

Paleo Guide

A Step-By-Step Guide for Getting Healthy the Paleo Way.



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Welcome

Dear Friend,

Welcome to [The Paleo Program – A Step-By-Step Guide for Feeling and Looking Your best!](#)

Congratulations on taking your first step, or taking another great step, in your wellness journey – I'm so [very](#) happy for you! I hope you're ready to improve the way you look, the way you feel and the way you [LIVE!](#)

If you're not familiar with me yet, I'm a holistic health coach who thrives on helping others live their best lives. I have studied over 100 dietary theories, and tried most of them out! Ultimately, I healed my own gut, auto immune and health issues through eating Paleo. For these reasons, I created this program so that you can learn how a Paleo lifestyle can help you improve your digestive health, decrease your inflammation, boost a healthy mindset and so much more. You will eat delicious meals, practice simple steps for de-stressing and best of all – have fun!

Before we dive in, I need you to clarify your intentions with this program – such as what you hope to achieve by completing it and how you're going to maintain your results afterward. Doing this will help you have a greater chance of experiencing long-lasting results.

To help you, please reflect on the questions below. It might be helpful to write your intentions down in a notebook or journal.

1. What are your physical goals (weight loss, heart health, increased energy, etc.)?
2. What are your emotional goals (increased self-esteem, greater happiness, greater quality of life, etc.)?
3. What support do you need in your life right now to achieve your goals? Maybe it's support from your spouse or support from a mentor or friend.
4. List five ways you can support your new healthy lifestyle (join a gym, practice yoga, join a fitness meetup, etc.)

Once you identify your intentions, it might be helpful to pin them to a bulletin board or hang them on your fridge – this way, you'll be reminded on a daily basis how important they are to you.

Are you ready to get started? [I am.](#)

Here's to your health,

Your coach,
Carrington Beauchamp

What is Paleo?



What would you say if I told you there was one simple solution that could help you alleviate your health issues and achieve optimal health? You might doubt me, or you might even think I'm a complete lunatic.

For an overwhelming majority of people, the path taken to achieve optimal health is often blockaded by quick-fix weight loss programs, unhealthy protein shakes, fad diets and so-called miracle pills. However, as I'm sure you know by now, none of these things are the ideal solution for achieving optimal health. In fact, most of these "solutions" aren't solutions at all.

If you are looking to get healthier, have energy, feel vibrant and optimal then this is the program for you. With this program, you will not be crash dieting or depriving your body in any way. Instead, you will be learning how to eat in a way that most nourishes your body, and makes you feel amazing.

What is the Paleo Diet?

The Paleo diet is a diet based on vegetables, grass fed meat, healthy fats, fruit and basic principles that support healthy digestion. The Paleo diet removes processed foods, sugars and trans fats- all part of our modern diet. The Paleo Diet takes us back to an ancient way of eating when disease, obesity, and sickness did not exist.

For many people, the Paleo diet has helped to reverse autoimmune illnesses, heal heart disease, cure diabetes, strengthen digestion and help many to lose weight. The Paleo diet is based on the foundational principles of ancient times before we consumed grains, legumes and dairy in our everyday diet.

By removing these foods from our diet, we are eliminating foods that can cause ailments such as digestive upset, depression, weight gain and inflammation for many people.

There has been much scientific research regarding the benefits of the Paleo diet for balancing blood sugar, infertility, hormonal health, anxiety, cardiovascular health, reduction of allergies and improved gut flora.

Consuming a diet rich in omegas and saturated fat has been proven beneficial by Dr. Loren Cordain and his team showing the value of an all-natural diet that dates back to the Stone Age.

This is your introduction to the Paleo Diet. Welcome to the Stone Age diet for the Modern Person.

Clean eating isn't a fad or a diet; this is a way of life. The Paleo diet is based on eating fruit, vegetables, seeds, nuts and clean protein sources such as eggs, chicken, beef, fish, seafood and lots of wonderful fats. There are no pills, quick fixes, or meal replacements with this diet.

