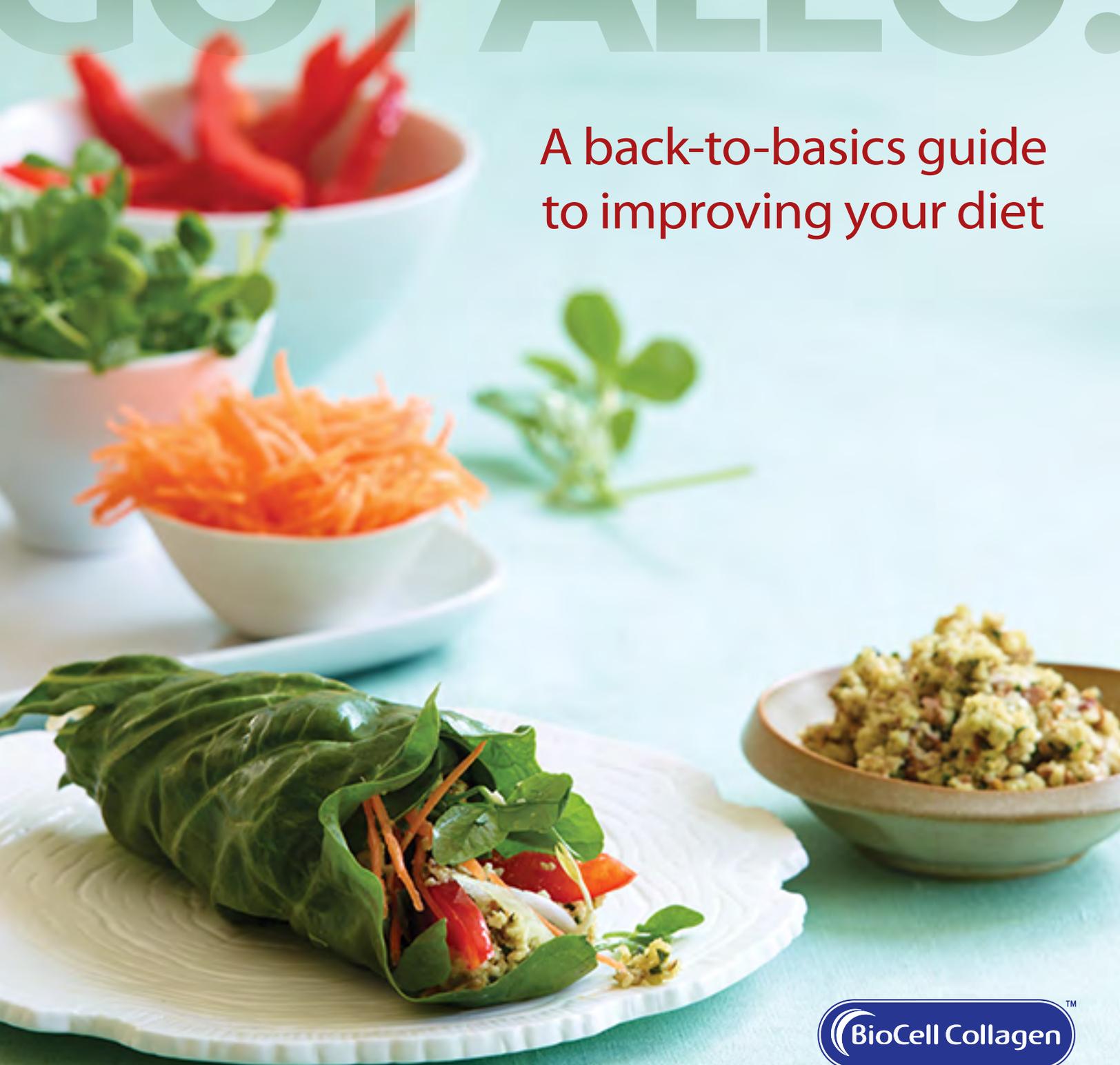


GO PALEO!

