

Having clear cut guidelines about what you should be eating and what you should be avoiding will help you lose fat and gain your health back. In this guide, I'll tell you exactly what you should be eating and drinking for the next 30 days during this program (and hopefully beyond). I'll also explain the scientific and practical reasoning behind all these guidelines.

There are some gray areas, as there are with everything, so I'll explain those and try to make them as easy to navigate as possible. Let's get started!

OVERVIEW

In general, you'll be eating Paleo this month. I don't love labels, and "Paleo" is certainly an odd label for a way of eating, but this is the eating style that I stumbled on about 6 years ago and finally started turning my health around.

The science behind this way of eating is SOLID and gaining more and more evidence every day, but more than that, I've seen it work way better than anything else I've ever tried with my clients.

Whether they're trying to lose weight, clear up skin issues, have better digestion, have more energy - or all of the above - this has worked almost every time. I'm going with what works, and I'm extremely confident that you'll be happy with the results.

To find out what, exactly, Paleo is and why we remove certain foods from the diet, check out your What Is Paleo Download that I sent you in your first email.

EVERYONE IS DIFFERENT

Please understand that everyone's diet ends up being a little different - nothing is set in stone. For instance, I don't eat nuts or seeds because I'm sensitive to them, even though they're technically "Paleo". Other people can't tolerate coconut, so they don't eat that, even though *it's* Paleo. Some people tolerate certain grains really well and they don't gain weight when they eat them... so they eat them.

Below are guidelines, but you'll figure out over time what works best for you within and beyond those guidelines. The best way to figure out what works for you is to give yourself this entire month to detox and let your body heal a bit by taking out the inflammatory foods I'm going to tell you about below. Take them out for these 30 days (you can do anything for 30 days!), and then if you want to, you can experiment with some of these foods after the month is over.

KEEP THAT WEIGHT OFF!

After all, this isn't meant to be just some crash diet where you'll lose a bunch of fat this month and then go right back to what made you gain the weight in the first place, right? I promised you sustainable fat loss and improved health, and going back to your old ways of eating isn't going to get you that.

You don't have to think about the change as being life-long right away, but keep it in the back of your head that that's a possibility. I know that big changes can be overwhelming and lead to you giving up. So let's take this day by day right now.

COLD TURKEY OR SMALL CHANGES?

It's up to you to decide whether you want to make this change all at once or step-by-step. You know you much better than I ever will, so tell me: are you an all or nothing kind of

person, or are you a little by little person? When you go swimming, do you get in that cold water inch by inch or do you jump in the deep end off the diving board?

Here are some guidelines for how you'd go about going either route.

HOW TO GO COLD TURKEY

If you wanted to just go all in and start tomorrow (or today), you'd do the following:

- ▶ Clean out the old foods in your house that will tempt you. You can donate them to a food shelter, give them to a friend, or even sell the good stuff to a friend.
- ▶ If you don't want to get rid of them quite yet, you could put them somewhere you won't be tempted by them (like in your attic or basement, or at a friend's house).
- ▶ Then you'll replenish your fridge and pantry by going to the store with a list of some of your favorite foods from each category below.
- ▶ Alternatively, you can get a meal plan from many places (see the **Meal Plan Guide Download**) for my best suggestions. Some of them are free and some are not.
- ▶ Then you'd start cookin'!

HOW TO MAKE SMALL CHANGES

There are many ways of going about making small changes to your diet instead of doing things all at once.

- I've had clients who, for the first week, take out most of the soda they're drinking every day. That's hard enough for them, and they're in no rush, so that's their main goal.

- Other people just take gluten or dairy out of their diets for a week or so.
- Other people will go a little bigger and take out all the grains. You could also start by just adding more vegetables to your diet.

My suggestion here is to take it slowly (if that's what you want to do), but don't baby yourself. Do one change for 3-7 days tops, and then make another change. By the end of the 30 days, I want you to be fully transitioned onto this way of eating, and then your challenge will be to continue on it for 30 more days, at least.

WHAT TO EAT

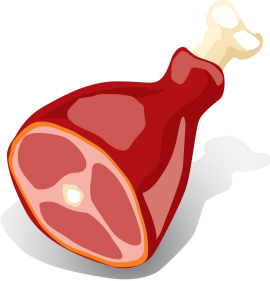
- Animal meat, organs, bones, etc
- Fish and seafood
- Eggs
- Vegetables
- Fruits
- Nuts
- Seeds

WHAT NOT TO EAT

- Grains
- Gluten
- Legumes/Beans
- Pasteurized Dairy
- Excessive Sugar
- Vegetable Oils
- Additives, Chemicals, and Antibiotics

Below is a more comprehensive list of foods to eat, foods to avoid, and foods to eat in moderation. For all of the foods listed, it's best to choose those that are free of pesticides, antibiotics, hormones, animal abuse and that the food the animals were fed was appropriate for their species.