Sounds amazing, right? This program will allow you to hit the reset button on your health. Trust me, I've done it.

Many who suffer from a myriad of health issues like autoimmune disorders, digestive distress, weight gain or weight loss, joint issues, and chronic fatigue have turned their health around by incorporating a Grain-free lifestyle.

Often, people who benefit from this program are addicted to:

- Caffeine
- Sugar
- Processed foods
- Wheat and gluten
- Alcohol
- White foods, such as white potatoes, bread, and white flour

I have suffered from health problems on and off most of my life, so I know what it feels like to suffer from these cravings, addictions, lack of energy, and illness. I have used food to be the greatest medicine, and heal. You can too. It is my firm belief that the madness of diet pills, junk nutrition drinks, fad diets and unfortunate weight loss schemes needs to stop, and I believe that food has the power to eliminate this madness.

The Paleo way of eating will make you feel more empowered, overjoyed and energetic than you ever have felt. The Paleo diet has everything the modern cavewoman or caveman desires for his or her diet, plus it is wonderful for the modern family too.

It is also important to remember that, as you read through this program, you should approach the Grain-free diet with flexibility and an open mind.

According to the Institute for Integrative Nutrition, "There is no one-size-fits-all diet. Every person is a unique individual with highly individualized nutritional requirements. Personal differences in anatomy, metabolism, body composition and cell structure all influence your overall health and the foods that make you feel your best. That's why no single way of eating works for everyone. The food that is perfect for your unique body, age, and lifestyle may make another person gain weight and feel lethargic.

Ultimately, one person's food may be another person's poison, and that is why fad diets don't work in the long run. You need to find the diet that works for you and your needs. People are different, and getting to know your body is an essential step in staying healthy!"

There are many Paleo meal plans out there, but I am taking a cleaner approach to what it is. What makes this specific program unique is that we are focusing on strengthening your digestion, giving your body more vitality, and taking you back to eating in a more primal and natural way through recipes that have been created to reduce inflammation and restore digestion. These recipes are lighter than typical Paleo recipes, and focus on detoxification and healing.



More tips at

thedrswolfson.com

My job is to teach you about healthy fats and healthy proteins, and support you as you clean out your body with simple tools and tricks you can use for a lifetime.

Remember, this program is yours. You are taking a huge step towards your health and happiness. If you do not enjoy certain foods on the suggested meal plan, then please exchange them for others on the meal plan.

Before you start this program, be sure to do the following:

- 1 Start by cleaning out your cabinets and refrigerator. Find the foods that are not Paleo approved and either give them to a friend, have a dinner party and invite your friends for a last meal or throw them away before you start the program.
- 2 Go shopping using your easy to use shopping lists! In the lists, you'll find what types of foods you should buy, what kitchen gadgets are helpful to a Paleo lifestyle, and the types of items that should be in your pantry.
- 3 Get into the caveman or cavewoman mindset by understanding that food is fuel for your body and by eating clean, you're providing your body with the proper nourishment to support your life.
- 4 Take a selfie. This is a picture you can take with your phone and keep it or share it with your friends or family, or even me. Remember, your body is going to change and having a "before" photo lets you see how much you've improved. You will be able to see inflammation reduces, red flushed skin or acne diminished, weight loss, plump collagen, healthy hair and nails. Your selfie will document your starting point.

BENEFITS OF PALEO

Around the world, so many people have chosen to go Paleo for so many different health reasons, and they've had amazing results with going back to foods that are primal. For example, a friend of mine decided to adopt a Grain-free lifestyle because of her leaky gut (I'll talk more about this later).

Many of my clients tell me they just feel tired or cannot lose weight, and once they removed grains and dairy, life changed.

Are you ready to have the endless energy you deserve?

Of course, you are. You are ready to hit that reset button and ditch the yo-yo diet mayhem. After all, you have been there and done that. You have been searching high and low for a program that you can craft to fit your life, and this is it! This program is a mind shift and a lifestyle shift.

