

# Paleo Diet 101

## WHAT IS PALEO?

The Paleo Diet mimics the pre-agriculture diet eaten by hunter-gatherers in the Paleolithic Era. It excludes foods that came after the agricultural revolution (grains, dairy, legumes, and processed foods). Because these modern foods are still very "new" to humans in the context of human history, many people have a difficult time digesting them. The Paleo Diet focuses on whole foods that you could hunt or gather from nature, which tend to be nutrient-dense and more aligned with our body's evolutionary design.

## A TEMPLATE

Your bioindividual needs may not perfectly match the Paleo guidelines, so use them as a starting point rather than a dogma. The Paleo Template (as any diet) should lead to food freedom, rather than feelings of restriction.

*Perhaps the most valuable aspect of the Paleo Diet is that it focuses on eating food in its natural, unprocessed form without modern additives & chemicals.*



## MINIMIZE

- GRAINS: *wheat, barley, rye, rice, oats, corn, quinoa, etc*
- DAIRY: *milk, cream, yogurt, cheese (some people consume small amounts of butter and/or ghee)*
- LEGUMES: *beans, lentils, peas, peanuts, soy*
- ULTRA-PROCESSED INGREDIENTS: *sugar, artificial sweeteners, colors, preservatives, gums, etc*

## ENJOY

- VEGETABLES
- FRUITS
- MEAT, FISH, SEAFOOD, EGGS
- TUBERS: *tapioca/cassava/yuca, arrowroot, taro, sweet potatoes, yams*
- HEALTHY FATS: *olives, coconut, nuts, seeds, and respective oils*
- TREATS: *chocolate, coffee, tea, honey, maple syrup*
- MISC: *whole food herbs, spices, vinegars*