

THE EASY

PALEO

DIET



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Basic Principles of a Paleo Diet

In a paleo diet, you can't have any foods that prehistoric humans couldn't have gotten. This means you can only have foods that are completely natural, either coming from animals or from plants and trees.

This diet has a lot of benefits to it. Since you're cutting out processed and factory-made foods, you're cutting out a ton of unhealthy foods from your diet. This alone will yield weight loss and health improvement results almost immediately.



Additionally, the lack of processed foods containing harmful ingredients such as high fructose corn syrup can lead to you having more energy and even an increased life span.

The paleo diet is supposedly how our bodies were meant to live, so we perform better on it. The meals you'll eat on the paleo diet will leave you feeling more full, which helps prevent you from overeating, a major contributor to weight gain in the United States.

As long as you keep your portions controlled under this diet, you won't be hungry, and you'll be plenty satisfied. A paleo diet still allows you to have enough food options that you'll never quite be bored of the meals, but is restrictive enough that you won't be overwhelmed by options or be allowed to just go overboard.

No unhealthy food means you're most likely going to lose weight, but just because a food is healthy doesn't mean you can have as much of it as you want. For example, you can have just about as much broccoli as you'd like, which fits within the limits of the paleo diet.

However, if you were to eat an excessive amount of almonds, which is also allowed, you'd be taking in too many calories. One of the few drawbacks is that this diet can get to be a bit more pricey than a diet full of junk food.

Processed factory foods are often far cheaper than real natural foods, but there are a few ways around that if you know how to shop smart. However, the increased cost is worth it given the results.

The paleo diet can even help with inflammation pain, as naturally occurring foods like vegetables and fruits can help immensely with that. They contain all of the right nutrients to help your body fight disease, whereas the chemicals in factory foods can lead to increased risk of disease.