As you embark on this program, you can expect

- Your anxiety will lessen or disappear
- Your hair will shine and look radiant
- Your nails will strengthen, and you will feel stronger
- Bags under your eyes will diminish or disappear
- Your immune system will improve
- Your digestion will improve greatly
- Lower back pain will lessen or subside
- Your sleep will improve
- Your cravings will subside
- Your sugar cravings will go away

With this program, I am going to talk about the food on your plate and the thoughts in your head and guide you step by step through a plan of action that will take you back to the basics. My goal is for you to make simple changes that shift your body drastically – changes that take effect immediately and last a lifetime.

WHAT YOU'LL EAT

I created a suggested meal plan with shopping lists for 14 days, but you can exchange any recipes during the 14 days. I have provided a great deal of recipes in your guide. I have also included my favorite Juice recipes, but you will not see them on the suggested meal plan because they are optional. I love Juicing upon waking or having Juice for a late afternoon snack. Juicing is a great way to get lots of nutrients into your body, alkalize, flush toxins and give you the fuel you need for the life you deserve.

With the Grain-free diet, you will not be consuming:

- Grains such as whole wheat, buckwheat, millet, quinoa, and brown rice.
- Legumes | Beans (including peanuts)
- Dairy
- Refined sugar
- Potatoes, except sweet potatoes
- Processed foods

Instead, you will be eating good foods such as:

- Organic Fresh fruits
- Organic Fresh vegetables
- Wild Fish/seafood
- Organic Grass-fed meats
- Organic and pasture raised Eggs
- Nuts (excluding peanuts)
- Seeds
- Healthy oils

If this feels overwhelming, it is not. It is exciting. You may be thinking, what about my cheese and my bread? These foods are not included in this program. For many of my clients, these foods are creating unnecessary inflammation in the body. Don't believe me? What do the experts say about inflammation?

Meet [Dr. Mark Hyman](#), a practicing family physician and #1 New York Times bestselling author, who preaches the following:

“When your body senses foreign invaders, a specific cascade of events is set off in which your white blood cells and some special chemicals called cytokines mobilize to protect you.

This normal type of inflammation is a good thing. It helps your body protect and heal itself. However, when your immune system shifts out of balance, inflammation can run rampant – causing a chronic, smoldering fire inside your body that contributes to disease and weight gain.

The causes of this type of inflammation are all around you. The sugar you eat, high doses of the wrong oils and fats in your diet, hidden food allergens, lack of exercise, chronic stress, and hidden infections all trigger a raging, unseen inflammation deep in your cells and tissues.

And this inflammation leads to every one of the major chronic diseases of aging – heart disease, cancer, diabetes, dementia, and more. It's also by far the major contributor to obesity. Being fat is being inflamed – period!”

So, I'm sorry but not sorry – if you want to protect your body, skip the grains and dairy!





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HEALTHY FOODS FOR THE GUT

There is a wide variety of Paleo- approved foods you can eat to protect your gut and improve your digestion. Some of them are listed below.

BONE BROTH

Bone Broth is rich in collagen, minerals and gelatin – components that are key for rebuilding the gut and gut lining. This beautiful broth can be sipped throughout the day or added to soups and stews.

Bone Broth should even be considered a supplement because it is so medicinal when it comes to gut restoration and repair. The amino acids in the bone broth actually support the healing of your intestinal lining. The gelatin in the bone broth also supports your joints, reduces cellulite and supports your skin health.

Bone broth is loaded with calcium, phosphorous, magnesium and great for those who have suffered from mineral deficiencies or often feel weak. This is also the ideal food if you are training for competitions and want to add a boost of liquid fuel to your diet.

I love to add sea vegetables such as dulse or nori flakes to my bone broth as this is another way to add the vital minerals we do not get from water these days.

PROBIOTICS

Probiotics are optimal for gut health. Look for a great brand such as [Dr. Wolfson's Gut Flora 30](#), which has 4 strains of over 30 billion bacteria, with none of the harmful fillers or ingredients.

