

# **P**ALEO **M**ADE **S**IMPLE

**Your 30-Day Guide  
to the New You**

**UPDATED  
October 2011**

**Gerilyn Burnett, CSCS**

# Lose Fat, Reverse Disease, Feel Great & Get Off Medications With This SIMPLE Diet Plan!

## The RESULTS are undeniable!

With this diet I personally:

- lost over 25 30 pounds of flabby fat... effortlessly!
- Eat as much as I want!
- Increased & sustained energy levels!
- Forgotten to eat because I wasn't hungry.
- Experienced intestinal issues disappear!
- Gotten rid of acne once and for all!
- Said goodbye to worry about weight, anxiety over counting calories, and "dieting" FOREVER!
- Increased my sex drive!
- and much much more!

And it's not just me! In addition to the above results my clients:

- Improved and reduced their cholesterol.
- Gotten off cholesterol medication (statins)!
- Said goodbye to intestinal discomfort & IBS!
- Lost lots of fat and tons of inches!
- Reversed and improved autoimmune conditions!
- Improved fertility!

RESULTS are hard these days because:

- You're so busy.
- It takes time to learn how to count calories and points.
- You don't feel like being hungry all the time.
- You have to eat out often.
- You have kids.
- You don't have the social support you need.
- You don't really believe that you CAN do it.
- You don't know WHERE to start or HOW to get results.
- You've tried everything only to end up heavier than you started.
- You're overwhelmed with all the confusing info out there!
- You're tired of the ups and downs.
- You've been told you'll have to take that medication forever.
- Everyone tells you that you CAN'T do this.
- You don't feel committed.
- You don't have a mentor guiding you.
- You don't have a clear (and simple) system telling you HOW-TO do this!

“There are  
**ALWAYS**  
roadblocks.”

# Check Out These People Who Had Those SAME Problems, But Didn't Let It Stop Them!

## “I Wish I'd Known About Gluten 40 Years Ago!”



My intestinal woes began over 40 years ago. At age 15, after a breakup with a boyfriend, I started experiencing stomach/intestinal pain. My mother took me to a doctor who suggested: 1) I feel my emotion in my gut, and 2) I have IBS (irritable bowel syndrome).

Yes, I do feel emotion in my gut. When I am nervous or excited or stressed, my intestines get tight and uncomfortable. But something more was going on. Bloating, gas, slight pain – a general irritated feeling in my intestines – became part of my life. For many years I assumed that I had to live with this uncomfortable feeling because ‘that was just the way I was.’

About nine months ago, my husband and I started educating ourselves on the Paleo way of eating. We made some changes in our diet such as eliminating grains, legumes, flour from wheat (gluten), and sugar. We started consuming more lean meats, fish, and eggs. We started using bacon grease regularly in our cooking. Processed foods became a thing of the past. Leafy green vegetables became more prominent in our diet along with less fruit and nuts. Grass-fed beef became one of our favorite foods and we found it tastier than the meat we used to buy.

*There has been a change in my intestines.*

I experience much less bloating, gas, and general uncomfortable feeling. My intestines feel calm and much less irritated. Could it be the change in our diet? It has to be the reason because our diet is the only thing that has changed over the past several months.

I wish I had known about gluten 40 years ago. Many people are gluten-intolerant and I have learned that I am one of them. With the elimination of wheat flour, my unpleasant symptoms have decreased considerably. As long as I follow the Paleo way of eating, I experience little of the intestinal discomfort I have known for so long. On the rare occasion that I do eat something made from flour, I experience the familiar unpleasant symptoms for several days.

That piece of delicious-looking German chocolate cake just isn't worth the intestinal irritation it will evoke!

I want to continue this healthy path my husband and I are on. We desire optimum health for our years on this earth. We want a life of few doctor visits and medications. We want to honor God with our bodies by taking care of them. Eating closer to the earth is our mantra. Following the Paleo diet is our answer.

**- Pat**

**“This honestly has been the best and easiest change in my life... I feel better than I’ve felt in years!”**



I went from an out of shape 5'4" 140 lb. woman to 162 lb. woman ready to buy her size 14 pants because the 2 sizes I'd already climbed to were too tight! I would try to diet by cutting back, but couldn't budge more than a lb. or 2 off. Fortunately for me in Feb. 2010 I experienced a very strange sore throat that caused ALL of my food to taste bitter. This lasted for 2 wks. in which time I took off 8 lbs. by truly not being able to eat. I was loving this weight loss and decided then and there it was time to get serious! A coworker and I decided to ask a friend at church if she'd take us on and help us get fit. Her name is Gerilyn R. Burnett and she has been a

blessing in my life! I won't tell you that it was an easy start but her 2-4 x a week workouts and introduction to the Paleo way of living began to change me. Even though her workouts were fairly short (yet intense), I was so out of shape that I even had headaches in the beginning that would stop my workouts. She always took care of me and kept encouraging me. She would check my food journals and point out how I could possibly improve. I feel the MOST IMPORTANT thing that she taught me was 80/20. That is eating on track 80% of the time and ability to cheat 20% of the time. This guilt-free way of living helped me make this an easy plan for my life. Some weeks I am 100% on track and some weeks I am 60/40, but I always know when I fail that I can pick myself up, dust myself off, and get back on track. It's taken me 1 yr. as of April 1st to lose 23 more lbs., but I know my body has changed in shape so the number of lbs are only a guide. I am smaller than I have been in years even at 130.5 lbs. I am now comfortably in a size 8. (I was a 6 when I got married at 118 lbs) **I have never gained more than a lb. or two over this entire year, but it always comes back off easily.** I am not proud of this, but I even took a couple of months off with my exercise routine over the holidays and never gained any back. I would like to lose another 5-10 lbs...when I am ready. It will mean becoming 100% on Paleo and adding a workout or two per week. (I currently work out with Gerilyn 2x a week) **This honestly has been the best and easiest change in my life with happy results. I feel better than I've felt in years!** It's gotta be a choice and I choose healthy! Much love and thanks go out to my fitness coach, Gerilyn Burnett.

- Pamela

**UPDATE!** From May 2010 to May 2011, My cholesterol went from 224 to 184. All on Paleo!

Note: I don't believe in fad dieting, only in commitment and hard work. My programs are intended to help you spread your message and make a difference in the world while learning how to make healthy choices. I don't make any guarantees about your results because I don't know you nor understand your specific situation, medical conditions, or support system. Ultimately, your results are up to you.

# “It Was Truly Effortless Weight Loss!”



Disgusting. Tired. Insecure. These are the words that I would have used to describe myself less than six months ago. **After baby number two**, I had resolved with myself that **chubby was just the way I was going to be**. In a world of skinny, I just was not one of the lucky few! Sure, I looked great next to my 200+ pound co-workers, but do we really know what healthy even looks like these days? I was determined to find out.

I just sort of “fell” into the paleo way of eating. I started a diet that eliminated all grains and dairy, except for yogurt. It also restricted fats/oils to 2 tbsp daily. It worked, but only for a little while. I lost a considerable amount of weight, but was still a ways off from my goal. A friend introduced me to the CRAZY idea that meat (besides chicken and turkey!!!) and fats were not the enemy. Are you serious??? You mean I can eat bacon??? I was sold! Well, not immediately, but I just went with it. To my surprise, it worked. **I mean, it was truly effortless weight loss. I ate as much as I wanted, within the Paleo limits, and the weight just kept falling off. I made it, not only back to my pre-pregnancy weight, but 14 pounds below that and it was easy.**

I love this way of eating. I am not sure I could ever go back to eating grains, nasty carbs, tons of sugar, etc. I feel like I have never felt before. I feel pure, energetic, and have a great mood. It is amazing what your food can do for you. Don't let your food do bad to you. You are in control of getting your food to work for your body and health. It is worth any “sacrifice” you have to make of your old favorite foods. **I am a runner and it has improved my performance tremendously. I really believe it can improve almost any aspect of your life. When you feel good about yourself, and just good in general, it is impossible for it not to leak into other aspects of your life.** If you are thinking about giving Paleo a try, go for it! Jump in head first, you will not regret it!

