet you have to focus on mealtimes. Here is a sample meal plan.

Breakfast



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-Eggs (or other protein like chicken or beef), mushrooms, garlic, onions and steamed spinach

-Use coconut oil

-Avocado

Lunch

-Chicken salad with red onions

-Herb, olive oil and lemon juice (apple cider or balsamic vinegar) dressing

-Pecans, cantaloupe and blackberries

Snack

- ¼ cup macadamias

Dinner

-Venison steak (or lean flank steak)

-Ginger, cabbage and olive oil

-Steamed summer squash with lemon juice, cinnamon and coconut milk

Desert

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-Shaved almonds

Your first shopping trip ought to include fresh vegetables, lean meat, chicken, fish and some allowed snacks. Buy loads of herbs, coconut oil, sea salt, olive oil and anything that will help you survive the adjustment phase.

Taking care of yourself

It is a great idea to observe your body's reaction to the new diet. There are plenty of nutrients and no fillers in the Paleo Diet. Many people experience a detoxification period where their bodies learn how to use fats as the main source of energy instead of carbohydrates. Your body will undergo a shift from carbohydrate burning to fat burning.



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CHAPTER 5 – WHAT TO EAT AND WHAT TO AVOID

If you would like to adopt the Paleo Diet, here is the chapter for you that enumerates what to eat and what to avoid while on the diet plan. Read on.

#What to Eat

*Vegetables (tubers like potatoes, in moderation)

Vegetables are highly encouraged. However, the consumption of starchy vegetables such as yams, sweet potatoes, potatoes and cassava should be limited or better avoided. Proponents of the Paleo Diet are of the opinion that any vegetable that cannot be consumed raw should be



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eliminated from the diet.

*Fruits

Fruits such as berries, apples and oranges are perfectly fine for the diet but you should consume them in moderation. Equally important, don't consume fruits in their dried version e.g. dried apricots or other dried products unless they are no-sugar added and unsulphured. Again, fruits such as grapes and bananas should be avoided as they contain a lot of sugar unless you do so within one hour before or after exercise. The during and for one hour after exercise your body shift the way it uses carbohydrates and will become less sensitive to the higher sugar content of the higher sugar fruits. It will also help you avoid the damage to your metabolism that high levels of sugar can cause.

*Eggs and Meat



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The Paleo Diet advocates for the consumption of meat and eggs. However, you should stick to the grass-fed products and avoid meats that contain additives and preservatives in the meat you consume. Pork, wild game, beef, chicken, turkey and fish are the best for this diet. Chicken eggs, quail eggs and any other type of eggs are included in the diet as well. If you can not avoid regular store bought meat, you should take the time to remove as much of the unhealthy fat it contains as possible. For grass-fed products the fat it contains is actually of Omega-3 variety (instead of Omega-6) and actually good for you. In the same regard, grass-fed butter is an excellent source of fat for the Paleo Diet.

*Seeds and Nuts

All nuts and seeds, except for peanuts, are allowed. Peanuts are exempted because they are legumes which are in a family of foods that cause inflammation. However, if you'd like to lose weight, you should moderate your consumption to about four ounces every day. Coconut and



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almond flour are also included in the list of approved foods and are excellent breading for fish & chicken.

*Oils

Unprocessed oils such as coconut oil, walnut oil, tallow, grass-fed animal lard, olive oil and canola oil are highly recommended. Fish oil supplements are also encouraged. However, processed vegetable (corn, soy & others) and hydrogenated oils are heavily discouraged and should be avoided. Furthermore, the existence of processed oils came with agriculture and industrialization and weren't around for our genetic ancestors.

*Beverages

Drinking a lot of water is highly emphasized in the Paleo Diet. Plain tea "without milk" as well as fruit and vegetable juices are also allowed. Try unsweetened coconut milk instead of milk with either stevia or a little



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honey for sweetening.

#Foods to Avoid

***Grains**

The entire family of cereal grains should be avoided. This includes wheat, rice, corn, oats and barley. Proponents of the diet put much emphasis on avoiding white flour and rice as they contain refined carbohydrates.

***Legumes**

As I mentioned before, legumes are not included in the Paleo Diet plan. This includes all kinds of beans; string beans, kidney beans, black beans, soybeans, lima beans and mung beans. Also, black-eye peas, sugar-snap peas, snow peas and peanuts should be avoided.



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*Unfermented Dairy Products

Dairy products such as butter (unless it is grass-fed "Irish" butter), skim milk, whole milk (unless grass-fed), ice cream and dairy creamer are prohibited.

