

PALEO Quick-Start GUIDE

by

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THE PALEO MOM

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WHAT IS PALEO?

You may have heard about “the caveman diet” or that Paleo is about eating the foods our pre-agricultural ancestors ate because these are the foods human beings evolved to digest. In truth, this is just the hypothesis. The real proof is in the thousands of nutritional, biological, and medical sciences peer-reviewed journal articles evaluating one tiny aspect of this diet that together form a complete picture.

WHAT IS PALEO AND HOW DO I IMPLEMENT IT?

A Paleo diet is a whole foods diet based on what the most current nutrition and biomedical research suggests is the best way to eat for optimum health. This research comes from clinical trials, studies evaluating the molecular details of how components in foods interact with the human body, and research that looks at the commonalities in the diets of some of the healthiest and longest-living cultures in the world. Cultures that eat this way tend to have high life expectancy and don't have any of the chronic illnesses that are so rampant today, like cardiovascular disease, diabetes, Alzheimer's, autoimmune disease, and even cancer.

How can that be? These diseases have root causes in common, including gut irritation, high inflammation, and insulin sensitivity problems. A Paleo diet eliminates these risks by eliminating foods that promote intestinal permeability, inflammation, hormone imbalances, or have been conclusively linked to these chronic diseases. This includes grains (especially those containing gluten), legumes (including soy and peanuts), dairy products (except butter, ghee, and heavy cream), modern vegetable oils, and processed foods. Scientific studies help us understand that these foods are at best nutritionally poor and at worst outright harmful.

The Paleo diet focuses on a wide variety of nutritionally-dense and sustainable foods like meat, poultry, eggs, seafood, vegetables of all kinds, fruits, nuts, and seeds. There are A LOT of wonderful meals you can make using these foods. We are very mindful of eating high-quality protein sources and good fats that help control inflammation. We aim for lots of variety and as much high-quality, local food as possible. A few other important factors include moderating intake of salt and refined sugars and trying to balance omega-3 and omega-6 fatty acid intake. By increasing the nutrient-density of your diet and eliminating harmful foods, a Paleo diet protects the digestive and endocrine systems from getting overworked and restores balance to your body.

There are many ways to implement Paleolithic nutrition, so you can really make this lifestyle work for your specific needs. Many people see vast improvements in their health even if they are not able to eat 100% Paleo or always source the highest-quality ingredients. For example, many people follow the “80/20” rule wherein they eat Paleo foods 80% of the time and non-Paleo foods 20% of the time. Allowing yourself some flexibility can help make the diet more sustainable for the long term. And because Paleo offers long-term as well

as short-term benefits, we want to make sticking with it as easy as possible.

There are also a number of ways in which you can experiment with your own implementation of the Paleo diet. The Paleo diet does not come with a prescription for what percentage of your diet will come from carbohydrates versus protein versus fats. This means you can figure out what works best for you. Many foods are tolerated by some people but not others, such as high quality (grass-fed) dairy, white potatoes, nightshades (tomatoes, eggplant, peppers, potatoes), alcohol, eggs, nuts in larger quantities, coffee, chocolate, and even rice or traditionally-prepared legumes. You can try these foods and see how they work for you or try eliminating them and see if you feel even better. The point is to use the Paleo diet as a template to figure out what is optimal for you.

The scientific evidence will only get stronger as more and more clinical trials utilizing a paleo diet are performed. Those studies that have been performed have shown that the Paleo diet out-performs every other diet with regards to cardiovascular disease risk factors, diabetes management, and sustainable healthy weight loss. And as we continue to learn more about how food affects our health, we also continue to review and modify the basic principles of a paleo diet. There are foods that we include in our diets now that we may find out later are suboptimal. There are foods that we exclude in our diets now that we may find out later are very healthy for us. We are not trying to recreate history by eating the same foods our ancient ancestors did. We are trying to define an optimal diet based on scientific studies of the mechanisms of how food affects health, and the archeological evidence for this diet is not the proof but the hypothesis.