- Laura

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February 2006

**The story of my struggle** is that I've always struggled with my weight. In high school, I wasn't "fat" but you could call me "thick". Now you may be thinking, *that's not struggling with your weight*, but I encourage you to think about the message of what is pretty and sexy in movies, magazines and advertisements. I wanted to be thin and pretty too. I discovered aerobics during my senior year and decreased two pants sizes. Of course, I also started smoking and experimenting with drugs, so I'm not entirely certain as to what was responsible for my weight loss.

Two years later and drug-free, I returned to college and gained the freshman 15 or 20! I went to all the aerobics classes I could fit into my schedule and guess what? I NEVER lost any weight. The instructor told me *I wasn't working out ENOUGH*. If only I would work out MORE, I would lose weight and be beautiful and skinny.

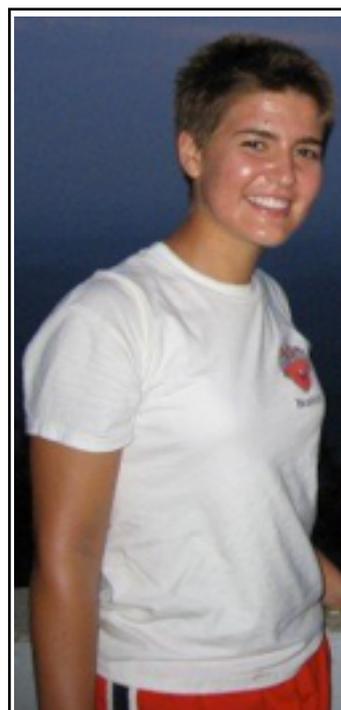
In the summer of 2006, I heard about the diet pill Phentermine from a friend and asked my doctor for it. Sure enough, it gave me energy and some pounds dropped off, but I felt jittery and shaky all the time. I counted calories and tried to eat about 1000 a day. In addition, I upped my exercise, because that's what I had learned about losing weight - you're supposed to eat less and exercise more. **I was hungry and miserable.** I went to **every** class my gym offered - kickboxing, aerobics, toning, spin - AND walked 3-5 miles EVERY DAY! After a few weeks I hit a plateau that wouldn't budge. I was spending 3-4 hours PER DAY working out and had NO RESULTS to show for it!

Again I was told that I wasn't doing ENOUGH. That I should exercise MORE and eat LESS. But according to all the nutrition and dieting "authorities", I ate the right foods - whole grains, peanut butter, fruit, low fat. It was so frustrating! Not to mention that I suffered from terrible acne around this time. I eventually took Acutane to clear it up, which worked for awhile, but returned a year later.

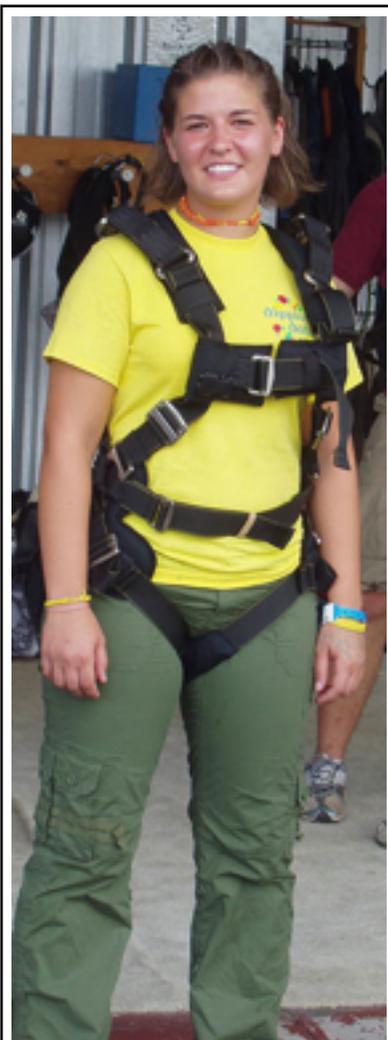
I saw that runners were skinny and "healthy". I knew I wanted to be skinny and figured running was the way to get there. First I ran a 5K, then many more. I ran all the time. Eventually I ran two half-marathons and a full marathon before I realized that **I was still "puffy"** and was not getting RESULTS for the TIME I put in. Instead, I racked up some injuries, physical therapy and frustration instead.

Sure enough, within a few weeks of an inconsistent running schedule and I quickly re-gained the measly ten pounds I lost AND a few more.

In the summer of 2007, I was back up to my starting weight of *thick* puffiness (around 155-160 lbs). I remember serving as a counselor at a summer camp and telling one of my kids that I taught spin classes. She



Fall 2006  
in "running" phase  
Note my very oily  
face.



**Summer 2007  
skydiving after the  
summer camp**

looked me up and down and said, “*YOU teach exercise?!*” **The honesty of kids.** Not to mention I already felt disgusting because every single meal was breaded or deep-fried. I actually **LIKED** vegetables, but none were available.

After the camp, I decided that vegetarians were skinny and “healthy” and became a vegetarian. I read it was the healthiest way to live and wanted to see for myself. Although I enjoyed my “morally superior” diet, I didn’t lose any weight.

In November of 2007, I was again disgruntled by my weight and Googled ‘workout programs’. I found Turbulence Training (TT), which changed the way I thought about exercise forever. TT focuses on short, intense exercise circuits and tells you exactly what to do, step-by-step. It even had a diet plan! I was sold.

TT stresses the role of increasing muscle and performing short sprints to burn fat instead long slow cardio like long distance running. Instead of exercising 2-3 hrs. per day, I only trained for 1 hour, 3 times per week! The diet plan said that six small meals a day kept energy levels even and that protein was very important. I followed both religiously.

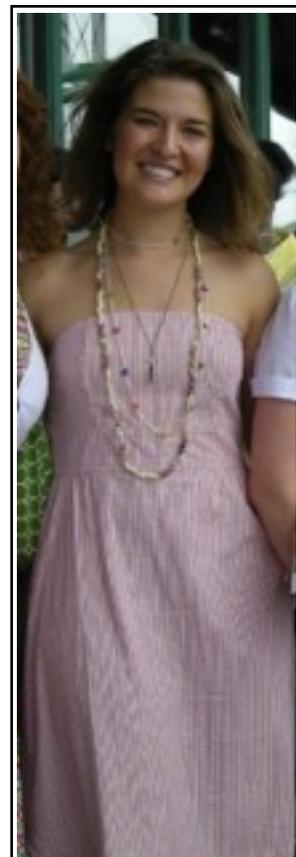
The program worked great as long as I worked out consistently. I gained muscle and lost fat following his vegetarian diet plan. I also started playing with intermittent fasting (IF) - not eating for 24 hours 1-2 days per week. I even wrote a research paper on IF in college and found that you can extend your lifespan and improve health by *caloric restriction*, or NOT eating! It was great, but still a challenge to stick through the fast each day. I often failed and felt guilty.

