
SAVE – TIME, EFFORT & MISTAKES

Get Lean with Paleo

QUICK START GUIDE

Learn How to Get Lean with Paleo Food

**Your 1st Step Toward Your Naturally
Healthy and Lean Body**



Nils and Carin

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Contact the publisher: info@paleo123.com

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Introduction

Thanks for downloading our **new quick start guide** for the paleo diet. You are to be congratulated, because you have just taken a very important step – one that will give you a “secret” edge toward achieving a lean and firm body. In fact, deciding to start the paleo diet could be the most important step you’ve ever taken, and here’s why:

If you are anything like we were, you have probably struggled to keep your body fit and trim. You’ve read health magazines and books, you’ve worked out, you’ve eaten healthy according to the latest recommendations, and yet you still lose some muscle tone here, and gain some fat there. You may even feel as though the day after you turned 30, your body began to slide. It’s a miserable experience, and a miserable feeling. You know that if you can’t get a lean body with what you’re doing right now, your body will probably continue to slide as you get older. You will gain more weight as the years pass, and you will have less energy to do the things you dream of doing.

On the other hand, if you use our method to get a lean and healthy body right now, your life will become better in ways you can only begin to imagine. You will be able to keep your lean body for the rest of your life, and never again have to worry about gaining weight. Think about how much time and energy you waste thinking about your health, your weight, what to eat, etc. If you never had to think about these things again, how much energy and time would that free up for you? If you lose weight, you will look better, and feel good about yourself. Just speaking for ourselves, we feel that we are much more attractive today. This has made us feel more positive, and has even led to more meaningful relationships with our friends and family.

We are providing this guide for free because we want to share our success. We want to help you reach your health goals and get the lean body you were born to

have. To this day, we remember exactly how we felt after reading about the paleo diet for the first time. It all made sense to us, and we were excited to have stumbled upon this wonderful fast track to health. However, we were still confused about how to get started, and how we could fit the paleo diet into our everyday lives. We have created this guide so that we can share the tips that worked for us, and help you get started eating paleo – it will be the best decision you have ever made for your health!

We are truly happy that you have downloaded this guide, and would like to extend a very sincere THANK YOU for doing so. You probably had a lean body at one time, and we love being able to start you on the path toward reclaiming it. Please don't hesitate to contact us if you have suggestions on how we could improve this guide to help others. Also, tell us your story - we would love to hear from you! Please stay in touch and let us know how things are working out for you.

Please remember to download our free ***bonus paleo food chart*** as well. It is an important tool that will help you get started so that you get your lean body as quickly as possible.

E-mail us at any time at info@paleo123.com

To Your Success,



Nils and Carin

Start Eating Paleo and Start Losing Weight

You are about to learn about the paleo diet and how paleo can get you on track to a lean and healthy body. First, let's cover the basics of the paleo diet so that you can understand how it will work for you. In your first 92 (or perhaps even fewer) days, you can **lose 18 pounds** (*exactly as I did*), improving your overall health and energy level so that you never again have to worry about your weight. You will begin to reach your full potential in all areas of your life.

The basic idea with paleo eating and health is to provide your body with **optimal food and nutrition**, consuming the very best food that you can easily digest and utilize for all the important processes going on in your body. The paleo diet is the way nature intended us to eat, using the food that your body is naturally made for. During our human evolution here on earth, our bodies adapted to use the food that was readily available in the best possible way. In other words, your body was designed to eat certain natural food items, and has not yet adapted to effectively utilize some of the food items that have become available in more recent times.

The paleo diet (or *Paleolithic diet*, also referred to as the *caveman diet*, *Stone Age diet* and *hunter-gatherer diet*) is both new, and very old. It is the way of eating as we did during the Paleolithic era, a period of about 2.5 million years duration that ended around 10,000 years ago with the development of agriculture.

When humans started to range cattle and grow their own food, new food items like milk and other dairy products, grains, legumes and refined sugar were introduced to the diet. However, our genetics did not keep pace with this abrupt change in diet. This resulted in various adverse health conditions. The human race

is actually still genetically predisposed toward the diet of our Paleolithic ancestors, which means that the food that most closely resembles this diet is still the food that is best for our overall health.

Archeological findings and the study of modern-day hunter-gatherers has revealed that these populations did not, and do not, exhibit excess weight. This means that in these populations, there is no evidence of suffering from many of our modern-day diseases, like high blood pressure, stroke, ischemic heart disease and diabetes.

New research has shown that eating a paleo diet results in weight loss, a slimmer waist, reduced blood pressure, and reduced risk for strokes and heart attacks. When eating “modern” food to which your body has never adapted, you risk gaining weight. You also have a higher risk for health problems like high blood pressure, type 2 diabetes, and cardiovascular diseases.

So, What Makes It All Work?