Fermented milk products like cheese and yogurt are okay, but should be used in moderation as that often contain high levels of sugars. If consumed near to exercise the negative effects can be minimized.

You should also steer away from alcohol, soft drinks (even diet), refined sweeteners and iodized salt.

Processed foods should also be eliminated from the diet.

It's important to note, that the Paleolithic diet offers a number of benefits including weight loss, increase activity and general body health. Adopt it, stick to it and you'll gradually start to enjoy its benefits.



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CHAPTER 6 – A DAY IN THE LIFE OF A PALEO DIET

On any given day a Paleo meal plan may include foods like vegetables, eggs, fresh fruits (in moderation), nuts, lean meats and seafood. Such a meal provides you with nutrients such as phyto-nutrients, soluble fiber, antioxidants, carbohydrates and monounsaturated fats.

When preparing a Paleo meal, you need to focus on poultry, red meat, fish, eggs, nuts and seeds, vegetables and (low-sugar) fruits. A small amount of honey, plant oils and dried fruits (unsweetened & unsulphered) can also be included in your meals. Avoid any processed food with artificial ingredients, refined sugars, grains, salt and saturated fats. For the most part, none of your food will have nutrition labels on them, but for those that do start reading their labels.

Once you have made an effort to reduce your intake of packaged foods and grains, then you are ready to start following a daily Paleo Diet. Read



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on to see a sample daily meal plan on the Paleo Diet.

***Paleo breakfast**

Eating simply is one of the basics of the Paleo Diet; simply generally means that you eat less ingredients (although your volume of food can be quite high). For your breakfast you can prepare two scrambled eggs with vegetables (like bell peppers, onions, celery, spinach) and turkey bacon. This a good and hearty meal that can be combined with Paleo pancakes (gluten-free). You can prepare a Paleo pancake by combining one cup of almond flour, three eggs, ¼ teaspoon of a vanilla extract and ¼ teaspoon of cinnamon. This will give you around 4 to 5 pancakes. You can also try spinach and tomato omelets together with strawberries or blueberries.

***Paleo lunch**

You can try a protein-style hamburger or a big salad with chicken. Begin

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with a combination of greens, sliced carrots, sliced avocado, diced red pepper, raw mushrooms sliced, chopped walnuts, diced spring onions, lemon juice (or balsamic or apple cider vinegar) and equal amounts of olive oil.

***Paleo Dinner**

Prepare any combination of eggs, vegetables and meat. A sofrito of the coconut oil, onions, garlic and red, orange and green peppers are just sautéed Paleo. You can also try ground grass-fed (or super lean) beef, tomatoes, sliced zucchinis and spices to give a different, but great taste sensation.

For a dessert, you can bake some apples slices with cinnamon and walnuts.



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***Snacks**

The best snacks to eat early in the afternoon are fresh fruits such as bananas (*in moderation or preferably close to exercise), apples*, strawberries and blueberries. You can also try guacamole together with raw broccoli or cauliflower plus carrots, almonds, cashews, or even a homemade jerky or all natural jerky (choose one without sodium nitrite or other preservatives and one lower in sugar).

All unfermented dairy products such as milk & cream are excluded in this diet, unless you could find some grass-fed varieties. Legumes and alcohol are also not allowed in your daily intake. Coffee without creamer is allowed in moderation, but you should limit it to 1-2 cups per day at most. Coffee has been known to increase cortisol levels in humans and can cause unwanted weight gain and a reduction in your metabolism in high quantities. A nice alternative to coffee is a green tea or Yerba Mate.

The Paleo Diet is simple and only requires you to eat healthy and natural



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food. This diet has no calorie counting therefore ideal for those who want lose weight. It does not require you to purchase any expensive pre-packaged food, all you need to do is carefully plan your meals and then prepare them. Other benefits of the Paleo Diet include smoother and healthier skin, increased energy and a deeper and much more restful sleep. Remember to consult with your doctor for more advice before making any drastic changes in your diet or exercise program.



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CHAPTER 7 – COMMON MISTAKES TO AVOID ON THE PALEO DIET

What follows are some of the most common mistakes while on the Paleo Diet that people are making every single day and the idea behind informing you of these mistakes is to help stop you from making the exact same ones yourself and undoing all of the good work that you have already put into your diet regime. There is no doubt that this particular diet can have some amazing results when it is done correctly, so read on in order to find out more about what you should not do.