The next summer (2008), I wasn’t able to work out consistently. Although I maintained the vegetarian diet plan, I re-gained much of the fat I worked so hard to lose! I was miserable and dejected. I thought I was doing something wrong and that fat would be a never-ending battle for the rest of my life. It took up all of my time and energy.

That fall, I searched on the internet again and read lots of testimonials about raw veganism. A raw vegan not only does not eat any animal products whatsoever, but also does not cook anything above 115° - 130° F because some nutrients are lost in the cooking process. This also cuts out gluten-grains because you have to cook or sprout grains to eat them.

*This is it, I thought. The answer to my problems. I can be free of weight issues FOREVER and be healthy the way God intended.*

I was so sure raw veganism was the answer that I refused to look at the signs. I drank lots of green juices that gave me the runs all the time, experienced **WORSE** acne than before, and failed to lose any weight! When I looked into this, fellow raw vegans assured me this was part of the *detox* process.



**May 2008  
8 mos. into TT**

*It must be lack of exercise*, I thought. My brother introduced me to CrossFit in December of 2008. I remember thinking, *This is IT!* CrossFit is a high-intensity general physical preparedness program that combines the best of weightlifting, running, gymnastics, bodyweight training, and other forms of exercise into one randomized program. I LOVED the camaraderie and challenging workouts.

I quickly lost ten pounds while increasing my lifts, but I hit a plateau that refused to budge. And I was still “thick” and raw vegan. Because I was dogmatic about the rightness of my diet, I brushed off the fact that I still had acne, puffiness, and lots of fat to lose.

I was resigned to the belief that this was a life-long struggle. Weight loss depended on “moving more and eating less”. Fat was evil and to be avoided and so was meat. I was almost content in my plateau because I thought that is where my “normal” resided.

Boy was I wrong.

## The Turning Point

In October of 2009, we began a new strength program at CrossFit and I wanted to get stronger. My coach argued with me from Day 1 (Jan. of 2009, by the way) that I NEEDED to eat meat and that I NEEDED protein and fat for fat loss and performance, but I brushed him off. I, after all, had the healthiest diet - my raw vegan diet. (*Obviously it was the healthiest - just look at my photo to the right*)

When my lifting numbers wouldn't budge, I finally agreed to eat more protein... from animals in October 2009. I chose tuna and tilapia because they didn't have a lot of fat. I read about this diet called Paleo and was curious.

My interest in learning the TRUTH about nutrition, my quest for the healthiest way to live, and my long-time interest in health led me to take Biochemistry, Anatomy and Physiology in college. I was half-way through Nutrition 101 when I dropped the course. They were not telling me HOW to apply the nutrition science - Biochemistry - but HOW TO eat the way the government recommended. I thought, *I can read this off of their website.*

Paleo's premise is that our hunter-gatherer ancestors experienced NONE of the health issues that affect us today and ate a very different diet than most Americans. IT MUST BE THE FOOD. Paleo cut out all grains and said it was healthier for you. It also said that fat was healthy?! Lots of fat! It flew in the face of everything I had ever heard in my life, but I was desperate, so I took the plunge and started Paleo. I ate as much of the Paleo foods that I wanted without counting calories OR restricting calories. I simply ate until I was full.

The results were immediate!

I lost another 5-8 pounds AND some of the puffiness! Plus, I experienced increased, sustained energy levels and NO hunger between meals! Instead of lots of snacks, I lasted 4-6 hours between meals! It was awesome! I slowly let go of my fear that fat would make me fat and guess what?! The MORE fat I ate, the MORE FAT I lost!



**July 2009 -  
7 mos. into CrossFit  
9 mos. raw-vegan**



May 2010

Not to mention the clear skin, regular bowel movements and pain-free digestion that I thought I would have to *deal with* forever... gone! No more spending \$60 on acne medication! No more rushing to the bathroom or wanting to rush to the bathroom because I couldn't go.

Oh, and I got stronger too.

Paleo freed me of all the anxiety and worry that I had spent on weight loss and health! Wow! FOOD CAN DO ALL THAT!

After moving back to West Tennessee, I couldn't work out at CrossFit every day because there wasn't a facility. I continued with Paleo, but was so scared I would gain all my weight back because I couldn't work out consistently. But guess what?!

I lost 10 more pounds of fat!!!

I learned that my body doesn't understand the difference between chronic stress with exercise or chronic stress with work. I found out that I was stressing my body out with the balls-to-the-wall-high-intensity-or-bust mentality. And my body thanked me when I gave it a rest by burning fat.

Learning is a passion of mine, so I spent months reading every Paleo book I could get my hands on. I read countless scientific papers and even re-read my college Biochemistry and Physiology textbooks.

I also started sleeping for 8-9 hours per night in a completely dark room - no alarm clocks light, no phone light, no TV, nothing - and reset my immune system. This was revolutionary for my productivity AND my health!

I noticed that I get sick LESS and generate MORE energy to pursue my passions! Wow! Never in my life have I experienced such life-changing results from FOOD! *Shouldn't this be more complicated?*, I thought.

In January 2011, I decided to take the Gluten-Free January Challenge and say goodbye to gluten forever. I had struggled some throughout the past year with cravings and constipation whenever I ate cereal, cookies, or bread, so I thought I would give it up for good. Results don't lie. As long as I stay gluten-free, my bowels stay regular! I know you may think, *TMI!* (too much information), but I know more people than me experience these issues! I even take gluten-free communion to church.

Although I have successfully lost over 25 30 pounds of flabby fat over the past couple of years and gained who knows how much muscle, I know I can still improve. But I can honestly say that the QUICKEST, EASIEST, and MOST LASTING results have come with Paleo alone. Like Pat, I wish I had known about Paleo years ago! Like Laura, the weight loss continues without effort! And like Pam, weight maintenance is the EASIEST part about Paleo. In fact, I'm still losing without trying.

And I wish I'd had a simple Paleo plan to follow when I was just starting out.

Check out my current Before/After photos on the next page! I've never shown these to ANYONE but if they can benefit you, then it's worth it.



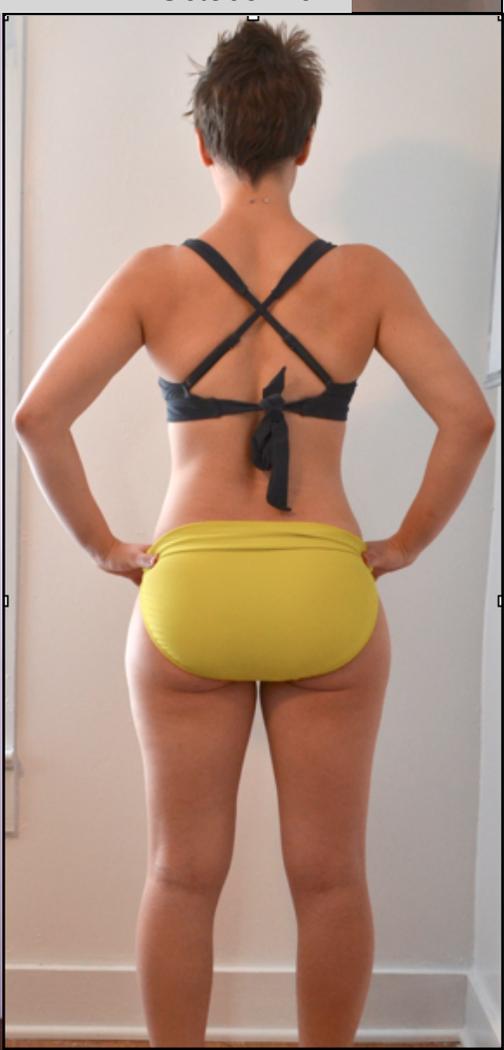
March 2008



April 2011



October 2011



Today, I can say that I have MORE TIME because of Paleo. I do not count calories or points. I don't have to prepare snacks and meals to eat every two or three hours. **I eat when hungry, enjoy a dessert (gluten-free, of course!) when I want it, and forego the hassle of "dieting"**. Paleo has truly become a liveable lifestyle that works well for my family. I'm not sure where I would be today without Paleo and it's almost scary to think about! But I am truly thankful to be FREE of weight loss and dieting issues!

