

Eat Clean Live Lean

Paleo 101 Starter Guide



**WHAT
IS
PALEO?**

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What is Paleo?

Paleo is not a diet...it is a way of life.

It is designed to make you feel better, healthier, and stronger. Paleo is not necessarily designed for weight loss; it is designed to teach us to eat the foods our bodies were created to eat and therefore leads to a healthy and proportionate body weight.

Potential positive side effects may be altered body composition, weight loss, faster run times, stronger lifts, more energy, and the list goes on...

There is a huge variety of information already available on Paleo. My goal is to make it applicable to any athlete, and cater it to any individual.

Paleo shouldn't be intimidating or dreadful. It is designed to make you healthier. Let's get started!

What you **CAN** eat:

- ✓ -Any Vegetable (strict Paleo does not allow legumes i.e. beans)
- ✓ -Any Fruit
- ✓ -Nuts (except peanuts...also a legume)
- ✓ -Seeds
- ✓ -Oils
- ✓ -Eggs
- ✓ -Meat
- ✓ -Chicken/Poultry
- ✓ -Pork
- ✓ -Fish/Seafood

Making Paleo Easier

Paleo can seem daunting at first. Sometimes there are nights where you get home and the last thing you want to do is cook vegetables and chicken (we've all been there).

Here are some ways to make a Paleo lifestyle a bit easier and a bit more manageable:

-Meal Plan: It will make your entire week easier. Trust me. Try planning your dinners for the upcoming week so you can have the items prepared or at least bought ahead of time. If you keep good food in the house...you will eat good food. Simple, I know.

-Cook Ahead: Each week go to the grocery store, by the required items, then cook a large amount of your meals for the week. This way when you come home, there is absolutely no cooking involved other than reheating.

Some great things to make ahead:

- ✓~Soups and chili (These also freeze really well)
- ✓~Grilled or roasted chicken breasts
- ✓~Roasted vegetables
- ✓~Hard boiled eggs
- ✓~Frittatas or egg muffins

Making Paleo Easier

-Have Snacks Available: Mix up trail mix for the week, chop veggies, or slice up fruit. You're more likely to eat it at the right times if it is already prepared. Have these foods available at work (or at home) so when you're hungry, the vending machine isn't your only option. There are many great snack options available in the cookbook so you won't get bored eating the same snacks all the time.

-You Can Eat Out: There is absolutely nothing wrong with the occasional meal out and it is totally possible to keep it Paleo. You'll just have to know what to look for, and not be afraid to order something off the menu if necessary. Grilled chicken, burgers, salads, eggs, sides of veggies, all items on pretty much any menu and guaranteed to be Paleo friendly. (make sure to ask about how items, especially veggies, are cooked, your best options are steamed, grilled, or baked)

-Make Something Different: Don't get stuck in the routine of cooking the same foods for several weeks at a time. While this may be easy, it also becomes boring. Paleo becomes a lot easier if you are actually looking forward to what you have made for the week. This is what makes this cookbook so valuable. Lots of recipes, lots of flavor, lots of happy taste buds.

Some options for eating out:

- ✓ **Breakfast foods/Diners:** Eggs (if your worried about what oil they're fried in get poached or hard-boiled), bacon, fruit, or an omelet with vegetables
- ✓ **Chinese/Thai:** Any sort of steamed chicken or beef with vegetables...ask for the sauce on the side or with no sauce
- ✓ **Italian:** Salads, Grilled chicken, vegetables, steak
- ✓ **Mexican:** Salads, Fajitas without tortillas or rice, grilled chicken or steak, vegetables with no sauce
- ✓ **Family Style/American:** Burgers, steamed vegetables, salads, wraps without the wrap (make sure there is no cheese or rice in them)

Paleo Snack Options...

Snacking on Paleo can be potentially difficult as well as potentially damaging to all the hard work and progress you're making. Typical snack foods such as a handful of nuts, or a piece of fruit are great, but there are so many options outside of the typical "snacks" we think of when consuming a standard American diet.

Also be careful with snack choices, while there is no need for counting calories following Paleo, it is possible to overdo it with snacks.

A serving of almonds for example is 1 oz (22 almonds or 1/4 cup)...a cup of almonds is around 820 calories, potentially a little less than half a days calories for a lightly active female looking to lose some weight.