FOODS TO EAT



MEATS

Red meat, white meat, the other white meat - they're all great. An awesome source of protein, iron, B-vitamins, and healthy fats, you'll base your meals around a solid source of animal protein.

NOTE ON QUALITY: Eat these foods from animals that were grass fed or pasture raised. At the least, get organic meats and eggs. Stay away from meats with preservatives and color or flavor enhancers, particularly added nitrites.

Organ meat, bone marrow, and the fat from these animals is all fantastic for you, too. It's nutrient dense and satiating.

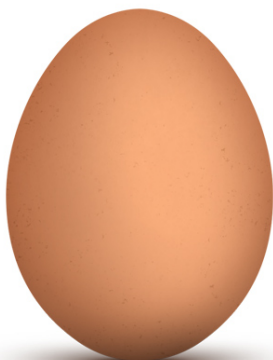
- Game Meats
- Organ Meats

- Bone Marrow
- Pork

- Turkey
- Goat

- Beef
- Chicken

- Lamb



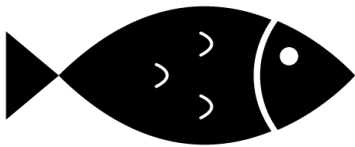
EGGS

You can eat eggs from any kind of bird you want.

NOTE ON QUALITY: *As with meat, it's best to buy locally raised eggs that are from chickens, ducks, or any other birds that were not*

given GMO corn, that weren't factory farmed, and that were not given antibiotics. They have more nutrients in them, as can be witnessed by the rich-colored yolks and the tough shell.

NOTE ON CHOLESTEROL: New research has shown that consuming eggs (or any dietary cholesterol sources) does NOT increase your cholesterol levels. And even if it did, your blood cholesterol markers are often not a good indicator of whether or not you will have a heart attack or stroke. The research there is pretty bad, too, and if you want true, real information on cholesterol, saturated fat, heart disease, and health overall, please check out Chris Masterjohn, PhD's website, cholesterol-and-health.com. You will be pleasantly surprised by what you find there.



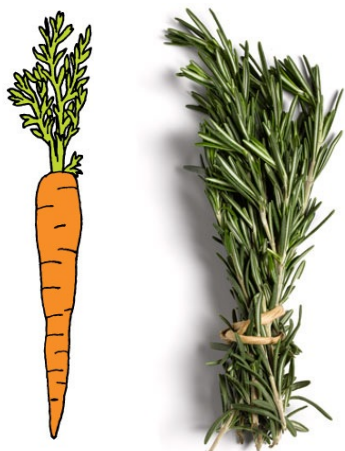
FISH, SHELL FISH, FISH EGGS

All species of fish, shell fish, and fish eggs are great – just be conscious of mercury levels and ecological practices. Smaller fish like anchovies and sardines have less bio-accumulation of heavy metals and toxins, and high levels of omega 3 fatty acids.

NOTE ON QUALITY: You'll want to buy wild-caught or sustainably-raised fish as often as you can, as they contain the fewest toxins the most omega 3's, and those fishing practices are best for the environment.

You can find out which fish have the highest levels of mercury at www.nrdc.org/health/effects/mercury/guide.asp

- salmon
- herring
- cod
- catfish
- tilapia
- sardines
- tuna
- shrimp
- mussels
- oysters
- crab
- lobster
- scallops
- bass
- any seafood you love!



VEGETABLES & HERBS

Veggies and herbs are highly encouraged, including sweet potatoes and potatoes. Organic veggies are more nutritious than conventional veggies with pesticides on them.

NOTE ON QUALITY: Local veggies are even better because the transit time from the farm to your mouth is much less, meaning they retain more nutrients. You can join a Community Supported Agriculture (CSA) where you'll receive in-season produce from a local farm every week. To find a CSA in your area go to localharvest.org.