A back-to-basics guide
to improving your diet



deliciousliving



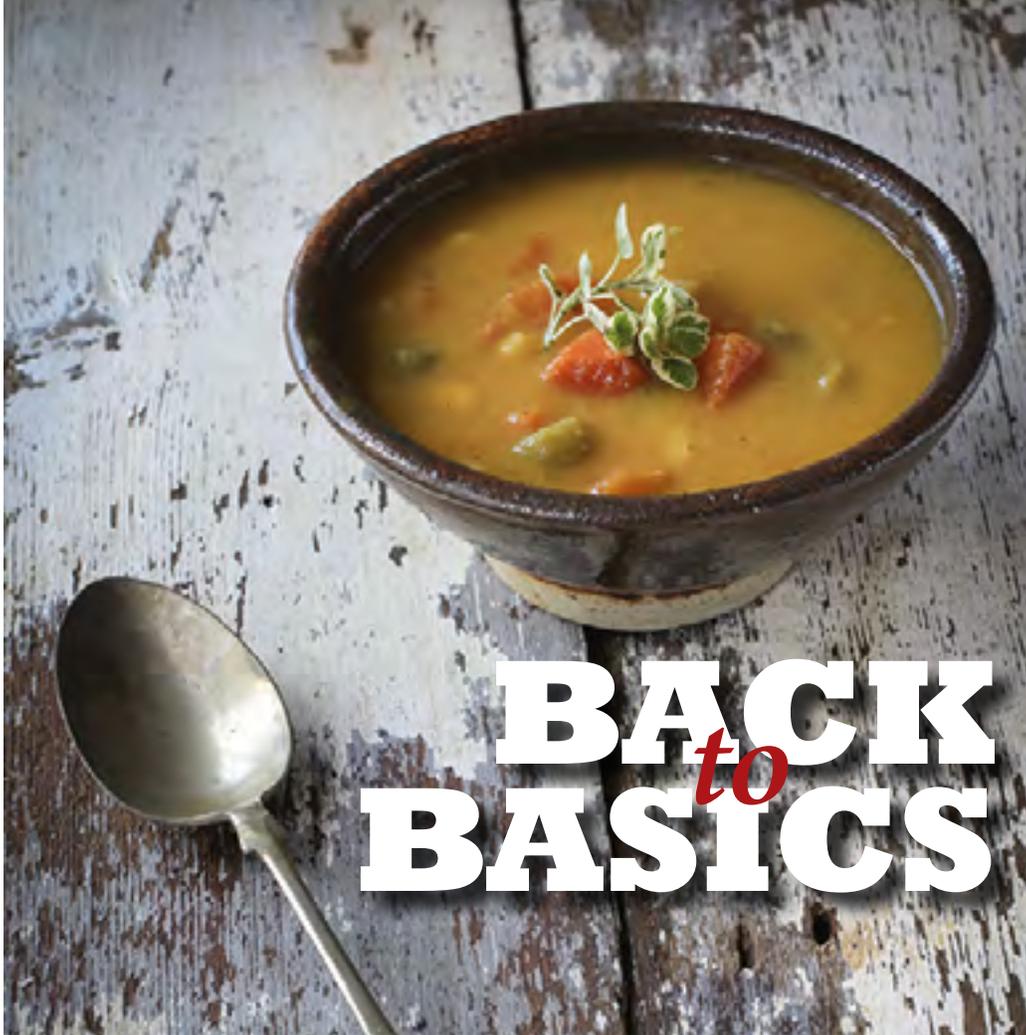
PALEO FOR HEALTH



PALEO DOs & DON'Ts



PALEO RECIPES



BACK *to* BASICS

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Table of Contents



PALEO FOR HEALTH

A look at the many benefits of a Paleo diet and how it affects your overall health. **3**



WHAT YOU CAN & CAN'T EAT

Breaking down the Paleo guidelines. **4**



THE SKINNY ON FATS

Learn how you can benefit from some specific sources of healthy fats. **5**



BIOCELL COLLAGEN

What is collagen? More info about sponsor BioCell Collagen. **6**

70

Percent of calories we consume comes from foods absent in Stone Age diets.