F. A. Q.

A Paleo diet contains less carbs than the typical Western diet, but whether or not you eat low-carb on a Paleo diet is an individual choice. Some people find that eating low-carb to begin with can help lose weight faster, while others eat more carbs to gain weight or because they are very active. In general, carbohydrates are not restricted.

Want more? Check out [The Paleo Approach](#), available online and in bookstores everywhere.

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FOODS TO AVOID

Grains, legumes, and processed foods can contribute to intestinal permeability, hormone imbalances, and other chronic health problems, but avoiding them can be difficult because they are present in so many foods. Here are the ingredients you should look out for. Items under red headings should be avoided, while items under yellow headings can be consumed in moderation.

GRAINS & PSEUDOGRAINS

amaranth, barley, bran, buckwheat, corn, durum, fonio, Job's tears, kamut, millet, oats, quinoa, rice, rye, sorghum, spelt, teff, triticale, wheat (all varieties, including einkorn and semolina), wild rice, and all foods and additives derived from them

NON-NUTRITIVE SUGARS

acesulfame potassium, agave, agave nectar, aspartame, barley malt, barley malt syrup, beet sugar, brown rice syrup, brown sugar, cane crystals, caramel, coconut sugar, corn sweetener, corn syrup, corn syrup solids, crystalline fructose, demerara sugar, dextrin, dextrose, diastatic malt, erythritol, fructose, fruit juice concentrate, galactose, glucose, glucose solids, golden syrup, high-fructose corn syrup, inulin, invert sugar, jaggery, lactose, malt syrup, maltodextrin, maltose, mannitol, monk fruit (luo han guo), neotame, palm sugar, panela, panocha, rapadura, refined cane sugar, refined sugar, rice bran syrup, rice syrup, saccharine, saccharose, sorbitol, sorghum syrup, stevia, sucralose, sucrose, sugar, syrup, treacle, xylitol, and yacon syrup

NUTRITIVE SUGARS

date sugar, fruit juice, honey, maple sugar, maple syrup, molasses, muscovado sugar, sucanat (evaporated cane juice), turbinado sugar (raw sugar)

DAIRY

butter, buttermilk, butter oil, cheese, cottage cheese, cream, milk, curds, dairy-protein isolates, ghee, heavy cream, ice cream, kefir, sour cream, whey, whey-protein isolate, whipping cream, and yogurt

COFFEE

LEGUMES

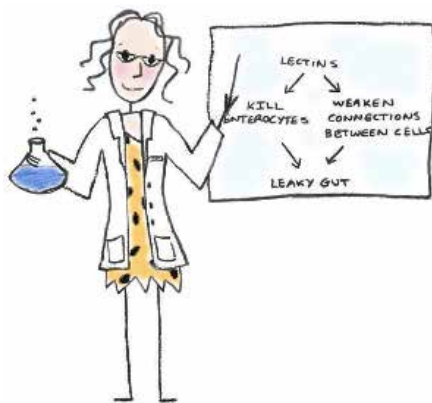
adzuki beans, bean curd, bean sprouts, black beans, black-eyed peas, butter beans, calico beans, cannellini beans, chickpeas (garbanzo beans), fava beans (broad beans), Great Northern beans, Italian beans, kidney beans, lentils, lima beans, mung beans, navy beans, pinto beans, peanuts, split peas, soybeans (including edamame, hydrolyzed soy protein, miso, tamari, tofu, tempeh, soy lecithin, and soy sauce), and all foods derived from them

PROCESSED OILS

canola oil (rapeseed oil), corn oil, cottonseed oil, palm kernel oil, peanut oil, safflower oil, sunflower oil, and soybean oil

HIDDEN SOY

bean curd, bean sprouts, chocolate (may contain soy lecithin), edamame, hydrolyzed soy protein, kinako, miso, mono- and diglycerides, MSG (monosodium glutamate), natto, nimame, okara, shoyu, soy albumin, soy cheese, soy fiber, soy flour, soy grits, soy ice cream, soy lecithin, soy meal, soy milk, soy nuts, soy pasta, soy protein, soy sauce, soy sprouts, soy yogurt, soya, soybean, soybean oil, tamari, tempeh, teriyaki sauce, textured vegetable protein, tofu (dofu, kori-dofu), and yuba