Researchers have found that the paleo diet results in both weight loss and a leaner body with a slimmer waist. Among various indigenous people that live in a hunter-gatherers society, where almost all food is obtained from wild animals and wild plants, **excess weight is virtually nonexistent**. These people eat basically the same food that our cavemen ancestors did for hundreds of thousands of years.

What makes the paleo diet so effective in keeping the body fit and lean? It’s simple. The food that makes up the paleo diet is nothing more nor less than the food for which the human body was designed. It is easily digested, contains all the nutrients you need, and isn’t cluttered up with empty calories. Think about this – would a fat caveman have had a chance of surviving in a dangerous and competitive environment? Of course not. Cave dwellers had to be very fit and lean in order to be able to survive. Simply stated, humans were designed to be lean.

The 5 Factors That Promote Weight Loss

Five important factors promote weight loss on the paleo diet.

1. **Fewer empty calories:** Paleo food is less “energy-dense” when compared with refined foods that are based on grains, sugars and dairy products. When you eat a paleo meal, you get the nutrition you need without the superfluous calories contained in so many modern-day foods.
2. **More water and fiber:** When your diet contains a lot of fruit and vegetables, it is virtually impossible to eat. This is because of the high fiber and water content of these foods. You can eat as much as you want. You will feel very satisfied, and you won’t have to worry about consuming too many calories, thereby gaining weight.
3. **More protein:** With the paleo diet, your protein intake will be higher. Protein derived from meat and seafood keeps you satisfied for a longer time. It also helps your body to metabolize fat for energy – instead of storing fat, your body will actually burn it.
4. **Low GI:** Most of the paleo food items have a low glycemic index. This helps to keep your blood sugar stable while eliminating sugar cravings. Stable blood sugar levels and stable insulin levels help to prevent your body from storing fat.
5. **More nutrients:** The paleo diet is more nutrient-dense than food from refined products that are based on grains, sugars and dairy products. You will feel more satisfied while getting more of the vitamins and minerals that your body needs.

Change That Makes a Real Difference

How important is what we eat when it comes to losing weight? Changing your diet has a huge impact on your body, and of course, an active life-style is also an

important factor in achieving a lean body. Considering that in the US more than **70% of the average person's daily calorie intake comes from energy-dense, non-paleo food**, you can see how changing to the paleo diet will help you get rid of excess fat.

Other diets, like the Atkins diet or the low carb diet, can also produce weight loss. These diets actually share some common factors with the paleo diet in terms of how they affect your body. They will, for example, produce a lower glycemic index, and they are indisputably less energy-dense than many other diets. However, they only simulate over the short term the benefits of the paleo diet. With paleo, you get all the long-term health benefits that are not necessarily present in other diet choices.

How to Properly Start Eating Paleo

Let's learn about exactly what paleo food is, and where to begin so that you can get a head start on achieving your lean body.

Food for a Healthy, Lean Body

Paleo food is a **modern-day version of what our caveman ancestors ate**. It is the food that we humans ate when we were still living as hunter-gatherers, before we settled and became farmers - the very food we have been eating for millions of years of our evolution!

Our caveman ancestors got their food from hunting and fishing, as well as collecting eggs, fruits, vegetables, root vegetables, berries and all sorts of nuts.

Modern day paleo food would therefore **INCLUDE** these food items:

- **Meats**
- **Fish and other seafood**
- **Eggs**
- **Vegetables and root vegetables**
- **Fruits and berries**
- **Nuts**
- **Herbs and spices**

Paleo food **EXCLUDES** the three main food items produced from modern day farming. These food items are:

- **Dairy products**
- **Grain products**

- **Refined sugar**

Examples of dairy products are cheese, butter, milk, and yogurt. **Grain products include** wheat, rice and legumes, as well as bread and pasta. These products contain anti-nutrients that prevent the body's absorption of important nutrients. Paleo food also excludes refined sugar and use less salt.

Typically, paleo food is more nutrient-dense than refined foods such as grains, sugars, and dairy products. This means simply that you get more important vitamins and minerals from this food. At the same time, it is less energy-dense, which means you feel satisfied quickly and are less likely to overeat. Research has shown that this type of diet is very effective in achieving long-term weight loss.

The fiber content of paleo food is higher than that of typical modern food. Paleo food also has a low glycemic index, which means these food items do not adversely affect your blood sugar. Having a stable blood sugar level is very important in maintaining a lean and healthy body.

Paleo Meal Is the New Modern Way of Caveman Eating

If you are wondering how to prepare a paleo meal, read on!