First, people will often try to completely eliminate fat from their diet as they believe that it is evil and will result in them putting on weight rather than losing it. The truth of the matter is that you need some of it in your diet as it makes you feel more full and helps to absorb various nutrients and minerals in your food, so include some good fats (like coconut oil, olive oil, olives, nuts, avocados, sardines etc) without going crazy and you will benefit from doing so.



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Another mistake is that they try to make everything about the Paleo Diet and this will then put undue pressure on their body as we all naturally crave different things as some kind of treat every now and then.

The problem is that so many people go from one extreme to the other when in actual fact you can have that little treat at different times as long as it does not become a mainstay in your diet because the main focus of this type of diet has to be on eating more natural meat and vegetables for the majority of your food with little tid-bits thrown in to keep your interest alive. If your are going to cheat by eating higher sugar foods just do so before or after exercise. Have that Ice Cream and then go for a walk or stop by have it before you go to the gym. That way your body will be able to avoid the damage that can be caused to your hormones and metablosim.

People are also guilty of thinking that they can eat as many nuts or dark chocolate (go for the 72% cacao and higher) as they like because surely nuts and dark chocolate have to be part of the Paleo Diet?



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In actual fact, you should look at limiting the amount of nuts you eat because they do not actually help you to lose any weight, so if you are having them as a snack, then always make sure that they are small portions rather than a big bag (measure the amount out before you sit down to eat them) or you will undo the hard work you have already put in to lose some weight.

Finally, people believe that they need to eat less in order to lose weight on this diet because they believe that the idea is that in the Palaeolithic era food was scarce, which then leads to binges rather than controlled meals on a regular basis.

This is the wrong way to do things because you need to eat decent sized meals on a regular basis and make sure that you get enough fats and protein (and vegetables) in order to give your body the fuel it needs to actually work.

People, therefore, make these common mistakes while on the Paleo Diet and you can see that in order to avoid making them it simply involves you taking that little bit more care and fully understanding what the diet



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involves before you even start it. By taking your time you will not only manage to lose weight, but will also be healthier as well and benefit from it not only now, but in the long-term as well.



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CHAPTER 8: DANG! HOW DO I SHOP FOR FOOD?

Shopping for food on the Paleo Diet doesn't have to be difficult. If you're on a budget then there is a simple plan you can follow to get the healthiest food for your money. First, prioritize animal protein, and then move on to vegetables followed by lower-sugar fruits and lastly fats.

Animal protein is where you want to spend the bulk of your budget. Always go for organic grass-fed or Pasteur raised meat. Buy it fresh and buy what is available. If you can't find organic grass fed lamb, but you see organic beef, then buy the beef and change your dinner recipe for that night. If you see organic chicken on special, then buy a bunch of them and eat chicken all week, or freeze some of them. Nowadays you can also find canned organic meats and most natural food stores.

If your budget is too tight to afford the best quality, then at least try to trim the fat off or stick to the meat from ruminants (beef, lamb, venison, goat, buffalo etc). These animals feed on their natural diet for at least a portion of their lives. Their meat also has a better ratio of Omega-6 to



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Omega-3 fat than meat like pork or chicken.

It's best to buy the leanest cuts and trim the fat from them. Many of the unhealthy things like environmental toxins, hormones and antibiotics reside in the fat, so it should be trimmed or drained (on anything that is not grass-fed) before consumption. Always eat non-organic chicken without the skin for the same reasons. It's best to avoid pork altogether if you can't buy organic.

The next source of animal protein is fish. Since this will only last for a day at home, don't overspend here. Buy enough for one meal unless you are planning to freeze it. Wild-caught fish is good, but very pricey. You can buy less expensive fish that is often just as good like cod or scallops. Look at frozen fish as well; these are often a good substitute to the pricey stuff.

The final source for animal protein is eggs. There is only one rule here; buy organic or omega-3. They are more expensive than "cage free" eggs but, even so, they are still one of your cheapest sources of high quality protein.

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Once you have your animal protein sorted out, it's time to look at fruits and vegetables. It is not always best to buy organic. It's better to spend less on fruits and vegetables and more on better quality meat. A little pesticide (you can buy inexpensive fruit washes now) on your produce is tolerable if it means you get high quality protein from meat, fish and eggs.