Same thing goes for dried fruit, not only is this a choice high in sugar, but can also add up in calories quickly. A cup of raisins for example has 434 calories and 85.8 grams of sugar, containing more sugar than two regular size snickers bars! Dried fruit can however be a quick source of sugar for runners or endurance athletes looking for a Paleo replacement to gels or energy chews.

Some Paleo Snack Ideas:

- ✓ -Beef jerky (make sure it is free of added sugars and extra ingredients. Best way is to make your own)
- ✓ -Serving of nuts (1oz. usually about a 1/4 cup)
- ✓ -Kale chips
- ✓ -Any raw veggies (diced bell peppers, carrot sticks...)
- ✓ -Celery sticks and almond butter (just almonds-make sure it is free of any sugar)
- ✓ -Hard-boiled eggs
- ✓ -Pre cooked chicken or turkey
- ✓ -Leftovers from lunch

6 Paleo Preparation Tips To Success

Planning ahead is going to lead to your success...success with weight loss or weight gain, success with healthier habits, success with performance gains, the list goes on...

But how exactly does one plan for the week, how do you know what you're going to want to eat, or cook, or do a whole week ahead of time???

Here are some of my tips:

1

Set aside 20-30 minutes on a Saturday or Sunday to plan out your week
Draft an idea of meals for the week:

- Think about breakfasts, what do you need to have on hand (pre boil eggs, cut up fresh fruit...).
- Think about dinners, organize a list of several meals you can either make ahead or make quickly during the week, gather recipes, look through the cookbook, whatever you need to do to get ideas.
- Think about lunches, what should you have on hand to eat, what can you use for leftovers from dinners.
- Think about snacks, what are smart, healthy, easy snacks you like, are you low on trail mix, etc...

2

From here make a grocery list for the week; get everything you need and you're less likely to fall off track.

3

Make a separate list of things you can prep ahead of time (for example, cook soup for the week, grill chicken breasts, chop up veggies). Whatever is going to make you more likely to eat the food you bought during the week.

4

Set aside a day to grocery shop and meal plan...this way you have to do it.

5

Have a general idea of when you are planning to exercise for the week and write it down.

6

Prepare as often as you need to in order to hold yourself accountable. If this means laying out gym clothes the night before, placing your alarm clock across the room so you have to get up to turn it off, or laying out your breakfast the night before then do it!

9 Paleo Weight Loss Tips

Weight loss can be a really difficult process for many people. Here are some steps to make weight loss a bit easier. It's about a balance; there is no need to go on a crazy diet that you won't be able to maintain. We want to work on making lifestyle changes that will lead to success.

1. Drink Water: Drink at least half your body weight in ounces of water daily. We often mistake thirst for hunger. Before eating a meal or having a snack, drink a glass of water and determine if you are really hungry or just thirsty.

2. Eliminate other beverages: Coffee, tea, water, coconut water, almond milk are all great options for weight loss. Eliminate the sodas (even diet), juices, and other flavored drinks.

3. Eliminate the processed foods: This is a simple rule to follow, choose mostly "one ingredient" foods. If you can't pronounce the ingredients then don't eat it.

4. Get rid of artificial sweeteners: If you still need a sweetener opt for small amounts of natural sugar such as honey, maple syrup, or a natural sweetener like stevia.

5. Eat when you are hungry: Wait too long to eat and you will become ravenous and eat more than necessary. Pay attention to hunger signals and eat slowly. Your body will let you know when you've had enough.

6. Add in fats: It may sound counterintuitive but to lose fat we need to eat fat. Our body needs fats. They play a huge role in satiety. Pay attention to portion sizes but aim to include some fat in every meal; except post workout.

7. Eat a balanced diet: Everything in moderation. Don't start eliminating everything in sight. Find a balance that works for you.

8. Exercise!: Exercise is more than just a weight loss method. It will keep you healthy, brighten your mood, improve your sleep, and contribute to the necessary calorie deficit.

9. Eat Enough: Don't starve yourself and expect to lose weight. Your metabolism will start to slow and your body will retain everything you put into your mouth. You will also be missing out on important nutrients vital for a healthy life!