A paleo meal is constructed, obviously, from paleo food items. It consists of the food that most closely resembles the food that our Paleolithic ancestors ate. In other words, it would consist of what cavemen were able to hunt and gather, before humans settled and became farmers. Typically, this would be a meal composed of meat or fish, along with vegetables and/or root vegetables

How to avoid the number one mistake when starting to eat paleo

It is important to note that when you exclude bread, pasta, and rice from a meal you skip a lot of energy-dense food. To compensate for this, you need to eat

more protein (like meat, fish and eggs), and **more fat** than you have been accustomed to consuming. In this way, you will get the energy that your body needs. Also, since you will no longer be getting carbohydrates from bread, pasta and rice, you will need to eat **more vegetables** and root vegetables to maintain a proper carbohydrate level.

Quick Paleo Meals Blueprint

Here are three steps to follow in constructing your daily paleo meals. Meal planning following these steps will help you avoid putting on excess fat and instead get you a lean body:

Step 1: For breakfast, you can have an egg (boiled, fried or scrambled, or in an omelet), some ham, or smoked fish. You could also have some sort of fruit, berries, and/or vegetables. For a quick breakfast, raw eggs can be combined with coconut milk, fruits, and berries in a great-tasting, healthy smoothie.

Step 2: For lunch, you could have leftovers from the previous day's dinner, or meat or fish along with vegetables like cauliflower, broccoli, avocado and carrot. You might also want to consider a salad or vegetable soup.

Step 3: For dinner, you might make a meal out of meat like beef, pork, poultry, wild game or seafood. A sauce could be made of tomatoes or coconut milk, or you could make your own mayonnaise or aioli. Add lots of vegetables and root vegetables (cauliflower, broccoli, cabbage, avocado, carrot, cucumber, lettuce, carrots, beets, parsnips, sweet potatoes). If you want dessert, make it from fruits, berries and nuts.

Your First Paleo Meals

ACT RIGHT NOW to get paleo into your life... so you start doing what it takes to get back your lean body, lose that extra fat and get the energy you want. You'll become more attractive, and you can stop worrying about what to eat and what

not to eat. Instead, you can devote your time and energy to achieving what you really want out of life.

All right, let's get started, shall we? Take the first step on the path to your lean body!

Preparing Your First Breakfast

Let's learn how to **prepare one super easy, new paleo breakfast** so that you can get an idea of what a paleo breakfast should look like. If you learn how to make a good, nutritious breakfast every day, you will save time and have improved energy throughout the day. You've probably heard it said that breakfast is the most important meal of the day, and it's true. A good breakfast will set you up for a day where you don't suffer from mood swings caused by bad nutrition, so you'll be able to concentrate on the things that are important to you.

A paleo breakfast can be both easy to make and super-tasty. You just have to put aside your old beliefs about what breakfast "should" look like, and embrace the challenge of eating new foods. Read on to discover how easy it is to make a paleo breakfast!

Ultra-Fast Egg and Fruit Breakfast

Take two hard-boiled or soft-boiled eggs. Put them on your plate. Cut two apples and one orange into pieces. Put them on your plate. Add a handful of walnuts. Your breakfast is now ready.

Of course this breakfast can be changed in endless ways, by using different fruits, berries, nuts, etc. You get the point!

Ultra-Fast Egg and Fruit Breakfast



Step 1. The ingredients



Step 2. Boil the eggs



Step 3. Chop the fruits (optional)



Step 4. Breakfast is served!

P.S. [Get more dead simple paleo breakfast recipes & 8-Week Meal Plan here >>](#)

Preparing Your First Lunch

Do not buy into the widespread myth that healthy, high-nutrient meals have to be tasteless and boring. They can actually be quite tasty and simple to prepare.

Let's learn how to make a **quick and easy paleo lunch**. It's not rocket science - you can begin making your own paleo lunches right away, and start on the path to your lean body. Once you understand the proper method of cooking paleo meals, you will never have to relearn it. Sure, it could seem a bit daunting at first, but once you get the hang of it, with a little bit of practice, it's downright simple.

Chicken for Lunch

Take some fresh **chicken breasts** straight from the refrigerator, maybe 2-4 pieces, depending on their size and how hungry you are. Put them in an oven-proof skillet or frying pan. Squeeze some **lemon or lime** juice over them, and if you like, add some black pepper. Bake at 325 degrees for 40-60 minutes. Boil some **cauliflower**, maybe half a head depending on size, and serve it together with the chicken breasts. Drizzle some **olive oil** over the cauliflower and sprinkle a small amount of salt and black pepper to taste. You could have some fresh carrots too, if you like.

Chicken for Lunch



Step 1. The ingredients



Step 2. Bake the chicken



Step 3. Broil the cauliflower



Step 4. Lunch is served!

P.S. On most of the weekdays for lunch, you could simply have leftovers from the previous night's dinner.

P.P.S. [Get more paleo lunch recipes & 8-Week Meal Plan here >>](#)

Preparing Your First Dinner

Let's talk about **what to have for paleo dinner**. If you learn and use the techniques that I'm about to show you, you'll avoid spending too much time planning and cooking your dinner. You'll also get a good foundation for your own cooking, and understand just how quickly and easily you can prepare your paleo food.