If you cannot get Dr.Wolfson's, look for brands like RenewLife or Garden of Life. You can find the brand refrigerated or not refrigerated. I look for a multi strain and at least 15 billion CFU, but the amount you need to take will be based on your health issues. Start with one a day and increase as needed.

FERMENTED VEGETABLES

See your recipe guide for my favorite easy recipes or buy them at Whole Foods or your local natural health food store. If you can add fermented vegetables to each meal, your gut will be happy and healthy. Making your fermented vegetables is easy and cheap and is the most effective way to get good bacteria into your body daily plus they taste great with any meal. They are the perfect way to upgrade salad, a lettuce wrap, a burger or your favorite morning egg omelet.

COLLAGEN

I love the company [Vital Proteins](#). There are other companies who make great gelatin/collagen but this company is well-known and trusted. You can add 1 teaspoon to your smoothie, a cup of water, your green juice or even mix it into coconut milk yogurt for a boost of fuel.

KOMBUCHA

Kombucha is a fermented tea made with black tea, sugar, bacteria and yeast and is loaded with B vitamins. You can make this at home or buy at your local health food store or [here](#).

BEET KVASS

Beet Kvass is a powerhouse blood and liver cleanser. It is made from fermenting beets with salt brine and it is loaded with healthy bacteria, vitamin B, vitamin C and folic acid. You can make your own at home, or find this in your local health food store.

WATER KEFIR AND COCONUT WATER KEFIR

Water Kefir, a fermented beverage, is rich in enzymes, probiotics and B vitamins. You can also make this at home or buy it at any health food store.



WHY GIVE UP CARBOHYDRATES?

Carbohydrates are a favorite of many, but that doesn't mean they're good for your health. This Paleo diet relies on low glycemic foods, which are low in carbohydrates and sugar. The standard American diet is the complete opposite, and is high in both. This is a large factor in the American obesity epidemic.

Did you know just one teaspoon of sugar equals 5 grams of carbohydrates?

Carbohydrates are often consumed in the form of sugar, refined flours, grains, pseudo-grains (millet, buckwheat, and quinoa), legumes and dairy. The constant consumption of these carbohydrates leaves the body on a sugar roller coaster. If you are ready to get off of the sugar roller coaster, then it's time to toss out the high glycemic foods.

Though that may seem like a hard thing to accept, doing so will give you back your life and your vitality. Carbohydrates are also addictive and for many of my clients, eating them leads to sugar binging and yo-yo dieting. Let's ditch dieting and create balance, right?

Over the next 14 days, you will eat balanced meals but they will be relatively lower in carbohydrates, which leads to:

- balanced blood sugar
- weight loss
- balanced moods
- improved digestion
- a healthier you

Not all carbohydrates are bad such as a sweet potato or a parsnip. Good carbohydrates:

- Consist of healthy nutrients that can turn into energy, which means the sugar in the carbohydrate is metabolized instead of turning into fat
- Are filled with vitamins and minerals and are not what I call "vacant calories" (i.e. not providing you with the fuel your cells need to lose weight and feel energized daily)

Think of the bad carbohydrates as carbs that are robbing you of energy and inhibiting your metabolism – I call these the "nutrient robbers." This program is going to supply your body with the right macro and micronutrients for the energy you desire.

The recipes that come with this plan were created to provide your body with macro and micronutrients that naturally reduce inflammation. They also support gut health and help aid autoimmune disorders. This way of eating nutrient-dense meals – meals packed with tons of minerals and vitamins – is the key to your health and happiness.



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THE TRUTH ABOUT FAT

The next thing I want to talk about is what most people view as a bad thing to eat – FAT! I'm here to tell you that fat is not bad – at least, not the good fats. Here are the truths about GOOD fat.

- We need to eat fat to lose fat.
- Fat is an essential component of weight loss, balanced blood sugar and healthy adrenals, which means fewer bags under the eyes and better sleep.
- Our digestion needs fat to help transport nutrients across the cells.
- Our body uses fat to activate hormones and strengthen our immune function.
- When we are in between meals, our body uses stored fat for energy.
- Fat is an integral part of all nervous system functions. Our myelin sheath, the protective lining in our brain, is made up of 80% lipids (fats).