ADDITIVES

acrylamides, artificial food color, artificial and natural flavors, autolyzed protein, brominated vegetable oil, emulsifiers (carrageenan, cellulose gum, guar gum, lecithin, xanthan gum), hydrolyzed vegetable protein, monosodium glutamate, nitrates or nitrites (naturally occurring are okay), olestra, phosphoric acid, propylene glycol, textured vegetable protein, trans fats (partially hydrogenated vegetable oil, hydrogenated oil), yeast extract, and other ingredients with chemical names you don't recognize

HIDDEN GLUTEN

Asian rice paper, atta flour, bacon (check ingredients), barley, barley grass, barley malt, beer (unless gluten-free), bleached or unbleached flour, bran, bread flour, breading, brewer's yeast, bulgur, coating mixes, communion wafers, condiments, couscous, croutons, dinkle (spelt), durum, einkorn, emmer (durham wheat), farina, farro, food starch, french fries, fu, gliadin, glue (used on some envelopes, stamps, and labels), gluten, gluten peptides, glutenin, graham, gravies, hydrolyzed wheat gluten, hydrolyzed wheat protein, ice cream (may contain flour), imitation fish, kamut, lunch meats, maida, malt, malt vinegar, marinades, matzah (aka matso), mir, nutritional and herbal supplements, oats, panko, pilafs, prepared foods, processed cereals, rye, salad dressings, sauces, seitan, self-basting poultry, semolina, some medications, soup bases and bouillon, soy or rice drinks, soy sauce, spelt, spice mixtures, starch, stuffings, syrups, thickeners, triticale, wheat, wheat bran, wheat germ, wheat grass, and wheat starch

ALCOHOL

alcohol with gluten should be avoided

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FOODS TO EAT

Even more important than avoiding harmful foods is eating a wide variety of quality, nutrient-dense foods. Some of the most nutrient-dense foods include organs and seafood. Variety is important not only because it tends to keep us happy but also because we get different amino acids, fatty acids, vitamins, minerals and antioxidants from different cuts of meat, seafood, nuts, seeds, vegetables, and fruits.

MEAT, EGGS & OFFAL

antelope, bear, beaver, beef, blood, brain, buffalo, boar, bone broth, camel, caribou, cheek, chicken, crocodile, deer (venison), dove, duck, eggs, elk, emu, fats, fries, frog, goat, goose, grouse, guinea hen, hare, heart, horse, insects, intestines, jowl, kangaroo, kidney, lips, liver, marrow, moose, ostrich, partridge, pig, pigeon, pheasant, quail, rabbit, seal, sea lion, sheep (lamb, mutton), skin, snake, spleen, sweetbreads, tail, tongue, tripe, turkey, turtle, veal, and whale

SEAFOOD

abalone, anchovy, anemone, Arctic char, Atlantic croaker, barcheek goby, bass, bonito, bream, brill, brisling, carp, catfish, caviar (roe), clams, cockles, cod, conch, conger, common dab, crab, crappie, crawfish, croaker, cuttlefish, drum, eel, fera, filefish, gar, haddock, hake, halibut, herring, jellyfish, John Dory, king mackerel, lamprey, limpets, ling, loach, lobster, marlin, mackerel, mahi-mahi, milkfish, minnow, monkfish, mullet, mussels, octopus, oysters, pandora, perch, periwinkles, plaice, pollock, sailfish, salmon, sardine, scallops, sea cucumber, sea urchin, sea squirts, shad, shark, sheephead, shrimp, silverside, smelt, snails, snakehead, snapper, sole, squid, starfish, swordfish, tarpin, tilapia, tilefish, trout, tub gurnard, tuna, turbot, walleye, whelks, and whiting

NUTS & SEEDS

almonds, anise, annatto, black caraway (black cumin), Brazil nuts, cashews, celery seed, chestnuts, chia, coriander, cumin, dill, fennel, fenugreek, flax, hazelnuts, hemp seeds, macadamia nuts, mustard, nutmeg, pecans, pine nuts, pistachios, poppy, pumpkin, sesame, sunflower, walnuts, and any flours, butters, oils, and other products derived from them