As a general rule, always buy in season and buy what's on special. Get your vegetables sorted before you purchase fruit. You can do without fruit if necessary, but you need to eat your veggies. Buy dark, leafy vegetables, as they are more nutrient-rich. Stay away from vegetables like iceberg lettuce as it doesn't have much nutrition. To save money you can also purchase frozen vegetables. The general rule of thumb should be the more colourful the more nutritious. Eating pretty food can be your motto.

The next stop is fats. Dietary fat can be expensive so don't go crazy on things like nuts and seeds. Coconut products are good, inexpensive source of fats, especially coconut milk. Coconut oil should be your main



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cooking oil as it doesn't oxidizes easily at high temperatures and is very good for you. In addition, avocados are a good source of fat and are available all year round. Olives preserved in salt and water are also a good choice. These are the staples for fats so go for them first. If you still have some room in your budget, you can buy nuts and seeds last. Almonds, due to their high protein and good oil characteristics, and macadamias for a splurge.

When your budget allows, you can go for higher priced items like cold-pressed extra-virgin olive oil, unrefined coconut oil and organic pastured (Irish) butter. These are all good sources of fat and they can last for months.

The last thing you may want to consider is stocking up on herbs and spices. They can be expensive but, adding a little to your spice rack each week will make eating chicken five nights a week much more interesting. Not to mention they are many are full of antioxidants & other phytochemicals.



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CONCLUSION – START TODAY

As we conclude this guide we must remember that the Paleo Diet is a consumption plan designed to replicate the nutritional habits of our hunter-gatherer ancestors. It is based on the principle that human beings might attain better health and optimal weight by avoiding diets high in carbohydrates and other sugars and instead eating a lot of lean meats, fish, fruits and vegetables. Below are 6 tips to help you start the Paleo Diet today:

1. Awareness

You should have a good overview and can get a pretty excellent idea of what the Paleo Diet is all about by researching on the internet, books, journals or joining Paleo groups in the different social networking sites



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such as Facebook, twitter and meetup.com. You should know which foods the Paleo Diet avoids also.

Advocates of the Paleo Diet believe that there is a direct association between the increasing prevalence of several chronic diseases, like obesity, diabetes as well as heart disease, with the increasing intake of carbohydrates and sugar. Advocates recommend eating a diet like that of our hunter-gatherer ancestors where foods like sugar, bread, pasta, cereals, dairy products, trans fats and fatty meats were not available as the only way to attain better health.

Moreover, advocates recommend us to keep away from starchy vegetables like corn and potatoes, legumes, peanuts, beans, and every type of fruit juices and sodas.

2. Identify the best Paleo Diet foods

A Paleo Diet is rich in protein, a nutrient which enhances satiety and increases weight loss better compared to processed carbohydrates. The best Paleo Diet foods should incorporate chicken, fish, shellfish,



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avocados, eggs, nuts, berries, celery, bell peppers, garlic, onions, tomatoes and carrots.

3. Include Paleo Diet in your everyday plan

Arrange how you'll include the Paleo Diet in your everyday plan. Foods high in carbohydrate, whole grains foods are easily accessible in fast-food cafe and vending machines, however Paleo Diet foods are difficult to get so take them with you. Less Paleo foods are kept in a typical pantry. Get into the pantry and remove all processed food, such as rice, beans, bread, sugar, cereals, pasta, candy, sodas, cake mixes and potato chips that are kept there. Donate unopened and usable products to local food missions or throw it all. An effective start of the Paleo Diet implies scheduling the foods you'll eat for breakfast, lunch as well as dinner. In this way, you'll not be prone to reaching for processed foods once hungry. A little preparation and planning will go a long way.

4. Get ready for the effects of radically reducing carbohydrates intake



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People taking a diet rich in carbohydrates might experience a range of consequences when commencing on a Paleo Diet. It can result in slight dizziness and fatigue for a short period of time. Moreover, a positive effect of the Paleo Diet might stimulate ketosis, a condition which leads to rapid breakdown of body fat. Basically, your body starts tapping into stored fat for energy instead of carbohydrates. This could be particularly risky for expectant women and individuals suffering from diabetes. Consult with your personal physician prior to embarking on the Paleo Diet to make certain you are not at risk.

5. Gradual transition

Slowly shun your processed food intake patterns and substitute them with Paleo Diet foods. You can take up even a month. A best way to include this is to avoid purchasing any processed foods once you go to the market.



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Well that brings us to the end of this beginners guide to the Paleo Diet. Go out and take charge of your life and your diet.

For more tips, tactics, and strategies for eating & living with Christian Vitality go to: <http://christianvitality.com>