- Artichoke
- Arugula
- Asparagus
- Bok choy
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Chard
- Collard greens
- Endive
- Frisee
- Basil
- Caraway
- Cilantro seeds are Coriander
- Chamomile
- Dill
- Fennel
- Lavender
- Lemon Grass
- Marjoram
- Oregano
- Parsley
- Rosemary
- Sage
- Thyme
- Kale
- Kohlrabi
- Lettuce
- Mushrooms (actually a fungus, not a plant)
- Mustard greens
- Nettles
- Okra
- Onions
- Chives
- Garlic
- Leeks
- Shallot
- Parsley
- Peppers (actually fruits, but treated as vegetables)
- Radicchio
- Rhubarb
- Beets
- Carrots
- Celeriac
- Daikon
- Ginger
- Parsnip
- Rutabaga
- Turnip
- Radish
- Sweet potatoes
- Turnip
- Wasabi
- Horseradish
- Spinach
- Squashes (actually fruits, but treated as vegetables)
- Cucumber (actually fruits, but treated as vegetables)
- Potatoes
- Tomato (actually a fruit, but treated as a vegetable)
- Jicama
- Jerusalem artichoke
- Taro
- Yams



FRUITS

The guidelines for fruits are the same as the guidelines for veggies, except you'll want to eat fewer of them every day than veggies. Fruits can be pretty dense sources of carbs, so if you're not active at all, limit your fruit intake to one or two pieces a day. For some people, that's even too much, so you'll have to see how your body does with them.

NOTE ON QUALITY: Organic and local are best.

- Apple
- Apricot
- Avocado (yep, it's a fruit!)
- Banana
- Berries
- Blood Orange
- Cantaloupe
- Clementine (type of orange)
- Currant
- Cherry
- Coconut
- Cranberry
- Date
- Dragonfruit
- Elderberry
- Fig
- Goji berry
- Gooseberry
- Grape
- Grapefruit
- Guava
- Huckleberry
- Honeydew
- Jujube
- Kiwi fruit
- Kumquat
- Lemon
- Lime
- Loquat
- Lychee
- Mandarin
- Mango
- Mulberry
- Nectarine
- Olive
- Orange
- Papaya
- Passionfruit
- Peach
- Pear
- Persimmon
- Plum/prune (dried plum)
- Pineapple
- Pomegranate
- Raisin
- Raspberry
- Star fruit
- Strawberry
- Tangerine
- Ugli fruit
- Watermelon



NUTS & SEEDS

All nuts and seeds are great, as well as the butters that are made from them. Just remember that **peanuts are not nuts** – they're legumes, and thus are not on the list. Because you're trying to lose weight, let's limit nuts and seeds to about 1 or 2 ounces per day (1 or 2 small handfuls), as the calories add up quickly!

NOTE ABOUT QUALITY: Go for organic, raw nuts and seeds. Stay away from the ones that are roasted in vegetable oils. The truth is that it's always better to soak or sprout your nuts and seeds. Soaking and sprouting helps to get rid of the phytic acid, lectins, and enzyme inhibitors, and makes them more digestible.



SEA VEGETABLES

Seaweeds are incredibly high in minerals, having come from the ocean. Eat them as snacks, or roll meat up in them - they're delicious!

- kombu
- wakame
- nori
- all other seaweeds, algae, etc.



FATS & OILS

This list of fats is different than what you've seen as "healthy" in the past, but these are the kinds of fats and oils we've evolved eating, and they're very stable for cooking, especially on medium or medium low heat.

NOTE ABOUT QUALITY: Get organic, grass-fed, and pastured animal fat sources from vendors only. The toxins are stored in the fat of the animal, so you don't want to be eating conventionally raised animal fats that are full of antibiotics, pesticides, hormones, and GMO corn residues. Get your oils organic, extra virgin, and cold-pressed if applicable.

- avocado oil
- coconut oil/
milk/manna
- extra virgin
olive oil
- hazelnut oil
- lard (rendered
pork fat)
- macadamia oil
- tallow (rendered
beef fat)
- walnut oil

Note: Unrefined palm oil would be on this list, but because its production is directly associated with destroying the habitats of orangutans, I removed it from the list.



BEVERAGES

Filtered or spring water is best! Drink it to your heart's content. The others are great, too. Just no sodas or other drinks sweetened with sugar or artificial sweeteners.

- Coconut water
- Filtered or spring water
- Freshly juiced fruits and
vegetables
- Herbal tea
- Sparkling water



COCONUT PRODUCTS

Coconut contains medium chain fatty acids that actually help you burn fat. Coconut is anti-viral and anti-fungal, and a really fun source of dietary fat. Some of these foods may be foreign to you, so there's a great website that describes what all of these products are and how to use them at

thecandidadiet.com/ultimate-guide-to-coconut-products/.