My clients and I have experienced phenomenal results, but I'll let you in on a little secret. **Most people won't be able to experience these results because they still believe:**

- **They have to count calories or eat LESS to lose weight.** I believed this too because every other diet I ever tried ONLY worked if I counted calories. But Paleo is different. Eat as much as you want with Paleo and NEVER gain an ounce!
- **Fat makes you fat.** This is a common misconception that I used to believe because the government and EVERY diet told me so. The truth, however, is just the opposite. Our body LOVES fat because it's a more efficient fuel. My one question to people who insist on the low-fat bandwagon is, *"How is that working out for you?"* 80% of the folks I know in the low-fat crowd are either overweight or obese. I understand if you are hesitant to believe that fat does not make you fat, but I ask you to trust me and TRY it for 30-days. Seeing is believing. Alternately, If you want to keep eating low-fat foods and NOT seeing a change in your body, FINE. Not my problem. But stop complaining about your "need to lose weight."
- **Bread is good for you and necessary for fiber.** Although bread is a staple of the USDA Food Pyramid, all the fiber you need and MORE is available through vegetables and fruit. In fact, bread has compounds that PREVENT your body from absorbing necessary nutrients! Not to mention they are quite irritating. The USDA won't tell you this because agriculture is BIG BUSINESS. These commodity foods strip the environment of their nutrients and tear holes through your body. The money trail never lies. Pull up nutritiondata.com and compare a piece of wheat bread to 1/2-1 cup of broccoli. There is no comparison as far as nutrition goes.
- **Diabetes, diverticulitis, Crohn's, gout, psoriasis, rheumatoid arthritis, and lupus, just to name a few, are irreversible and untreatable without medication.** Wow. Autoimmune conditions are serious stuff that many people battle with their entire lives. You probably would not believe a promise that you could improve or completely reverse your autoimmune condition with food, but I assure you thousands of other people just like you experience amazing results with Paleo.
- **They have to take cholesterol lowering medications.** Unfortunately, most Americans are led to believe that cholesterol is something to be hated and feared. But cholesterol has very important functions in our bodies and *there is NO evidence to show that lowering cholesterol has ANY effect on whether you have a heart attack or not.* Instead, statins make pharmaceutical companies LOTS of money each year.
- **They have to exercise to lose fat.** As you can see from my story, I believed this too for a long, long time. Not until I tried Paleo and saw my weight normalize WITHOUT exercise did I believe that diet truly is 80% of fat loss.
- **That saturated fat is unhealthy.** I believed this too, but found out that this belief has only circulated since the 1970s. It was reasoned that because saturated fat raises cholesterol and people with heart disease also had high cholesterol that saturated fat CAUSES heart disease. This couldn't be

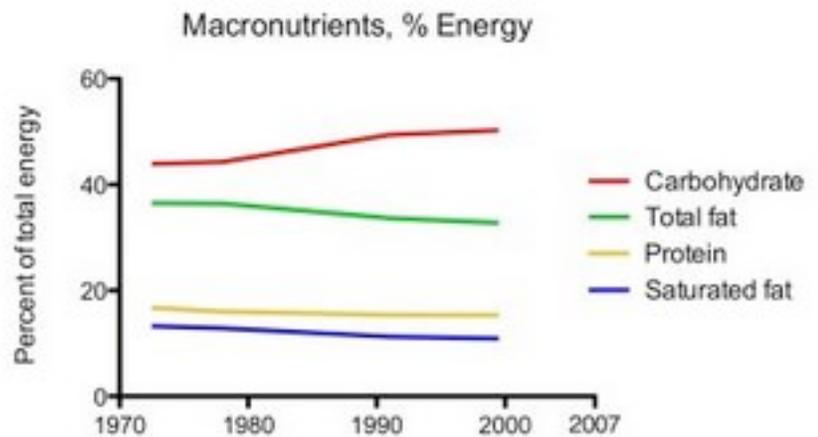
further from the truth. There is much more to cholesterol than the total number, like the ratio of HDL to triglycerides. Carbohydrates are KNOWN to raise the bad kinds of LDL, small dense LDL, the kind that DOES cause arterial plaque. *Why hasn't your doctor told you this?* Because he hasn't heard it yet. He doesn't have time to study and read new literature because he is overworked as it is. Saturated fat is the BEST fat to cook with at high temperatures because it remains stable and does not turn into free radicals, unlike mono- and poly-unsaturated fats (i.e., olive oil, vegetable oil).

- **That it's YOUR fault when your diet or long slow cardio didn't work.** Yep, they tell you that you didn't do it right and you need to do MORE. I am so so so glad that I have gotten over the anxiety of worrying I would get fat if I didn't work out more. PLUS, the time I save by simply eating healthy foods is unmatched!
- **That the body NEEDS a certain amount of consumed sugar to survive.** This is simply not true. Yes, parts of the brain run off of glucose and red blood cells run off of glucose exclusively. The body is so cool in that it can manufacture, on its own, ALL NECESSARY sugar to survive. There is NO essential sugar. But glucose is NOT the only molecule that can pass through the blood brain barrier. Ketones, a type of fatty acid, are our body's preferred fuel source AND can also fuel the brain. In fact, many organs, such as the heart, PREFER ketones for fuel.
- **That Paleo is a low-carb fad diet.** Contrary to this belief, Paleo is modeled after the healthy diets of our hunter-gatherer ancestors before the rise of agriculture. Paleo is not necessarily low carb. In fact, there is a continuum between low carb and high carb, depending on your needs. Generally speaking, Paleo is lower carb than the Standard American Diet (in the 100-150g of carbohydrate per day range), but NOT low enough to put you in ketosis (though ketosis isn't bad either).
- **That Paleo is TOO hard or they don't have TIME.** This is an issue of motivation and of that I cannot make your decision for you. Only YOU can decide that you are sick and tired of being sick and tired. No one was ever created to take medications for acid reflux, diabetes, and heart disease. These are environmental factors that can be quickly remedied. Wishy washiness and a refusal to commit are personal issues that I hope you will seek help with, but I can tell you from the other side from personal experience: Paleo is not hard because I feel better, perform better, and look better than I EVER HAVE IN MY LIFE. I am also HEALTHIER than I EVER WAS IN MY LIFE and I've tried the Food Pyramid Diet, Vegetarianism, Veganism, Raw Veganism, everything that we think is the epitome of health - I've done it and am here to report - IT DOESN'T WORK. Paleo is not an issue of TIME because of the excess time, money and energy I have to focus on stuff I really love and care about. The myth of Paleo being TOO HARD and the issue of TIME are simple matters of PRIORITIES. It's either your priority to get healthy or it isn't. I'll wager you spend more time watching TV, waiting in the drive-through line and surfing the internet than you do learning about health and nutrition. Lots of people, including myself, provide easy ways to implement Paleo and make it work in a busy lifestyle - even with kids. It is doable. Either suck it up and commit to something for 30 days - a short amount of time in the overall picture of your LIFE - or stop complaining about your medical bills, health conditions and fatness.

