

What is paleo and why should I do it?*

Paleo is a lifestyle that emphasizes the parts of Paleolithic life that are healthier for us than typical modern life. The first main example is eating whole foods such as meats, vegetables, fruits, nuts, eggs and healthy fats instead of factory-processed foods and newer agricultural products – especially grains. The second is making time for regular exercise and proper sleep. Doing these things can make us both feel better and give us fitter, more attractive bodies!

How do I do paleo? Tell me the steps!

- ✓ **Eat a variety of meats, vegetables, fruits, nuts, eggs and healthy fats**
- ✓ **Don't eat added sugars**
This includes "organic" sugar and artificial sweeteners. Never drink soda
- ✓ **Don't eat grains or legumes**
This includes soy, rice, corn, wheat, and any grain product like pasta breads or cereals, as well as legumes like beans, and white potatoes
- ✓ **Don't eat processed vegetable oils**
This includes canola, corn, soybean, peanut, and cottonseed oils, to name a few
- ✓ **Don't eat any factory-processed foods**
If it comes in a box, most likely you shouldn't eat it
- ✓ **Eat dairy only if it is from grass-fed animals and you digest it well**
- ✓ **Plan one or two cheat meals a week if it keeps you on track**
Try to "treat not cheat" by indulging in more decadent paleo foods occasionally
- ✓ **Exercise regularly and intensely, and rest**
Give yourself rest days throughout the week and extended rest every couple months
- ✓ **Get a full night's sleep in a dark room every night**
- ✓ **Drink lots of water**
- ✓ **Don't drink much or any alcohol and avoid caffeine late in the day**

That's it?

Yep! But only if you are consistent. The above paleo basics make up 90% of a successful paleo lifestyle, but they must be followed for you to see results. One of the biggest keys in doing so is the ability to prepare your own paleo food. The FastPaleo.com recipes page has hundreds of free, easy-to-follow recipes you can choose from to find paleo foods that you like and can prepare yourself. Check it out, and as always, James and the awesome FastPaleo community are more than happy to help out in any way we can! ~James

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