BY THE NUMBERS 3



PALEO RECIPES

Cook with leafy greens, fish, lean meats, and nuts -- ingredients that make delicious Paleo energy bars, soups, main courses, and desserts.

5-8

GO PALEO!



Want to get back to basics?

Modeled after the primitive man's diet, the increasingly popular nutritional plan known as the Paleolithic diet (or Paleo, for short) is based on eating practices of an era that ended approximately 10,000 years ago. This way of eating—and living—focuses on lean meats, fruits, vegetables, nuts, and seeds, while eliminating grains, sugars, legumes, dairy, and, of course, anything processed.

Our caveman ancestors may have had instincts to guide them, but today, we have Google. And Google's annual Zeitgeist list revealed Paleo as the top search among dieters in 2013, rising above popular choices like the flexitarian diet and the Mediterranean diet. At least when it comes to eating, the future looks bright for trends rooted in the past. **KEY BENEFITS: Energy, sleep, weight management**

NUTRITIONAL PERKS



1. Eliminating high-glycemic index carbs and white sugar keeps blood sugar and insulin levels in check.

2. High intake of soluble fiber balances digestion, which can help support immunity and energy.

3. Focusing on brightly colored, antioxidant- and nutrient-dense fruits and veggies helps fend off illness and support overall health and immunity.

4. High-potassium foods contribute to a healthy heart and kidneys.

5. Cutting back on salt diminishes risk of high blood pressure, heart disease, and stroke.



6. A high-protein, low-glycemic load is more effective than low-fat, high-carbohydrate diets in not only shedding pounds but keeping them off.

7. Protein increases metabolism to speed up weight loss.

8. Protein curbs your appetite because it makes you feel more full than fats and carbs do.

9. Omega-3 fatty acids from fish reduce cardiovascular troubles and may help manage inflammatory diseases and some mental disorders.

10. Staying away from refined sugars, dairy, cereal grains, and vegetable oils can



1970

Year gastroenterologist Walter L. Voegtlin, MD, first promoted a diet emphasizing foods eaten during the Paleolithic Era

40

Percent of current Paleo followers who first heard of the diet in 2011, compared with 5 percent who became aware of it in 2008*

52

Percent of followers who learned about the diet on the Internet

881

Number of Paleo diet-related books for sale on Amazon.com

333

Generations that separate us from our Paleolithic ancestors

2011

Year greatist.com ranked Paleo experts Mark Sisson and Robb Wolf among the top 35 most influential people in health and fitness



Eat This ...

FRUITS & VEGETABLES

are low-glycemic, preventing blood sugar spikes and spirals, and also high in soluble fiber for healthy digestion.

NUTS & SEEDS are great sources of cholesterol-lowering healthy fatty acids.

GRASS-FED OR FREE-RANGE MEATS more closely mimic wild animal meat, and are the primary source of Paleo protein.

SEAFOOD brings to the table healthy omega-3 fats.

EGGS from free range-chickens provide another protein source.

HEALTHY FATS like monounsaturated and omega-3 fats replace cardiovascular enemies like trans fats and polyunsaturated omega-6s.



Don't Eat This

DAIRY is not synonymous with healthy bones in the Paleo diet. Paleo eaters focus on a dietary acid/base balance for bone health attained through fruits and vegetables.

GRAINS miss the mark on fiber, minerals, and B vitamins when compared to meat, seafood, fruits, and vegetables on a calorie-by-calorie basis.

PROCESSED FOODS and sugars did not exist in a caveman diet and today are linked to obesity, diabetes, and more.

LEGUMES may contribute to leaky gut, which can lead to autoimmune diseases.

STARCHES are controversial in the Paleo world: some eliminate them altogether, and others avoid just potatoes.

ADDED SALT harms the kidneys.

