

THE ESSENTIAL GUIDE FOR  
GETTING NATURALLY FIT

*Paleo*

*Living*





# Living Paleo – Cheat Sheet

There is a difference between going on a Paleo diet and actually living Paleo. This cheat sheet will help you go through the basic dos and don'ts of living a Paleo lifestyle so that you aren't finding yourself stuck on the ins and outs of living the way our Paleolithic ancestors did!

## Why The Paleo Diet?

- Clean eating helps the brain and body and can prevent disease.
- Our bodies were designed to thrive from this diet.
- Simplifying meals can save time and money.
- More energy means more things accomplished!

## What is the Paleo Diet and How Does it Work?

- Focus on eating lean meats, vegetables, fruits, nuts, seeds, and oils made of nuts or seeds.
- Do not eat processed foods, junk food, fast food, salt, refined sugars, grains, dairy, or lentils.
- Cutting out foods from the SAD diet allow the body to function at its highest potential, while phytochemicals from plants will help our cells and minds thrive.

## The Importance of Developing Healthy Habits and How to Do So

- Healthy habits are important.
- Don't beat yourself up for slipping up, just get back on the horse as soon as possible.
- Stay persistent.
- Keep your eye on the prize.
- Start small, don't overwhelm yourself.
- One step at a time.
- Make choices for your health and stick with them.

## The Importance of Accountability and How To Use It

- Hold yourself accountable for your choices.
- Keep track of your successes and your setbacks and encourage yourself to keep trying.

- Forgive yourself for going off course and admit that you had a hard time, but always remember you have a greater goal in mind and follow it through to the end.
- Tell friends, family, and co-workers about your goals.
- Journal or chart your journey.

## **Tips and Tricks to Going Paleo**

- Meal prep.
- Cook food in bulk.
- Don't over do it on juice.
- Go organic if possible.
- Cook with a crock pot and make stews and soups.
- Be creative, even if that means eating organ meats.
- Drink a lot of water.
- Stay active.
- Start a garden.

## **Bringing it all Together With Exercise**

- Think of exercise as a necessary part of life. What did our Paleolithic ancestors do all day?
- Walk or run.
- Climb.
- Swim.
- Any physical activity is a positive as long as it is good for your body specifically. Consult your doctor if necessary.

## **Meal Planning**

- Don't limit yourself.
- Eat foods you are comfortable with and used to.
- Introduce new recipes gradually so you don't get overwhelmed.
- Use the ingredients you already have at your disposal. Use leftovers.
- Slow cook and make food in bulk.
- Count on having a lazy day.