Hydration Do's & Don'ts

Hydration is one of the most important aspects of nutrition. A majority of our bodies is comprised of water so it is extremely important to remain hydrated throughout the day, especially considering the activity levels of an athlete. Water loss during exercise can eventually lead to a decrease in performance.

The number one choice for hydration is water...try to drink at least half of your body weight in ounces of water daily.

DO

Drink These 4 Paleo Approved Drinks:

- ✓ **Coconut Water:** This is an excellent choice for replenishing electrolyte sources post workout. Be cautious of the flavored coconut waters, if aiming for weight loss. They tend to have fruit juice added and therefore more sugar
- ✓ **Coffee:** You do not need to cut out coffee on Paleo! Just make sure you skip the cream and sugar. If you must, you can always add in almond milk, or coconut milk.
- ✓ **Tea:** Any kind of unsweetened tea is Paleo. Again make sure it is unsweetened and do not add in sugar...I like to put a little almond milk in mine sometimes for something different
- ✓ **Almond milk/Coconut milk:** Make sure to check the labels for these. While some are 100% Paleo others have additives in them that aren't. If you are not super strict it is okay to have the non-Paleo ones occasionally

✓ **Sodas:** (not even diet)

✓ **Coffee drinks:** with anything other than coffee

✓ **Alcohol:** (tequila and vodka made from grapes are technically Paleo but still limit)

✓ **Dairy milk**

✓ **Pasteurized fruit juices.** Fruit juice is extremely high in sugar and concentrated so it is often pretty caloric. Think of it like this: you would drink a cup of apple juice easily in one sitting but you wouldn't necessarily eat three apples in one sitting. The fruit also gets stripped of its fiber when it is juiced. There are much better options

Don't Mess with:

Why We Need Fats

You will not get fat by eating fat!

Fats are good for our bodies; they are our second most used source of energy and are what we use when our energy from carbohydrates runs out. If you ran a marathon fueled on carbohydrates alone you would burn out...your carbohydrate stores would be depleted and your body would need to start oxidizing fat to continue providing energy. Fats actually provide us with more condensed energy than proteins or carbohydrates providing us with 9 calories per gram as compared to 4 calories per gram of protein and carbohydrates. Fats are our richest source of calories which is essentially another word for "energy".

Another great thing about fats...they do not absorb water so the body will not store excess water with fats as it will carbohydrates and protein, i.e. less bloating!

In addition to being great for our energy fats also provide us with important vitamins and minerals and will give you healthy hair, skin, and nails.

Here are some examples of good fats and bad fats:

Good Fats:

- ✓-Olive Oil
- ✓-Coconut Oil
- ✓-Fish Oil
- ✓-Flaxseeds
- ✓-Walnuts
- ✓-Olives
- ✓-Cashews
- ...and more

Bad Fats:

- ✓-Lard
- ✓-Butter (okay in moderation)
- ✓-Trans Fats
- ✓Soybean Oil
- ✓Canola Oil
- ✓-Partially hydrogenated oils (often found in baked goods and packaged or heavily processed foods)

Why We Need Proteins

A common misconception about proteins is that they give us energy. This is not necessarily the case. Proteins are actually our bodies least preferred energy source. Your body will use up carbohydrates first, then fats, and lastly proteins. This does not mean it is not extremely important to consume adequate protein.

Proteins are made up of amino acids. Our bodies consume and use both essential and non-essential amino acids. Essential amino acids are ones that our bodies are not capable of making on our own. This means we *must* consume these amino acids from the foods that we eat. Real whole foods, especially meat, are the highest quality sources of protein. Other sources such as nuts and seeds do contain protein but not as many essential amino acids.

Proteins are needed for our bodies to function; they are responsible for forming tissues, hormones, enzymes, proteins in the body, and so much more. They are the structure of our bodies, therefore it is very important to make sure we are consuming adequate quality proteins.