REFINED SUGARS contribute to weight gain and tooth decay.

PROCESSED OILS contain loads of unhealthy fats.

FATS 101

Despite its bad rap, fat is an essential nutrient necessary for your body to function properly, and research even shows it's not the amount of fat consumed that leads to weight gain or disease; rather, it's the type that matters. Plus, the healthy fats listed here are key to the Paleo diet. Use this chart to help you decipher the good from the bad.

THE GOOD

Type: Monounsaturated fat

A "healthy" fat that can reduce bad (LDL) cholesterol and help lower risk of heart disease

Where it is:

Olive oil, avocados, most nuts

THE GOOD/BAD

Type: Saturated fat

Animal-derived saturated fats can raise cholesterol levels, increasing the risk of heart disease. However, coconut oil, which may lower bad cholesterol, and palm oil, which can increase good cholesterol, are healthy in small amounts.

Where it is: Animal products (such as meat, poultry, seafood, and eggs) and coconut, palm, and other tropical oils (though these remain controversial)

THE BAD

Type: Trans fat

Fat produced when liquid oil is solidified through a process called hydrogenation, which exposes it to hydrogen gas so it's less likely to spoil. It not only raises bad cholesterol, but also lowers good cholesterol.

Where it is: Butterfat, fried foods, packaged foods
Tip: Even small amounts of trans fat can have harmful effects. The paleo diet helps you eliminate packaged and fast foods, two of the main trans-fat offenders.

The facts on nuts

Nuts pack a healthy punch of “good” fats, and are a staple in the Paleo diet. Pay attention to the key nutritional qualities of some favorite picks.

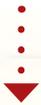
- ALMONDS:** Highest in fat
- BRAZIL NUTS:** Only low-fat nut (1g per oz.); rich in fiber
- CASHEWS:** Rich in vitamin B-6 and heart-healthy oil
- CHESTNUTS:** Rich in vitamin E and folic acid
- HAZELNUTS:** Rich in selenium
- WALNUTS:** Rich in calcium, vitamin E, and fiber



EASY WAYS TO LOAD UP ON SEEDS

- Calcium-packed sesame seeds:** Blend alone or with a little water to make tahini paste. Sprinkle over baked squash.
- Power-protein hemp seeds:** Toss with leafy salads. Process into pesto along with pine nuts.
- Omega-3 superstar flaxseeds:** Use instead of bread crumbs in meatloaf or burgers.

Grind and add seeds of all kinds to fruit smoothies.



Goji-Cacao Energy Bars

Almonds are a great source of healthy fats for Paleo eaters, but they're also packed with fiber, magnesium, iron, and calcium. In fact, they have more calcium than any other nut—a plus for nondairy Paleos.

- 1 cup raw almonds**
- 1 cup date paste (about 12 large dates) (packed)**
- 1/4 teaspoon sea salt**
- 3 tablespoons goji berries**
- 2 tablespoons cacao nibs**
- 1 teaspoon vanilla extract or 1/2 teaspoon cinnamon (optional)**

1. Line a baking sheet (any size) with parchment paper. Grind raw almonds into a powder. In a large bowl, mix together ground almonds, date paste, and salt. Add goji berries, cacao nibs, and vanilla. Mix well.
2. Press dough into tray evenly to desired thickness (doesn't need to fill entire tray). Cut into bar shapes. Store in an airtight container; no refrigeration needed. Will keep for at least one week.

PER SERVING: 190 cal, 11g fat (6g mono, 3g poly, 1g sat), 0mg chol, 5g protein, 22g carb, 4g fiber

Spicy Power Bars

Macadamia nuts boast high levels of monounsaturated fats, including oleic acid, and are the only food to also contain significant amounts of palmitoleic acid—another monounsaturated fat. Since these fats fall on the “good” end of the spectrum, Spicy Power Bars are perfect Paleo indulgence.