A simple way to add fat into your diet is with these three superfood seeds. You can add them to any salad, smoothie, toss them into your grain free cereal or make a chia pudding.



FLAX SEEDS

Designation

[Flax seeds](#) are high in omega-3 fatty acids and rich in alpha-linoleic acid (ALA). They also supply other nutrients such as manganese and magnesium and contain a lot of fiber.



CHIA SEEDS

Designation

[Chia seeds](#) contain omega-3 fatty acids plus manganese, calcium and phosphorus. Just one ounce of chia seeds contains 11 grams of fiber.



HEMP SEEDS

Designation

[Hemp seeds](#) contain all the omega fatty acids you need for a healthy body – 3, 6 and 9. You only need 1 tablespoon per day to get your daily dose of omegas. Plus, they are high in protein.

Another way to add good fat into your diet is with the oil you cook with or the oil you add to dressings.

When you embrace the Grain-free lifestyle, it's also important to look at how you are preparing your food and the fats you are cooking with.

Below is a list of the healthiest oils to cook with. Also included are which oils you can cook with at a high heat (you do not want to cook certain oils over high heat because doing so will create dangerous toxins or free radicals).

Here are my favorite fats



COCONUT OIL

Designation

Always look for unrefined and organic. [This is my favorite oil](#) because its smoking point is 350 degrees F, which means you can use it for sautéing, baking, frying and roasting vegetables.



GHEE

Designation

[Ghee](#) has been used for centuries in Ayurvedic medicine. Ghee is lactose-free, casein-free and widely using for rebuilding the gut. It is a fat that also helps when you are feeling exhausted and is ideal for anyone who is allergic to butter. Ghee is the perfect fat for cooking since its smoke point is 450 degrees F, making it ideal for baking, sautéing, frying and roasting vegetables.



AVOCADO OIL

Designation

[Avocado oil](#) has a very clean and fresh taste and is ideal for roasting, sautéing and even frying. It's great for dressings as well. This oil has a smoke point of 500 degrees F so it can be cooked at a very high heat. This is a wonderful plant-based cooking oil.



EXTRA VIRGIN OLIVE OIL

Designation

The smoke point of this oil is 350 degrees F. This is important to know because you want to look at the other oils that have high smoke points to avoid toxins and free radicals. [Olive oil](#) is great for steaming and sautéing; just add the olive oil after you have finished cooking. It can also be used for dressings.

CLEAN PROTEIN



MEATS

Organic, pasture-raised

- Chicken
- Turkey
- Bison
- Grass-fed beef
- Lamb
- Bacon
- Pork
- Ham
- Any wild game



FISH AND SEAFOOD

wild caught

- Canned fish (sardines, anchovies, wild salmon) – look for BPA-free cans OR glass if possible
- Salmon, smelts, and herring.
- Sea bass, perch, trout, and Mahi Mahi eaten sparingly.
- Shellfish eaten sparingly as well.

CONTROLLING BLOOD SUGAR



Sugar cravings are very common for my clients and one of the reasons that I decided to ditch the grains.

Do any of these apply to you?

- Feeling lightheaded after a high carb meal
- Craving chocolate or caffeine constantly
- Feeling tired throughout the day
- Feeling moody
- Thirstier than the average person
- Excessive sweating

According to Dr. Wolfson in his book, The Paleo Cardiologist, he says:

“Just recently a large trial was completed that proved the obvious: sugar causes cardiovascular disease. In fact, those people who ate the most sugar face an increased death rate of 250%. The well-known researcher and pediatric endocrinologist Robert Lustig released a study in 2013 showing that for every additional 150kcal of sugar daily (one can of soda), diabetes risk increases by 1%.”