- Coconut oil
- Coconut milk
- Coconut nectar
- Coconut manna/butter
- Coconut vinegar
- Coconut aminos
- Coconut sugar

EAT IN MODERATION

- [Coffee](#)
- [Chocolate](#)
- [Fruit](#)
- [Alcohol \(all kinds\)](#)
- [Caffeinated teas](#)

Sweeteners

- [Raw honey](#)
- [Stevia](#)
- [Coconut sap](#)
- [Grade B maple syrup](#)

These foods are in the gray area, and should be eaten or consumed as you see fit for yourself. For more guidance on that, I wrote extensively on each food and drink over at PaleoPlan.com when I was the blogger there. Please click on the links below to find out more.

FOODS TO AVOID

For a thorough explanation of why you'd take out the following foods, please see your What Is Paleo Download that I sent you in your first email.



GRAINS

If you were to only do one thing differently for your health and weight loss goals, it would be cutting out all grains. I've seen everything from drastic weight loss to psoriasis clearing up when you get wheat, rice, oats, and corn (among others) out of your diet. They're inflammatory and difficult to digest. At least for this month, let's definitely give this a try.

- Corn
- Kamut
- Amaranth
- Quinoa
- Wheat
- Rice (white rice, brown rice, red rice, black rice, wild rice)
- Spelt
- Rye
- Barley
- Millet
- Oats

- White flour
- Wheat flour
- "Flour"
- Graham flour
- All purpose flour
- Rice cakes
- Cereals
- Granola bars
- Clif bars
- Cookies
- Crackers
- Tortilla chips
- Tortillas
- Taco wraps
- Bread
- Pasta
- Pastries
- Oatmeal
- Roux or any soups thickened with flour
- Corn flour
- Corn meal
- Beer
- Corn syrup
- Maltodextrin
- Dextrose
- Wheat germ
- Starch
- Soy sauce (contains wheat)

This includes everything that's made out of these grains, too. Make sure if you buy any pre-packaged food that you look closely at all of the ingredients. Watch out for the following:

SUBSTITUTION: Grains are mostly just a source of carbs, and you'll be getting your carbs from veggies, fruits, and occasionally natural sweeteners like raw honey (see below). The nutrients in most grain products you eat are synthetic - they're added in, which is why they call them "fortified". You want the real stuff that's naturally in foods, and there are copious amounts of nutrients in veggies and fruits. Way more than you'd find in grains.



DAIRY

This month you'll be giving yourself the opportunity to find out if dairy affects you in any way. Dairy can be directly or indirectly related to weight gain and many other health problems. Check out your What Is Paleo Download for more information on dairy.

CLARIFICATION: Eggs are not dairy - you can eat them all you want on this program. They're just lumped in with the dairy in grocery stores, but dairy is defined as the milk from an animal's teat, and eggs are definitely not that!

- Milk
- Cheese
- Clarified Butter
- Buttermilk
- Cream
- Butter
- Ghee
- Yogurt
- Kefir
- Whey protein powders
- Cottage cheese
- Sour cream
- Anything else containing the milk from any animal

SUBSTITUTIONS: Coconut milk, coconut oil, coconut butter, olive oil, and all the other fats I've listed are great substitutions for dairy products.



BEANS / LEGUMES

Beans are difficult to digest and full of carbohydrates that you probably don't need. They can contribute to inflammation of all kinds. Check out your What Is Paleo Download for more information on beans. This month we're going to avoid them to give your body a break, and find out if you feel better without eating them as so many people do.

EXCEPTION TO THE RULE: Snap peas, green beans, and other fresh green legumes are fine to eat. We're trying to avoid the old, dried out beans only. They contain the most anti-nutrients and are the hardest to digest.

- soy
- soy sauce
- white beans
- red beans
- tofu
- tamari
- garbanzo beans
- peanuts (sub out your peanut butter with almond butter)
- tempeh
- lentils
- all other beans
- pinto beans
- miso
- black beans

SUBSTITUTIONS: Fruits and veggies are chock full of soluble fiber, just like beans are, and they're much more nutrient dense. And you'll get plenty of protein from animal sources.

HIGH OMEGA-6 “VEGETABLE” OILS



I'm not really sure why vegetable oils are called “vegetable oils” since they're made from seeds. They sound so healthy! But they're not. They're high in pro-inflammatory omega 6 fatty acids (as opposed to omega 3 fatty acids, which are anti-inflammatory). They are debatably one of the major causes of heart disease, and contribute to obesity, diabetes, and all other inflammatory conditions. For this month, and hopefully forever, you'll be avoiding the following oils:

SPECIAL WARNING: Definitely stay away from anything that says “hydrogenated” on it, as hydrogenated oils unequivocally contribute to heart disease!