Now that I have addressed WHY most people will never succeed, I know YOU will because you're still here! ;) You may be wondering WHY I am going through all of this trouble. It's because I care. I FELL FOR the diet scams and "nutrition experts." I believed what they told me about low-fat foods, whole grains, and health. Now that I've experienced this transformation with Paleo, I wish someone had cared enough to tell me years ago because Paleo is healthier for my body. Happy undamaged cells, tissues, and organs make happy people free of disease.

Please take a moment to think about health, obesity and diet recommendations realistically. In 1977, the McGovern Committee released its recommendations for the American diet that included increasing carbohydrate intake to 55-60% of total calories, reducing fat intake to 30% of total calories and reducing saturated fat to 10% or less of those fat calories.

Do you think Americans followed these recommendations?



The answer is YES. Check out this graph from the NHANES survey that represents the total percentage of calories from each macronutrient from the 1970s-2000.

Americans have, in fact, decreased their total dietary intake of fat from around 38% of total calories to almost 30% of calories. They've also increased carbohydrate intake to around 55% of total calories. AND they've decreased saturated fat intake. All per recommendations.

Instead of millions of thin, fit, healthy Americans, we have millions of fat, unhealthy Americans. And the number is rising. It ANGERED me when I first learned that my fatness was a direct result of a trigger-happy government committee that told my parents what they should feed me. I NEEDED TRUTH.

I've spent countless hours researching traditional beliefs about nutrition and the evidence that supports or negates them. I've also experimented far and wide with diets and exercise programs and am ONLY interested in RESULTS! The areas of obesity, autoimmune conditions, metabolic syndrome, food allergies, ADHD, depression, anxiety, and overall health may seem like unrelated areas, but I assure you that food is the commonality that links them ALL together.

After learning all of this about food, I thought, *People NEED to know this!* I feel compelled to share HOW I experienced these POWERFUL results with as many people as possible!

The largest obstacle is usually not having a roadmap to follow. I want to give you that map to implement Paleo in your life in simple, easy-to-follow steps in the next 30 days.

**I want you to push aside everything you thought you knew about dieting and nutrition for the next 30 days and join me on a journey that will transform your life!**

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# The 30-Day Challenge

Thirty days is the amount of TIME it takes to honestly and objectively assess a diet (or any new thing) for results. It takes TIME for your body to HEAL and, depending on the severity of damage, could take 3 months or a year to reverse and improve some conditions. **BUT, after 30 days you will KNOW whether your body is healing or not.** Fair enough?

Although we are used to “15 Pounds in 15 Days!” claims, true, honest and LASTING weight loss comes just bit slower. If you are looking for a “get skinny in two weeks or less” program, these is IS NOT the place for you. Healthy weight loss happens at a rate of 1-2 pounds per week for most people. For some it’s more. For others, less. It really depends on your specific situation. OR the scale may not change AT ALL yet YOUR CLOTHES ARE MUCH MUCH LOOSER. And really, that’s what it’s all about, right? Looking better naked? And *feeling* better?

To give Paleo a fair shot, I ask you to completely remove the poisonous foods for 30 days. THEN tell me if it did not work for you. I’m going to tell you exactly HOW I and my clients experienced our results. But if you’re not willing to give something up for a few days then you are not really interested in getting well.

These steps are simple, but they may not be easy. That’s where I come in! My site, this guide and our community are here to support and mentor you on your Paleo journey! You ARE NOT IN THIS ALONE! Don’t ever be afraid to post a comment or email me with any questions. First, some prep steps. If you plan to start the challenge on a Monday, then perform this prep step on a Saturday and go shopping while you’re at it.

## Purge Your Pantry.

Yep. Big surprise. Purging your pantry is key to your success because it limits your access to non-Paleo foods during your 30 days. My rule is this: we may eat it at a social gathering, but **IT DOES NOT COME IN THE HOUSE.**

If you're worried about cost, give the food to the local food pantry and feed some less fortunate people. Or give them to a friend.

Now it's time for you to **TAKE ACTION!**



➔ **Go into the kitchen with a big box and pull out all the soft drinks, juices, and fruit punches. Also put in ANYTHING with the ingredients: wheat, rye, barley, gluten, hydrogenated, partially-hydrogenated, vegetable oil, canola oil, soy sauce, high-fructose corn syrup, or corn syrup. This includes pasta, cereal, cake, cookies, and bread.**

You may be thinking, *But that's EVERYTHING.* Almost. But you didn't get where you are overnight, did you? I'll wager not. In fact, it's probably taken years to pack on pounds and slowly watch your health degenerate before you finally come to a wonderful place that I call "bottom". See, it's only at the bottom that people are willing to look for SOLUTIONS! And I know that you are ready to purge your pantry because you are a SOLUTION-SEEKER!

OR you have kids and a family that you do not think are ready for your Paleo trial. If you're a mom, I've found that many times you simply do not tell them it's a *Paleo* meal or "diet" meal, and they will never know the difference. If you are in desperate need of a change, I suggest you sit down with your family and request their support in your transformation.

Note: I don't believe in fad dieting, only in commitment and hard work. My programs are intended to help you spread your message and make a difference in the world while learning how to make healthy choices. I don't make any guarantees about your results because I don't know you nor understand your specific situation, medical conditions, or support system. Ultimately, your results are up to you.

# Plan for Transition.

I won't lie and tell you that the transition will be roses and lollypops. If you've never experienced a lower carb diet (150g of carbohydrate, a.k.a. sugar, or less per day), then you WILL feel like crap for the first two weeks. This may manifest as irritability, intense cravings for anything sweet, headaches, mood swings, sluggishness, inability to concentrate, decrease in athletic performance, etc.

For some, the transition is much worse than for others. It usually depends on how much sugar you currently consume on a day-to-day basis. Drink lots of water and keep some fruit on hand, like oranges, just in case your transition is especially difficult. It will satisfy your cravings and assist the transition.

How to make the transition go by QUICKER? Take the full plunge. Don't halfway do it or it will take twice as long. Taking the full plunge can shorten the transition from two weeks to 3-4 days. You can do ANYTHING for 3 or 4 days can't you?

**After transition, you will feel surges of energy and elevated moods that you never thought possible! You will probably feel 10 or 20 years younger, sleep better and sustain your energy levels throughout the day. If you run or workout, you will notice that a difficult workout before is noticeably easier now, even though you haven't changed anything. If you haven't worked out, you may find yourself jumping and moving around more than usual as your body finds ways to burn more energy!**

Don't get overwhelmed! You CAN do this. I'm here to help. You may be thinking, *That sounds really awful. I CAN'T do that!* We have a whole community of people here that have faced barriers like cleaning out the pantry and going through the transition and SUCCEEDED!

Alright. Are you READY?! Now, I'm going to show you exactly HOW I and my clients achieved our success and HOW you can start too!

On the following pages are six simple steps spelling out exactly *how* you should eat for the next 30 days. Then I have included some extra tips to ensure your success!