Sugar strips the body of nutrients and can lead to a weakened immune system, candida, yeast infections, poor digestion, skin rashes, joint pains, diabetes, liver problems, headaches, poor sleep, bad breath, cravings, disease, spectrum-related issues, and poor concentration. Beware of products that are made with fake sugars such as Sweet ‘N Low or diet drinks, as they have the same effect on your system.

Candida occurs in the body when there is an overgrowth or an imbalance of yeast. The body needs a ratio of 85% good vs. 15 % bad bacteria for healthy digestion, lessened food allergies and a strong immune but in today’s world, this is rarely the case. As Dr. Mark Hyman states, many suffer and they do not even know it. Are you experiencing any of the following?

General Symptoms

- Chronic fatigue
- Loss of energy
- General malaise
- Decreased libido

Gastrointestinal Symptoms

- Thrush
- Bloating and gas
- Intestinal cramps
- Rectal itching
- Altered bowel function such as diarrhea (iv) or constipation

Genitourinary Symptoms

- Yeast infections
- Frequent bladder infections
- Interstitial cystitis (irritable bladder)

Hormonal Complaints

- Menstrual irregularities like pain, bleeding, etc.
- Premenstrual syndrome
- Thyroid dysfunction

Nervous System Complaints

- Depression
- Irritability
- Inability to concentrate

Immune System Complaints

- Allergies
- Chemical sensitivities
- Low immune function Past History
- Chronic yeast infections
- Chronic antibiotic use for infections or acne
- Oral birth control pill usage
- Oral steroid hormone usage

Associated Conditions

- Sensitivity to foods, chemicals, or other allergens
- Eczema
- Psoriasis
- Irritable bowel syndrome
- Craving for foods rich in carbohydrates or yeast
- Toenail fungus
(1) http://www.huffingtonpost.com/dr-mark-hyman/yeast-infection-symptoms_b_657354.html



To address yeast imbalances, candida or improve digestion, you want to eat a diet that is primal, low in sugar, high in fiber and good fats. You also want to reduce stress. By following the simple practices laid out in the Paleo Program, your body will balance because you are removing high glycemic foods. Therefore, blood sugar will begin to balance. You are also adding foods that are rich in bacteria such as kombucha, cultured foods or homemade coconut water kefir. By eliminating processed foods and only eating foods that are free of hormones, the body will detoxify, and release free radicals that contribute to poor gut health.

Keeping your blood sugar balanced will not only stop sugar cravings, but is a key to weight loss, disease prevention, and mood stabilization. Sugar in its most natural states, such as in fruit and starchy vegetables, contains fiber, which slows down the release of insulin into the blood.

When pure sugar hits your bloodstream, your body produces insulin to lower the glucose levels and then glucose levels drop too low, resulting in the crashing feeling after the spike. If this continues for an extended period, your body can become resistant to the insulin and rather than converting the glucose to energy, it converts it to fat.

You can fight sugar cravings by eating more protein, hydrating your body, consuming healthy fats and having healthy bacteria in your gut. Finding the power to say no to a sugary treat that will disrupt sleep, lead to toxicity, lower sex drive, and create metabolism issues.

- As you begin to remove the foods not in this program, you will notice you feel more balanced and less fatigued.
- I suggest eating every 3 hours to keep blood sugar stable.
- Ideal meals have protein, vegetable, and healthy fat.
- Snacks should be nutrient-dense, packed with protein or fat to give you fuel for the day.
- As the gut improves, you will notice the ability to break down sugars and the sugar roller coaster you were on will improve drastically.



TIPS FOR YOUR KITCHEN

I tell all of my clients that you do not need to fall in love with your kitchen but you need a simple system. Here are my tips:

- 1 Choose a day you go food shopping and then cook your protein and vegetables when you come home.
- 2 Make sure you take the shopping list that goes with the meal plan for that week or exchange meals from the recipe guide.
- 3 Plan ahead for the week and know what you can batch cook – meaning cook once and eat three times.
- 4 Roasting is easy. You can look at your recipe guide for how to roast vegetables. This is such a simple way to get the sweetness out of vegetables and combat sugar cravings.
- 5 Soups made in the crockpot are what I call one-meal wonders because we are all busy. Crockpot meals can be put in the refrigerator and reheated for lunch the next day. You can also make soup and freeze in a Mason jar.
- 6 Easy ideas for lunches are salads in a jar. Pack your favorite Paleo salad from the meal plan, add your dressing separately, and you are good to go for lunch.
- 7 Pack simple organic meats with a side of lettuce leaves, tomatoes, olives and mustard when you're going somewhere.
- 8 Think simple and you will master the art of eating Paleo.