- soy
- cottonseed
- corn
- sunflower
- safflower
- sesame
- mazola
- canola
- “vegetable”

MORE INFO: If you want more research and information on the topics of vegetable oils, saturated fat, cholesterol, and heart disease/inflammation, please google “Chris Masterjohn” and you'll find about 1000 articles that he's written on the subject that are highly cited and well-researched.

SUBSTITUTIONS: You'll be eating the fats and oils I listed in the first section of this guide.



REFINED AND ARTIFICIAL SWEETENERS

I'm not talking about fruit here! In fact, you're encouraged to eat fruit on this program, in moderation. Refined sugars are what we're trying to avoid on this program, and for the rest of your life as much as possible. Too much sugar makes you fat -

it's as simple as that!

- White Sugar
- Powdered sugar
- Brown sugar
- Corn syrup
- Splenda
- Aspartame
- Equal
- Sucralose
- All artificial sweeteners
- Refined honey
- Refined syrup
- Acesulfame potassium
- Saccharin
- High fructose corn syrup
- Dextrose
- Maltodextrin

It might be challenging to take these things out of your diet in the beginning. Sugar acts like a drug in your body and brain, and you'll likely go through some detox, but you'll be much better off in the long run! I'll give you tips and tricks for sugar cravings through the program. Just know that the longer you eat this way, the fewer sugar cravings you'll have. I promise!

SUBSTITUTIONS: Fruit, dark chocolate (60% and above, even though it has a nominal amount of sugar in it), raw honey, grade B maple syrup, molasses, coconut nectar, coconut crystals

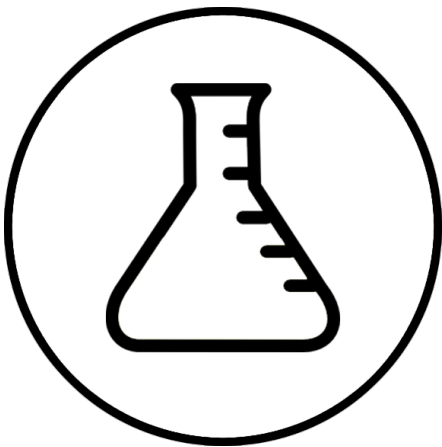


FACTORY FARMED ANIMAL PRODUCTS

This includes factory farmed, non-organic meat, eggs, fish and seafood.

The nutrient content, fatty acid profile, and overall quality of pasture-raised/grass-fed animals are going to promote health and weight loss. Not to mention that being raised naturally is way better for the animal and the environment. Go to www.eatwild.com to find local, well-raised meats in your area. Consider buying a half-cow or pig like I do from a rancher nearby. It's way cheaper and healthier.

SUBSTITUTIONS: Grass-fed, organic, pastured, pasture-raised, wild caught, or animals you hunt or fish yourself are what you want to eat instead.



FOOD ADDITIVES AND ARTIFICIAL SWEETENERS

It's kind of ridiculous for Gatorade and other companies to create a sports drinks or soda that has 12 to 14 teaspoons of added sugar. But it's absolutely unnecessary to make those sugary drinks fluorescent green.

Yellow 5 and other synthetic food colorings fall into this "unnecessary additives" category. There are entire diets now based solely on removing additives from people to improve their health. And there are plenty of published articles about the reasons they're so bad for us.

Aspartame and other synthetic sweeteners, nitrates and nitrites, potassium sorbate, and BHA are among the preservatives and sweeteners that have research showing they have either cancerous effects or negative impacts on nervous system health.

Stay away from ingredients you can't pronounce, and read this book, [A Consumer's Dictionary of Food Additives](#), if you're interested in reading more about all the additives out there. [Here's a website](#) that has some great information about some of the most common harmful additives.

Pesticides also fall into this category, and that's what you're consuming every time you eat anything conventional (non-organic). It turns out that organic foods, especially local organic foods, are more nutritious AND they don't contain those synthetic, potentially cancerous pesticides.

That's it!

I hope this is clear as a bell. If you're wondering how to create meals out of these foods, check out your [Meal Plan and Recipes Guide Download](#).

Enjoy!

Neely Quinn

Nutrition Therapist

neelyquinn.com

Copyright 2014 NeelyQuinn.com - please give credit where credit is due if you share any of this information