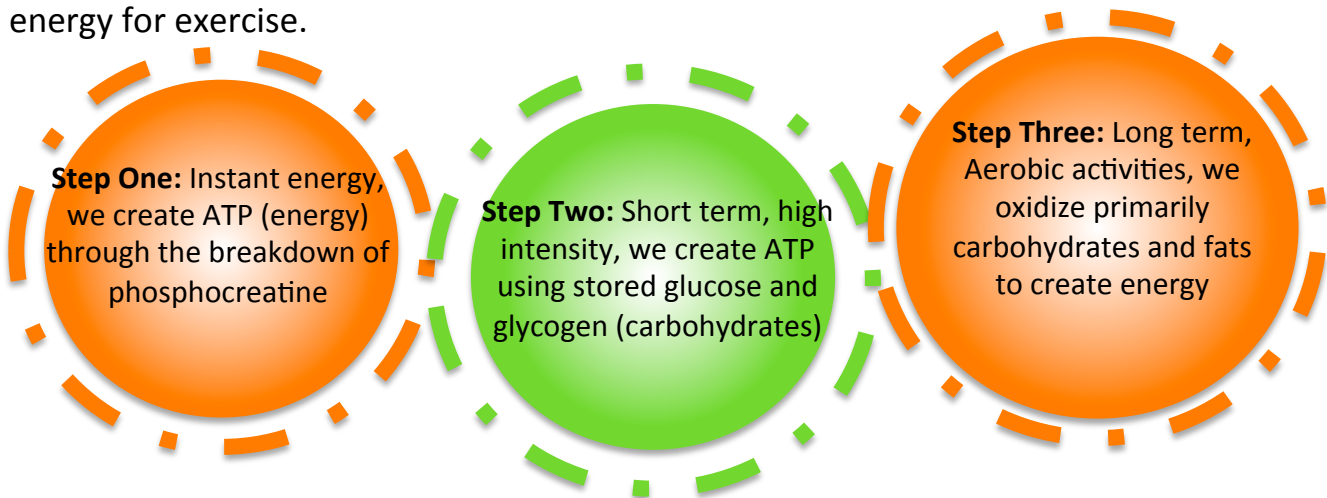
Best sources of protein:

- ✓ -Lean meats: chicken, turkey, fish, seafood, and red meat
- ✓ -Eggs
- ✓ -Whey isolate protein powder



Why We Need Carbohydrates

Often times we hear of low carb diets, and even the Paleo diet, which eliminates grains. It is important to understand though that carbohydrates are not bad. Carbohydrates are our main source of energy and are often our primary source of fuel during our workouts. To explain this we need to understand how our bodies create energy for exercise.



There is no reason to fear carbohydrates; you will only gain excess weight if you are consuming more than enough to fuel your daily activities. Unfortunately many people are not creating enough of an energy deficit (via exercise) to compensate for all the carbohydrates consumed.

Here are some good options for carbohydrates:

- ✓ -2 medjool dates
- ✓ -1/4 cup raisins
- ✓ -Medium banana
- ✓ -Medium apple
- ✓ -4 oz sweet potato
- ✓ -Cup of cooked butternut squash

5 Tips When Eating out on Paleo

It may not be obvious but eating out on Paleo is actually pretty easy. In fact it is often easier than cooking at home simply because someone else is doing the work for you. There are a couple precautions to take when eating out, but simple modifications are usually enough to navigate pretty much any restaurant menu on Paleo.

- 1 Ask questions:** There is absolutely nothing wrong with asking questions. If you don't see something you're looking for on the menu, ask. If you have an allergy, tell them. If you want to know if something comes with sauce, ask...
- 2 Choose your protein:** Order chicken, steak, burger, turkey, eggs, etc...every restaurant serves some form of lean protein. If you don't see it on the menu, ask about it. Unless you are at a 100% vegan restaurant. In that case stick to vegetables.
- 3 Choose your carbohydrate:** Choose some form of vegetable as your carbohydrate. Again every restaurant most likely serves some type of steamed or sautéed vegetable or salad.
- 4 Assume you're getting fats:** Most restaurants will use some form of fat to grease pans, or grills and cook your meal. Most likely whatever you get will have some form of fat in it. If you are getting some sort of veggie ask for them to be steamed or come plain. Restaurants will often coat them in butter or oil.
- 5 Don't worry about calories:** It's not worth the stress. Even if the calories are posted, it is extremely unlikely that what you are being served is exactly the same as the meal the calories were calculated for. Just make smart choices.