EATING OUT PALEO

People often think it's too difficult to eat out when trying a new way of eating, so they ignore it completely. However, you can enjoy going out to eat by remembering the following – each meal should consist of a clean protein, veggie, and healthy fat. Plus, many restaurants are now catering to healthy eaters.

For example, salmon with a side of asparagus or a steak with a side of broccoli would be wonderful. You can have any combination of protein and vegetables with a sweet potato. Grilled, sautéed and baked are great choices for your food. Beware of sauced, pan-fried and even crab cakes.

Start to ask questions like this:

- Does that have dairy, gluten, soy or beans?
- Is that made with any gluten or soy?
- Does the sauce have gluten?
- Does the sauce have dairy?

Do not be afraid to tell people you are intolerant of those foods because even though you may not have a true allergy, think of how you feel when you eat it – not so great, right?

Don't worry – the days of enjoying your meals are not over! Just be a food detective and learn what restaurants will cater to your needs. At home, have fun ordering Paleo books online or heading over to a local bookstore. Learn to make your meals with coconut flour and almond flour. A new world awaits you – one without bloating, inflammation and brain fog!



Traveling also poses a threat to an individual's new way of eating, but it doesn't have to for you. Here are some of the recommendations on what to pack when traveling:

- 1 [Hemp seeds](#) in a packet
- 2 Grain-free protein bars, such as [chia bars](#) or bars made with seeds and fruits
- 3 [Beef jerky](#), [beef sticks](#), [salmon bars](#).
- 4 Kale chips
- 5 Look for local juice bars
- 6 Healthy snack mixes like homemade trail mix
- 7 Fruit leathers, no added sugar
- 8 Shredded coconut
- 9 Protein powder to mix with water (I love Dr. Wolfson's [Paleo Fuel chocolate](#).) Powder should be grain free and dairy free.
- 10 Flax crackers
- 11 Nut butter and a spoon

Here are some of the websites where you can shop online for some of the items mentioned above, but always remember to read labels first:

- 1 Grain-free Bread - <http://www.Grain-freebread.com>
- 2 Grain-free Snacks - <http://www.stevesGrain-freegoods.com>
- 3 Paleo Protein bars - <https://www.epicbar.com>
- 4 Kind Bars - <http://www.kindsnacks.com/store/>
- 5 Protein Powders - <https://shop.thedrswolfson.com/products/paleo-fuel-chocolate>
- 6 Meats- <http://grasslandbeef.com>
- 7 Collagen & Gelatin <http://www.greatlakesgelatin.com/consumer/CollagenFAQ.php>

Eating right is a large part of your battle for health; however, there are other things you need to focus on as well:

SLEEP

Make sure you are sleeping well. It has been shown that we need an average of seven hours of sleep. If you can turn off the TV and shut down your mind with some deep breathing at night or journaling, you can reset your body.

Create a ritual for the night. Rub coconut oil on your body with some essential oils and light a candle before sleep. Listen to music that calms you or take five minutes to be still and be grateful for your life, your body and your health.

DE-STRESS

Stress is a huge health disrupter. Every day we can either feed stress, or we can let go of it. The more we move away from stress and step into a mindset where our emotions do not control us, the more power we have over our lives.

Our cortisol levels lessen and inflammation decreases when we unwind. Start thinking about people in your life, experiences or past stories (as we all have our story), and think of how you can let go of fear or stress around these areas that cause discomfort.