# 1. Eat a hunk of protein the size of your palm at every meal.

Meat is essential for great health and a long life. Meat provides superior quality vitamins (e.g., B12), minerals and protein that are difficult, if not near impossible, to obtain elsewhere. Protein not only helps you feel full but is essential for building muscles and numerous bodily processes.

For the next 30 days, eat a hunk of protein at least the size of your palm at every meal - breakfast, lunch, dinner, snacks. If you want more, go for it. Eggs, beef, chicken, pork, tilapia, and salmon are popular choices. A comprehensive Paleo Food List of meats is [available here](#).

Generally, processed meats are a no-no. That doesn't mean you can't grab some lunch meat on a busy day, but don't let processed meats become a staple. A better option is to ask a butcher to slice some meat thinly for you.

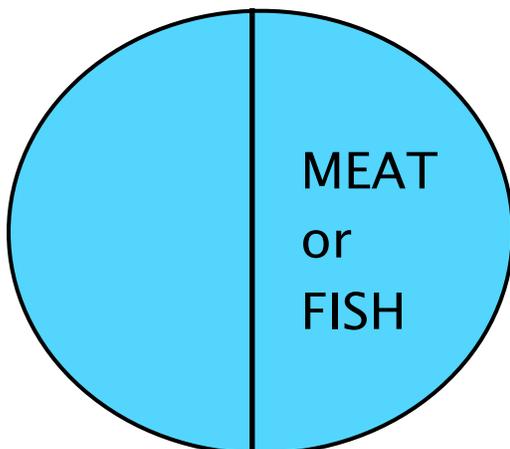
You may be wondering about breakfast. Unfortunately, western society tells us that breakfast should consist of cereals, bagels, breads, and donuts. Nothing is further from the truth. Breakfast should look like every other meal you eat - meat, veggies, fat. I like to cook or grill extra pork chops, steaks or burgers the night before and eat leftovers for breakfast.

There are lots of recipes on my site, as well as some recommendations for Paleo recipe sites. From delicious salmon patties to mouthwatering steak, you can be sure that Paleo will NEVER be boring.

I encourage you to work the process and not overcomplicate Paleo! Trust the process and the process will work for you!

## PLAN YOUR PLATE:

**Choose a piece of meat or fish at least the size of your palm at every meal.**



## 2. Fill in with veggies.

It's no secret that vegetables are good for you. Vegetables provide vitamins, minerals and lots of fiber.

A variety of vegetables is best. Leafy greens like spinach, kale, mustard greens, turnip greens, and chard are phenomenal!

At every meal, after you have added the meat, fill the rest of your plate with veggies.

It's okay if you only eat one piece of meat and one vegetable. You will find that you are not only less hungry with Paleo, but that you do not need as much *quantity* of food to feel full.

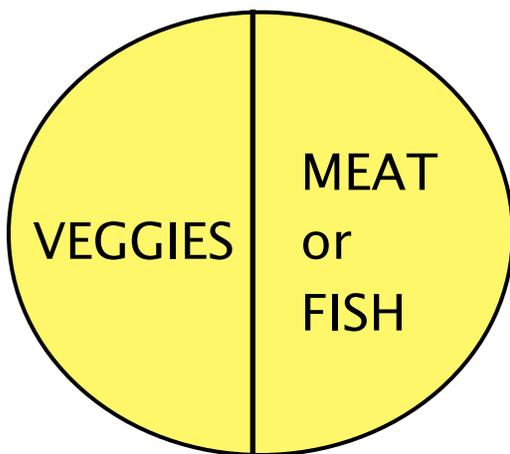
An example breakfast might look like the following:

- 3 eggs cooked in butter on low heat
- bacon
- sauteed bell peppers in butter

Again, there are lots of vegetables to choose from! Download [my Paleo Food List](#) for a more comprehensive list!

### PLAN YOUR PLATE:

**Fill the rest of your plate with veggies.**



## 3. Don't forget the fat!

Don't forget to add healthy fats to **every** meal. This is as simple as cooking in butter or bacon grease or as hard (joke) as eating bacon or avocado with your eggs.

Healthy fats give you lots of energy and allow your body to run off of fat instead of sugar. Healthy fats are protective for your heart and known to improve risk factors for heart disease. Saturated fats are great because they are stable and perfect for high temperature cooking.

Here are some **recommended fats for high temperature cooking** (i.e. anything above medium on the stove): butter (preferably pastured), lard (non-hydrogenated), tallow (beef lard), coconut oil (non-hydrogenated), bacon grease, macadamia nut oil, palm kernel oil.

You may notice no mention of *canola oil*. Canola oil is one of the best marketing scams of the past 50 years. Canola oil is touted for "healthy" omega-3 fatty acids and "heart health". What they fail to mention, however, are two factors: 1) the canola creation process and, 2) the stability of "heart healthy" fats. Canola oil is manufactured through a several step process requiring several chemicals. It is often "deodorized" and heated to extremely high temperatures before being filtered to render the pretty golden oil found in stores. Those "heart healthy" omega-3 fats are polyunsaturated fats, meaning they are highly unstable. When heated, they turn into oxidized polyunsaturated fats that are very DANGEROUS for your heart. In essence, those "heart healthy" fats are all oxidized (i.e. turned into *free radicals*) BEFORE you ever buy it in the store! The marketing, however, is genius!

**Note:** Egg yolks can count as your fat. If you have a snack of 2-3 boiled eggs, you're good on the fat.

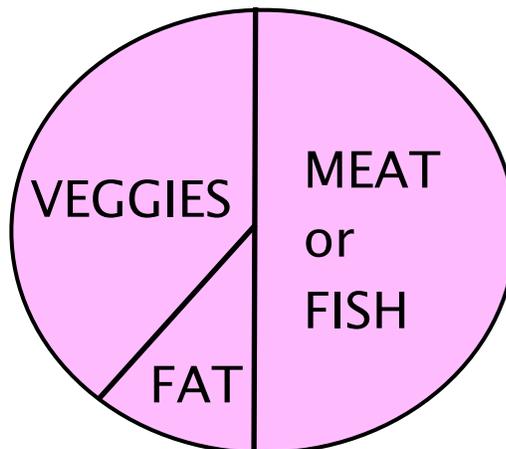
**Recommended oils for low-temp or no-temp** (i.e. salads) cooking are: olive oil, avocado oil and sesame oil.

**Other great fats include** coconut, avocados (e.g. guacamole), bacon, egg yolks, coconut milk in a can, and homemade mayo.

Again, simply cook your meat and/or veggies in a healthy fat (1-2 Tbsp.) or add a serving (e.g. 1/2 avocado) at every meal. If you want MORE fat, go for it, but make sure you eat at least the recommended amount at every meal.

### PLAN YOUR PLATE:

**Finish with fat!**



## 4. Garnish with nuts, seeds & NO legumes.

For the first 30 days, go light on the nuts and seeds and cut out all legumes (i.e., beans).

Legumes contain lots of *antinutrients* that cancel out most potential benefits by damaging the intestinal lining, which is the opposite goal for the Paleo Challenge! To heal your gut and absorb all the nutrients from your food, lay off the legumes (i.e., all beans, peanuts, etc.). . [Read this article for a more in-depth explanation](#)

Again, peanuts ARE NOT NUTS but legumes. What is the most common allergy? Peanut allergies. *Why?* Because they contain compounds that punch holes into your intestines and travel out into your blood stream. Your immune system sets up an attack against these foreign invaders, but, because they appear very similar to natural parts of your body, the immune system attacks ITSELF, a.k.a. allergic reaction. Save yourself the trouble, trust the system and forego the peanuts for the Challenge.