- 1 cup almonds**
- 1 cup macadamia nuts**
- 1 cup Medjool dates**
- 1 cup dried cherries**
- 1 tablespoon vanilla extract**
- 2 teaspoons ground ginger**
- 2 teaspoons ground cinnamon**
- 2 teaspoons ground cardamom**

1. Place nuts, dates, and cherries in a food processor; pulse until well ground. Pulse in vanilla, ginger, cinnamon, and cardamom.
2. Remove mixture from food processor and press into an 8 x 8 baking dish. Refrigerate overnight (6-8 hours). Cut into squares and serve.



MORE ABOUT OUR SPONSOR:

BioCell Collagen™: The perfect supplement to the Paleo Diet

FEED YOUR SKIN AND JOINTS!

BioCell Collagen is made from a pure source, hormone- and antibiotic-free chicken sternal cartilage, which is a rich source of collagen type II, hyaluronic acid, and chondroitin sulfate, and closely mirrors the composition of human articular cartilage. Cartilage is a clean, premier source of collagen because it is free from blood or lymphatic vessels—where diseases, bacteria, viruses, steroids, and antibiotics are carried.

BioCell Collagen can make a great addition to an active Paleo eater's supplement arsenal because of its proven benefits for joint health and skin beauty. While type II collagen is most abundant in cartilage, natural aging causing amounts to deplete—which is a problem for those hoping to stay active with fluid, healthy joints. BioCell

Collagen replenishes not only this essential protein but also HA for lubrication and chondroitin sulfate for shock absorption. BioCell Collagen helps maintain youthful skin via supporting dermal collagen and reducing skin dryness.

WHAT IS COLLAGEN?

Collagen is the most abundant protein found in the body, accounting for 30 percent of whole protein content, and it plays an essential role together with HA and chondroitin sulfate in connective tissues such as joint cartilage, skin dermis, bones, tendons, ligaments, and blood vessels.

When we're young, collagen and HA are abundant and allow us to move with ease, plus enable our skin to stretch and move without sagging or developing wrinkles.

As we age, their production naturally slows and the overall amount depletes, which can result in undesirable wrinkles in the skin and painful stiffness in the joints.

PATENTED, CLINICALLY PROVEN, TIME-TESTED

BioCell Collagen provides comprehensive support for skin and joints due to its unique molecular makeup. Its quality, safety, and efficacy has been demonstrated through multiple clinical trials over the decade and through billions of safe servings since 1997. Another advantage of taking BioCell Collagen is its remarkable absorption enhancing bioavailability. In its original, unhydrolyzed state, collagen molecules are very large and therefore not effectively absorbed by the body. BioOptimized™ hydrolysis process breaks down the three components of BioCell Collagen into very small molecular weight fragments to maximize absorption, explains Joosang Park, PhD, vice president of scientific affairs at BioCell Technology, maker of BioCell Collagen—a patented ingredient offering a naturally occurring synergy of hydrolyzed collagen type II, chondroitin sulfate, and HA.

Look for BioCell Collagen in oral supplements such as Ultimate HA (Purity Products), BioCell Collagen (Health Logics), Jusuru Life Blend (Jusuru International), Hydroplish (Nature's Way) and Collagen Booster (Reserveage), and many other fine nutritional and skincare brands.



Paleo and CrossFit

The CrossFit workout has exploded to achieve phenomenon status in recent years. Unlike aerobics or lifting, CrossFit does not have a specific focus when it comes to its workouts. The formula CrossFitters follow is: constantly varied workouts at a **high intensity + community support = optimum fitness.**

CrossFit's food philosophy places a strong emphasis on **lean proteins, low-glycemic carbs, and monounsaturated fats** for optimum athletic performance, so it's only natural that the program has embraced the Paleo diet and promotes it among its athletes. And, the two plans share a common minimalist philosophy: while CrossFit manifests this in simple equipment and tried-and-true exercises, Paleo's "caveman diet" is, arguably, as basic as instinct itself.