I encourage you to let go of what is not fueling your body on a daily basis, whether it is food, friends or something else. I love listening to Tony Robbins, Wes Brown, or Gabby Bernstein because they all speak about mindset.



You can do the following in the next 14 days to decrease your stress levels and refuel your body:

- 1 Write down your fears and stressors in a journal or on a piece of paper and rip it up or burn it.
- 2 Share this experience with a close friend or share it with me.
- 3 Know this may have been a scary experience but this emotion does not serve you. Tell yourself, "I am letting you go. Fear has no purpose here anymore."
- 4 Be conscious of where you are in your body, your breath, your mind and in this world. Remember you are a unique individual, complete as you are, and that you deserve internal freedom.
- 5 Move your body. Make a conscious effort to move every day. Start yoga, walking or do more intense exercises like running, biking, CrossFit or boot camps. These help you meet like-minded people and moving your body will support healthy serotonin levels, which is the key to feeling good on a daily basis.
- 6 Get your vitamin D from the sun and eat it. There have been studies showing the effectiveness of vitamin D in decreasing inflammation. Make sure you get 20 minutes in the sun per day no matter what time of the year. If you cannot get in the sun, then take a vitamin D supplement.

KITCHEN GADGET SHOPPING LIST



Blender

Designation

Make sure you have a great blender for smoothies. The easier it is to digest foods, the less inflammation you will have.



Crockpot

Designation

Purchase a crockpot. I cannot tell you how much I love making bone broth in my crockpot and other recipes that are one-pot cooking, which makes life easy.



Vegetable Spiralizer

A vegetable spiralizer can be fun for making zucchini (and other veggie) noodles to replace pasta.



Jars

Designation

Glass jars or Mason jars are great for storing bone broth, fermented vegetables and spices and herbs.



Pans

Designation

Baking sheets and roasting pans are awesome for one-pan cooking. Cast iron or stainless steel pans that are toxic-free are a must-have as well.

PANTRY SHOPPING LIST

- Almond, cashew butter
- Almond or coconut flour
- Raw apple cider vinegar
- Raw cacao
- Chicken and vegetable broths (always buy organic and yeast-free)
- Or make your own broth – which is ideal
- Coconut aminos (best exchange for soy sauce)
- Dried coconut, sulfur-free
- gluten free protein powders
- Ginger, garlic, turmeric and all your favorite spices
- Cold-pressed olive oil
- Ghee
- Honey, local raw
- Sea salt
- Tahini (sesame seed paste)
- Canned wild salmon, sardines or tuna packed in olive oil or water - BPA free cans, glass jars
- Vanilla and peppermint extracts
- Dried fruit, un-sulphured (dates, figs, raisins, cranberries, goji berries)
- Sweet potatoes
- Favorite PALEO protein bars
- Beef Jerky



THANKS FOR JOINING ME

I hope you enjoyed learning about the wonderful, healthful lifestyle that is Paleo.

During this program, I am here for you every step of the way. Just know that I am cheering you on and congratulating you for taking control of your health. Every time you look at food, just think – is this going to fuel me or deplete me?

This program is a program of abundance, radiance, and massive action. I am so proud of you and honored to embark on this journey with you.

Enjoy.

A LOVING DISCLAIMER

Drawing on my background, training, skills and life experiences, I support my clients—spiritually, mentally, emotionally and physically. I am not a medical doctor, dietitian, or nutritionist. I do not hold a degree in medicine, dietetics, or nutrition. I make no claims to any specialized medical training nor do I dispense medical advice or prescriptions.

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Please consult your doctor or wellness team if you have any questions regarding this whole foods program and then make your well-informed decisions based on what is best for your unique genetics, culture, conditions and stage of life.

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Thank you for your professional understanding.

PLEASE NOTE: ALL CONTENT WITHIN THIS GUIDE IS BASED ON MY PERSONAL KNOWLEDGE, OPINIONS AND EXPERIENCE AS A HOLISTIC HEALTH COACH. PLEASE CONSULT YOUR DOCTOR REGARDING MEDICATIONS OR MEDICAL ADVICE.