



THE PALEO DIET CHEAT SHEET

WHAT IS PALEO?

The paleo diet is a healthy way of eating that is based on the way our ancestors ate – before processed foods and preservatives dominated the Standard American Diet (SAD). As a result, the paleo diet is focused around eating real, high-quality, nutrient-dense food that our bodies can digest effectively and utilize efficiently for energy.

WHAT DO YOU EAT ON PALEO?

On paleo, you eat real food, i.e. food that is found naturally in the world and which is not processed.

DO EAT	DO NOT EAT
VEGETABLES MEATS FRUITS NUTS SEEDS	PROCESSED FOOD SUGAR GRAINS DAIRY LEGUMES
	

HOW TO GET STARTED

- Eat only real food (if it won't spoil, then don't eat it)
- Cut out grains
- Cut out dairy
- Cut out sugar

SOME QUICK TIPS FOR PALEO

- Clear your kitchen & house out of all non-paleo food items. This will help with the temptation factor.
- Download Paleo.io, the app which answers the question, "Is this paleo?" with any food you have. It's got over 3,000 foods at this point, so chances are your question will be answered!
- Aim to eat 80% paleo first (eating paleo 6 days a week). Once you're comfortable with eating 80% paleo, then you can worry about being perfect and dialing it in.
- Base your meals around a protein source and fill up the space on your plate with vegetables to challenge yourself to eat your veggies!
- Experiment! Cooking healthy can be fun. Don't be afraid to bust out the cooking utensils and try something new!

MORE RESOURCES

UltimatePaleoGuide.com/Recipes
Paleoso.com/Recipes
PaleoDiet.org
[Paleo.io – The Paleo Food List App](#)

 **Ultimate Paleo Guide**
The Ultimate Guide to The Paleo Diet