On **nuts**, 1-2 oz. per day (i.e., about a handful) AT MOST is best. Although nuts are sources of fat, protein and tastiness, they, too, contain *antinutrients* that are highly inflammatory to the gut. Nuts are also EASILY OVEREATEN. Trust the process on this one and go light on the nuts for 30 days.

Almonds and macadamia nuts are the best options.

## 5. Optional 1-2 pieces of fruit per day.

Let's talk about **fruit**. Generally speaking, lots of fruit is unnecessary, ESPECIALLY while your body RESETS your metabolism and learns, usually FOR THE FIRST TIME EVER, to run off of fat instead of sugar for fuel.

For simplicity's sake, your specific goals determine the quantity of fruit you are allowed to eat. I've found that most people fall into one of the following categories:

1. Fat Loss - limit fruit to one serving per day (i.e. one piece or 1/2-1 cup of berries) until desired weight is reached. If exercising, eat fruit within 30 minutes of exercising.
2. General Health - 1-3 servings per day (i.e. 1-3 pieces or 2-3 cups of berries)
3. Athletic Performance (includes running, weightlifting, & frequent strenuous exercise)- 2-4 servings per day (i.e. 2-4 pieces/cups of berries); ensure you eat fruit within 30 min. of training to replenish liver glycogen.

Which fruit? You pick, but berries and melons are the best choices.



## 6. Safe Starches

Starches from real, whole food sources digest differently than processed, packaged sources. Starches are delicious, relatively cheap, and great for intestinal health because they feed the “good” bacteria that populate our gut. Although formerly shunned by the Paleo world, starches from whole food sources are more widely accepted as they do not have any negative effects.

Eat safe starches frequently, especially if you exercise often.

What starches are safe starches? Starches from real, whole sources, like:

- Potatoes (white & sweet)
- Onions
- Leeks
- Garlic
- Turnips
- Squash (all varieties)
- Plantains, bananas

## 7. Work the Plan

That’s it! Isn’t Paleo relatively simple?! To sum it up:

**When you eat, choose a hunk of meat, a vegetable, with fat, fill in starch. Repeat.**

But I know that you probably have all sorts of craziness running through your head. *Simple? This isn’t simple? What about x? What about y? I can’t do a,b, or c. Paleo is plain and DOESN’T LET ME EAT ANYTHING I LIKE! This is NUTS!*

Hold up! Wait just a second there. Paleo IS simple. I have spelled WHAT you should eat at EVERY meal and generally HOW MUCH (for you planners and counters!). I have shared my exact system for my and other’s amazing success. See. Simple. Don’t overcomplicate it.

Yes, there is some decision-making on your part as on the SPECIFIC foods at each meal. I’m not a day-to-day meal-planner NOR claim to be. You are smart and able to figure it out. PLUS, if you truly do not want to think about it at all, check out the resources at the end of this ebook. There are sites ranging from family meal ideas to perfectly planned out recipes and shopping lists for your Paleo pleasures each week.

I assure you that if you work the plan, the plan will work for you. If you fall off the horse, don’t worry! All of your progress has not disappeared. At the next meal, return to the plan (meat, veggies, fat). Swap up your meats and veggies to ensure variety at each meal. Keep working it.

What say ye? Are you ready to dive in and take the plunge? Excited to see Paleo transform your life? Here are some tips to insure your success in your 30-day Paleo Challenge:

**TIP #1:  
Give  
yourself  
permission  
to succeed  
... & to fail.**

Paleo is not *just another diet*. It's a healing lifestyle that has the power to transform your life and health. We often sabotage ourselves, however, through negative thoughts and limiting beliefs. If you've ever thought, *I'm ugly or fat, I can't do this, This is too hard, I don't know what to do so I'll just give up and eat ice cream, I NEED that brownie, I CANNOT LIVE without that bread or cake*, then you set yourself up for failure. And when failure comes, it affirms your limiting belief that you can't. And then you won't.

This vicious cycle is present in most people's lives in some area.

Others have never known life free of disease or fatness. They can barely imagine life without their struggles because they have ALWAYS been there or have been there so long they seem *normal*. Success can actually be SCARY because they will have to relate to people in a different way. Instead of hiding behind fatness or sickness in uncomfortable situations, their new bodies and health

will force an unfamiliar vulnerability. They may be scared that they won't like what they find and so self-sabotage themselves with every diet and exercise program.

I promise that if you work Paleo, it will work for you. Believe me, I understand negative self talk and self-sabotage. In fact, I lived in self-sabotage for years. But I also know the power of saying, *"I really want to be free of the struggle of weight. I give myself permission to succeed and try something new. I may be skeptical but I will fully give myself for 30 days. If it doesn't work, then I was right. If it does, WOW! I have FINALLY found the SOLUTION."*

So before you dogmatically say that something doesn't work, or before you make excuses about why it did not work in two days, give yourself the permission to succeed and try Paleo for 30 consecutive days. Then talk to me about it.

In the same manner, give yourself the permission to *fail*. I don't expect you to stay perfect for 30 days. Cheating happens. It's NOT the end of the journey! Give yourself permission to fail so that you pick yourself back up afterwards and return to Paleo at your next meal.

I often hear people say, *"Well, I drank a coke. I might as well give the whole thing up and pig out on dessert and cake."*

If you've truly given yourself permission to succeed and permission to fail then one mess-up will not determine the outcome of the whole 30 days. *Why?* Because you will get back on the horse and keep going. You can do it.

All of us who have experienced great success have also experienced failure. But we did not let it stop us. Give yourself permission to fail, too, without feeling guilty.

I don't expect nor want you to stay squeaky clean Paleo 100% of the time! That is near impossible! For this to work in and for your life, it must be manageable. That's where the 80/20 Rule comes in.

Three meals per day, 7 days a week, equals 21 meals each week. The 80/20 Rule implies you will still get most of the results when you eat Paleo 80% of the time.

The other 20% can be splurge meals. This means that for 2 meals every week, you may eat what you want. Some call it *cheating*. And it usually means more sugar. Ice cream or Paleo brownies are always great options.

A WORD OF CAUTION: Be prepared for physical withdrawal after a meal, dessert, or day of intense carbohydrate foods. You will experience headaches and cravings. I'm not saying don't do it. Just be prepared!

**For the absolute best results in your 30 day challenge, I highly recommend that you STAY GLUTEN-FREE for splurges.** There are numerous reasons for this that I'm sure you do not care to know at the moment. There are awesome gluten-free cake, brownie and cookie mixes these days. To reiterate, I recommend gluten-free over sugar-free for your cheat meals.

GREAT options for cheating are: ice cream, custards, pies with no crust, homemade whipped cream and fruit, 70-90% dark chocolate.

Remember, you are allowed 2 cheat meals per week! Choose wisely!

**TIP #2:  
Use the  
80/20  
Rule**

**TIP #3:  
Drink  
2-4 L of  
water  
every  
day**

Thirst causes your stomach growl just like hunger. Often, you are actually physically thirsty instead of hungry when your stomach talks between meals. Instead of snacking, stay hydrated.

Your goal is to drink 2-4 L of water per day.

What does this look like?

When you roll out of bed, drink a large glass of ice cold water.

Start carrying a bottle with you throughout the day and take a few drinks every 30 minutes.

If you feel hungry between meals, drink 1/2-1 bottle of water and wait 15 minutes. Still hungry? Grab a Paleo snack to tide you over until your next meal.