Raw Swiss Chard Wraps

The traditional whole wheat wrap is discarded in favor of fresh Swiss chard leaves in this flavorful lunch idea featuring bold flavors like basil, lime, and watercress. Paleos will like that almonds and flaxseed oils provide a healthy fat balance to crunchy veggies like carrots, bell peppers, and radish sprouts..

2/3 cups almonds (soaked overnight in 2 cups water)

1 1/2 tablespoons flaxseed oil

3 tablespoons chopped fresh basil

6 teaspoons fresh lime juice (divided)

2 ripe avocados (peeled and pitted)

3 carrots (grated)

2 red bell peppers (cut into thin strips)

1 bunch watercress (upper stems and leaves only)

4 ounces pea shoots or daikon radish sprouts (or both)

4 ounces bean sprouts

1 bunch scallions (thinly sliced on a sharp diagonal)

8 large very fresh Swiss chard leaves (cut in half lengthwise and center rib removed)

1. Drain almonds thoroughly and place in a food processor, along with oil, basil, and 4 teaspoons lime juice. Process until well chopped and nearly smooth. Scrape into a small bowl, cover, and set aside

2. Place avocado flesh in a bowl, along with remaining 2 teaspoons lime juice; mash to a smooth purée. Cover and set aside.

2. Place grated carrot, red bell pepper, watercress, pea shoots or radish sprouts, bean sprouts, and scallions separately on a platter. Place chard leaves on a second platter. Serve with almond and avocado mixtures. Invite everyone to spread a small amount of avocado mixture on the underside of a Swiss chard leaf, place a nugget of almond mixture at one end, and then add small amounts of whichever vegetable fillings they choose; roll up and eat.

PER SERVING: 211 cal, 12g fat (7g mono, 4g poly, 1g sat), 0mg chol, 9g protein, 20g carb, 8g fiber

ALSO TRY:

[Fresh Taco Wraps](#)

[Raw Kale Salad with Pumpkin Seeds](#)

[Cauliflower and Parsnip Dressing](#)



Steamed Halibut with Collard Greens

Serves 6

Collard greens are loaded with vitamins and calcium like their supergreen cousin, kale, but are heartier and chewier. They're perfect alongside soft halibut—a Paleo-approved, healthy-fat fish.

2 bunches collard greens (9–10 ounces each)

1 large yellow onion

7 cloves garlic

2 tablespoons coconut oil

1/2 teaspoon freshly ground black pepper

3/4 teaspoon hot Spanish smoked paprika (or hot paprika)

2 cups canned no-salt-added diced or crushed tomatoes

1 tablespoon extra-virgin olive oil

2 tablespoons chopped cilantro (optional)

4 5-ounce halibut fillets

2 tablespoons dry white wine

1. Remove and discard center stems from collard greens. Stack leaves, and cut lengthwise into strips and crosswise into roughly 1-inch squares. Chop onion into uniformly sized pieces (not too small). Quarter garlic lengthwise and then thinly slice crosswise.
2. Place coconut oil in a large pot over medium-high heat. Add onion and stir until lightly colored, 2 minutes. Add garlic and collard greens and stir well. Add pepper and paprika, and stir until nearly dry, about 2 minutes. Add tomatoes and stir well. Lower heat to maintain a steady simmer, cover, and cook until greens are tender, about 9–10 minutes.
3. Select a shallow pan with a tight-fitting lid, large enough to accommodate fish without touching. Combine olive oil and cilantro; rub on halibut, coating lightly. Season fish with salt and pepper and place in pan. Pour wine around fish and place pan over high heat. As soon as wine begins to bubble, cover pan and set heat to low. Cook about 4 minutes, or until fish is opaque and tender, but not quite falling apart.
4. Spread collard greens on four serving plates and top with fish, plus any accumulated juices. Serve at once.

PER SERVING: 342 cal, 38% fat cal, 14g fat, 7g sat fat, 45mg chol, 34g protein, 20g carb, 7g fiber



More Paleo recipes

[Grilled Mixed Vegetables with Chimayo chile and lime](#)

[Zesty Beef Salad](#)