VEGETABLES

abusgata, amaranth greens, aonori, arame, arracacha, arrowroot, artichoke, arugula, asparagus, avocado, bamboo, beet greens, beet, bell peppers, bok choy, borage greens, broadleaf arrowhead, broccoli, broccoli rabe, Brussels sprouts, burdock, cabbage, canola leaves, camas, canna, cape gooseberries, capers, cardoon, carola, carrot, carrot tops, cassava, cat's ear, cauliflower, celeriac, celery, celtuce, chickweed, chicory, Chinese artichoke, Chinese mallow, chives, chrysanthemum leaves, collard greens, cress, cucumber, dabberlocks, daikon, dandelion, dulse, earthnut pea, eggplant, endive, ensete, fat hen, fiddleheads, fennel, fluted pumpkin leaves, garden huckleberries, garlic, ginger, Good King Henry, green beans, Hamburg parsley, hijiki, horseradish, hot peppers, ivy gourd, Jerusalem artichoke, jicama, kai-lan, kale, kohlrabi, kohlrabi greens, komatsuna, kombu, kurrat, lagos bologi, lamb's lettuce, land cress, laver, leek, lettuce, lizard's tail, loofa, lotus, mashua, melokhia, mizuna, mozuku, mushrooms, mustard greens, napa cabbage, naranjillas, New Zealand spinach, nopal, nori, ongonori, okra, olives, onion, orache, parsnip, pea leaves, peas, pearl onion, pepinos, pignut, pimentos, poke, potatoes, potato onion, prairie turnip, Prussian asparagus, pumpkin, radicchio, radish, rutabaga, samphire, salsify, scarlet runner beans, scorzonera, sculpit, sea beet, sea grape, sea kale, sea lettuce, shallot, skirret, snow peas, sorrel, spinach, spring onion, squash, squash blossoms, sugar snap peas, summer purslane, swede, sweet potato, sweet potato greens, Swiss chard, tamarillos, taro, tatsoi, tigernut, tinda, tomatillos, tomatoes, tree onion, turnip greens, ulluco, wakame, wasabi, water caltrop, water chestnut, watercress, water spinach, West Indian gherkin, wild leek, winter purslane, yacon, yam, and zucchini

FRUIT

abiu, acai, acerola, ackee, African moringa, amanatsu, ambarella, apple, apricot, babaco, banana, bearberry, bilberry, biribi, bitter melon, blackberry, blood orange, blueberry, Buddha's hand, cam sanh, camucamu, canary melon, canistel, cantaloupe, casaba, ceriman, charantais, chayote, cherimoya, cherry, chokeberry, chokecherry, Christmas melon, citron, clementine, cloudberry, coco plum, coconut, crabapple, cranberry, crenshaw, crowberry, currant, custard apple, date, dragonfruit, durian, derishi, elderberry, falberry, fernandina, fig, galia, gambooge, goji berries, gooseberry, grapefruit, grapes, granadilla, greengage, guava, guavaberry, guanabana, hackberry, hawthorn, honeydew, horned melon, huckleberry, ilama, jackfruit, jujube, karonda, kinnow, kiwi, kiyomi, korlan, kumquat, lemon, lime, limetta, lingonberry, loganberry, longan, loquat, lychee, mamey sapote, mandarin, mango, mangosteen, maypop, medlar, melonpear, muscadines, mulberry, muskmelon, nance, nannyberry, nectarine, net melon, ogen melon, orange, orangelo, Oregon grape, oroblanco, papaya, passionfruit, pawpaw, peach, peanut butter fruit, pear, Persian melon, persimmon, pineapple, plantain, pluasan, plum, pomegranate, pomelo, pompia, ponkan, quince, rambutan, rangpur, raspberry, riberry, rose apple, rose hip, rowan, Russian melon, safou, salak, salmonberry, santol, sea buckthorn, serviceberry, service tree, sharlyn, shipova, shonan gold, soursop, star apple, star fruit, strawberry, strawberry tree, sudachi, sugar apple, sweet melon, tamarind, tangelo, tangerine, tangor, thimbleberry, ugli fruit, ugni, vanilla, wampee, watermelon, wax melon, wineberry, winter melon, xigua, and yuzu



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FOOD QUALITY

In a perfect world, our diets would consist of pasture-raised, free-range, or wild meat and fish and organic, local, seasonal produce. This is prohibitively expensive for many families, including mine. Can you still follow a paleo diet and see improvement in your health if you can't always afford the highest-quality food? Of course you can! This guide will help you make the best decisions within your budget.