**TIP #4:**  
**If you**  
**snack...**

Snacking smart means not *grazing*. It is important to allow your body's metabolism to reset by NOT constantly using it (i.e., eating every few minutes). Although snacks are not forbidden, I encourage you to eat 2-3 larger meals and avoid snacking. Because the meal is not loaded with nasty fructose and sucrose, your blood sugar will not spike and plummet. In other words, you shouldn't feel hungry between meals if you follow the plan, eat enough FAT and protein.

I suggest a hunk of meat half the size of your palm (or a couple of boiled eggs), an ounce of nuts or some nut butter (e.g. almond butter - no sugar added) or raw vegetables for snacks.

If you are on-the-go and busy with a million different things like me, cook smarter and NOT harder! Consider one skillet meals, crock pot meals, curries, and pre-cooking to save you time and energy throughout the week.

One skillet meals are quick, easy & delicious! It's easy to add some fat, cook the meat, add some veggies and CALL IT DONE! 90% of my meals are cooked in one skillet in less than 15 minutes. My go-to meals are sauteed ground beef with kale and pork chops with snap peas and bok choy.

Crock pot meals are just easy! Throw in ingredients before work, come home and chow down. Curries are another great way to get fat, meat and veggies in one fell swoop. Coconut milk is super delicious with some beef, veggies and spices!

**TIP #5:**  
**Cook**  
**smarter,**  
**not**  
**harder!**

**TIP #6:**  
**Spice**  
**it**  
**UP!**

Don't forget the herbs and spices!

Herbs and spices ensure your meals are NEVER boring or bland!

For example, rosemary is wonderful on steaks and crock pot roasts. Cayenne and/or cinnamon are great on ground beef. Lemon pepper is wonderful for white fish like tilapia.

Use your imagination, try new things and explore the wonderful world of real food!

**TIP #7:  
Lay off the  
dairy &  
starch...  
for now**

Although I did not specifically cover dairy and starches in this guide, it is best to stay away from both during the first 30 days. The simple reason is that most people do not experience their desired results when they keep dairy in the mix. The goal of the first 30 days is to *reset your metabolism* which may not happen if starches and dairy are a staple of your diet.

Starches include (but are not limited to) foods like potatoes, sweet potatoes, corn, and tubers.

Starches are, however, great for *splurges*.

You've made it! THE END! I hope you are geared up and ready to go on your 30 day Paleo Challenge! Again, don't get overwhelmed. There is no reason to be! I have outlined everything in clear simple steps. Work the system for the next 30 days and we can talk about all the *exceptions* later.

**The VERY FIRST THING you should do is get out your calendar and a piece of paper.**

On your calendar, choose WHEN you will start your 30-day Paleo Challenge! On the piece of paper, write 5 barriers you see coming between you and your success with Paleo. Beside those barriers, write down 1-3 ways you can overcome them when they arise.

For example, if you know you will be tempted with cookies and cakes at work, stocking your desk with Paleo snacks is a great idea. Keep a stash of nuts and beef jerky (gluten-free!) in case your cravings become severe.

If you know you won't be able to NOT eat cake at your friend's party, plan for the social gathering as one of your two cheat meals each week!

It is very important to think through the roadblocks so that you will have a PLAN when they arise. Notice I did not say 'IF', but 'WHEN' because they will definitely come up and we want to succeed in transforming our lives and not give up when the first little trouble arises.

**NEXT**, make sure you are subscribed to my newsletter at [www.gerilynburnett.com/subscribe](http://www.gerilynburnett.com/subscribe). You will be the FIRST to know when I develop any new content or teaching tools to aid you. Plus, you will be a part of a growing community that is transforming their life with Paleo! Comment and get involved, as they are here to help too!

Stay updated on Facebook by joining our community at [www.facebook.com/gerilynburnettfan](http://www.facebook.com/gerilynburnettfan).

If you prefer to join our Twitter community, you may do so at [www.twitter.com/#!/gerilynburnett](http://www.twitter.com/#!/gerilynburnett)

## Final Thoughts:

I really hope this ebook helps you transform your life and free up time for what really matters. I'm also putting this in your hands now. Who do you know that would benefit from the information and strategies listed in this book? Now is your time to step outside of yourself and help those around you experience health and relief from disease! You may freely share this book with your family and friends. You just might save their life!

**UPDATE:** After noticing that many people do not print out ebooks and grocery lists, I have created a Paleo Made Simple Grocery Guide to take with you while you shop! I'm practically giving this away because I really want you to succeed. This hand-held Grocery Guide fits in your purse and leads you through the grocery store in a clear, easy-to-understand way for your Paleo shopping success! [Click here to get your guide NOW!](#)

## Your Story Matters

Did this guide help you? What results, good or bad, have you experienced with Paleo and this guide? [Please click on the link to share your story!](#)

## Subscribed?

If not, [click here](#) to join our community and get free tips and tricks to get healthy, manage weight loss easily and dive deeper into your success! Today is your day. Now is the time.

You have the option of signing up for my monthly newsletter and/or receiving instant email updates every time a new post is up on my blog through the RSS Feed.

# Food Ideas

**Everyday Paleo:** ([www.everydaypaleo.com](http://www.everydaypaleo.com)) Sarah Fragoso feeds her family of five completely Paleo and they LOVE it!

**Feasting on Fitness:** ([www.feastingonfitness.blogspot.com](http://www.feastingonfitness.blogspot.com)) Delicious and exciting Paleo meals!

**Elana's Pantry:** ([www.elanaspantry.com](http://www.elanaspantry.com)) Sometimes Paleo and ALWAYS gluten-free, Elana has authored two cookbooks and shares her wonderful recipes with almond meal and other gluten-free ingredients. Always a great go-to for dessert ideas. Tip: reduce the sugar on most recipes and use honey or maple syrup instead of agave nectar.

**Girl Gone Primal:** (<http://girlgoneprimal.blogspot.com/p/show-me-recipes.html>) Delicious primal recipes that can't be beat!

**Paleo Diet Lifestyle:** (<http://paleodietlifestyle.com/paleo-diet-recipes/>) Delicious recipes and information too!

## General All-Around Awesome Paleo Info

**Robb Wolf:** ([www.robbwolf.com](http://www.robbwolf.com)) A wonderful comprehensive site with food, success stories, health information, tips & tricks to ensure your success, and a fantastic weekly podcast. LOVE love love Robb's site.

**Mark's Daily Apple:** ([www.marksdailyapple.com](http://www.marksdailyapple.com)) Mark is author of The Primal Blueprint and shares valuable recipes, health advice and ways to do life primally. Enjoy!

**Dr. Kurt Harris:** ([www.archevore.com](http://www.archevore.com)): Great info from a medical doctor who doesn't think we should eat poisonous food.

**Balanced Bites:** ([www.balancedbites.com](http://www.balancedbites.com)) From a Holistic Nutritionist who focuses on Paleo nutrition. Great stuff.

**Dr. Michael Eades:** ([www.proteinpower.com](http://www.proteinpower.com)) Physician who specializes in clinical weight loss AND recommends low carb diets to his patients.

## Other Great Resources

**Paleo Hacks:** ([www.paleohacks.com](http://www.paleohacks.com)) Paleo enthusiasts from around the world sharing the love and answering questions. Awesome site.

**Paleo Plan:** (<http://www.paleoplan.com/>) Don't have time to think? Grab this monthly plan that will tell you what to buy each week plus exactly what to cook.