Pan-Fried Salmon and Broccoli

Squeeze some fresh lime or lemon juice over a **salmon** steak. Fry salmon on both sides for 10-15 minutes (depending on the size of the steak) until it readily flakes when you test it with a fork. Boil **broccoli** for about 10 minutes until soft when tested with a fork. Sprinkle olive oil over the broccoli, add spices to taste, and serve with a fresh **avocado**.

Pan Fried Salmon and Broccoli



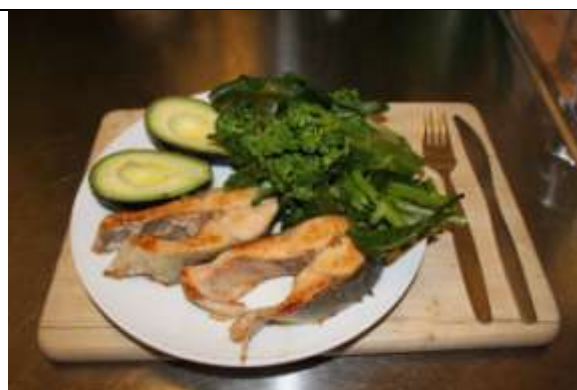
Step 1. The ingredients



Step 2. Boil the broccoli



Step 3. Fry the salmon



Step 4. Dinner is served!

P.S. [Get no cooking skills paleo dinner recipes & 8-Week Meal Plan here >>](#)

The Right to Snack

When you read what I am about to teach you **about snacking**, you will reduce cravings, and you will understand what you should snack on during the day.

In addition to your three main meals during the day, you should plan on 2 or 3 snacks. The idea is to eat every two to three hours - that's optimal for you to sustain your energy level and minimize cravings.

For a snack, I recommend that you have one or two pieces of fruit, and perhaps a handful of nuts (like walnuts or macadamia nuts). You could also choose one of **these three alternatives**:

1. Boiled eggs
2. Beef jerky
3. Avocado

Grocery Store Checklist

For your paleo breakfast:

- ☐ A container of organic eggs
- ☐ A couple of apples (for snacking as well as for meals)
- ☐ A couple of oranges (for snacking as well as for meals)
- ☐ One package of walnuts (for snacking as well as for meals)

For your paleo lunch:

- ☐ 1 lb. of fresh chicken breasts or thighs
- ☐ 1 lemon or lime
- ☐ 1 cauliflower
- ☐ A couple of carrots
- ☐ Olive oil (optional)

For your paleo dinner:

- ☐ 1 lbs. of salmon steak
- ☐ 1 lemon or lime
- ☐ 2 bunches of fresh broccoli
- ☐ 1 avocado
- ☐ Olive oil (optional)

Key Points

This is what to do right now in order to get ready for your paleo diet, and take that first step toward your lean body.

First, choose a specific day when you are going to prepare, for the first time, a full day of paleo meals. I recommend doing this on one of your days off, so that you have sufficient free time.

Second, go back to the shopping list in this guide and print it out. Then go to the grocery store and buy what is on the list.

Third, prepare your meals during the specific day you have chosen and then at the end of the day, bask in the good feeling of having taken a huge step toward better health and a leaner body. Reaching this point is no small feat. In fact, you have accomplished something really special - you have just taken your first step, which is always the hardest part of any journey. From here on, it will be smooth sailing!

Thank You

Thank you for reading our free starter guide! **NOW it is time to ACT!** Scroll back to the shopping list for your first 3 paleo meals and print it off, together with the easy preparation descriptions. Take control, and get back your lean body!

If you want to learn even more about successfully starting the paleo diet in order to lose weight, we'd love to help you get the results you want, save you time and save your money.

We have in-depth **techniques** with new **proven tips** to help you start eating paleo and get back your lean body. We show you exactly what paleo food is, and take you through proven ways to prepare your breakfast, lunch and dinner. We also share our easy recipes for paleo treats. When you learn and study what we have discovered, and incorporate it into your life, you are **guaranteed to get the same results** we did! You will get your lean body back, feel more attractive, and have more energy to devote to the things that really matter.

NOW is time to act. It's up to you to take the very first step toward your lean body so you start feeling better right away. We know you can do it! Follow the suggestions in this free guide, and you can start your paleo journey to a lean body. **We would love to hear from you**, so if you have **any questions or concerns**, feel free to email us at info@paleo123.com and visit www.paleo123.com for more information on weight loss and paleo.

To Success and Your Lean Body,

Nils and Carin

P.S. Have a look at "Your Guide to Paleo", the handy Paleo Guide, is now also available. It'll help you avoid common pitfalls and reach your health and weight loss goals even faster. [Get NEW "Your Guide to Paleo", click here >>](#)