MEAT QUALITY

If you can't afford to have all of your meat come from grass-fed, pastured, and wild sources, I have ranked meats from best to worst in quality.

BEST

- [Organ Meat](#) from Grass-fed and Pasture-raised Animals: Organ meat is more densely packed with just about every vitamin and mineral and the fat content is also extremely healthy.
- [Wild-Caught Fish and Shellfish](#): Wild-caught fatty fish can be found fresh, canned, or frozen. Look for sales in the late summer and early fall.
- [Grass-fed Beef, Bison, Lamb, Venison or Goat](#): Ground meat is always the cheapest. Some local farmers will sell bulk meat at a very discounted rate.
- Wild Game: You can buy wild game if you do not hunt.

BETTER

- Organ Meat from Organic and Conventional Animals: The fat profile is less favorable, but the organs still contain denser nutrition than muscle meat.
- Farmed Fish and Shellfish: Even farmed fish has contains extremely beneficial fats and is rich in amino acids, vitamins, and minerals that aren't as easy to get from meat and poultry.
- Pasture-Raised Pork and Free-Range Poultry: Look for ones that are not fed soy or corn if you can.

GOOD

- Organic Meat and Conventional Lamb and Veal: These animals do spend some time in pasture and do eat at least some grass.
- Lean Cuts of Beef: Marbled steaks typically contain 10-15 times more omega-6 than omega-3.
- Lean Pork: Usually, the lighter colored the meat, the lower the fat content.

MODERATE OR AVOID

- Fatty Cuts of Conventional Beef and Pork: Ideally, this would only be an occasional treat.

- Conventional Chicken and Turkey: Battery-raised chicken can have some of the highest omega-6 levels of any meat.

PRODUCE QUALITY

Conventional produce has fewer vitamins, minerals and antioxidants than local, organic produce because of poor soil quality, the specific cultivars used, and the amount of time between harvest and consumption. To get the most out of your produce, nuts, and seeds:

- Eat produce as soon as you buy it whenever possible.
- Buy frozen veggies. These are typically picked ripe (as opposed to ripening during storage) and flash frozen, which preserves many of the nutrients.
- [Brazil nuts](#), [sunflower seeds](#), and [pepitas](#) are nutrient-dense choices.
- Mix up eating vegetables raw and cooked.
- Ferment your own fruits and vegetables.
- Grow some of your own vegetables or gather wild edibles that grow around you.

EATING SEASONALLY*

An easy way to eat seasonally and eat the best-quality produce is to do the bulk of your shopping at local farms and farmers' markets. Fruits and vegetables also tend to be cheaper when they are in season because supply is high, which is great for anyone on a tight budget.

YEAR-ROUND

avocados, bananas, beet greens, broccolini, cabbage, carrots, celery, celery root, leeks, lemons, lettuce, mushrooms, onions, papayas, parsnips, shallots, turnips

***Based on North American harvests. Varies regionally.**

SPRING

apricots, artichokes, arugula, asparagus, beets, broccoli, cauliflower, chives, collard greens, fennel, fiddleheads, garlic, grapefruit, honeydew melon, jicama, kale, kohlrabi, limes, mangoes, mustard greens, oranges, pineapple, radicchio, ramps, rhubarb, sorrel, spinach, spring greens, spring onions, strawberries, Swiss chard, turnips, Vidalia onions, watercress

FALL

apples, arugula, Asian pears, bok choy, broccoli, Brussels sprouts, cauliflower, cherimoya, coconuts, cranberries, daikon radish, garlic, ginger, grapes, guava, hot peppers, huckleberries, Jerusalem artichokes, jicama, kale, kohlrabi, kumquats, passionfruit, pears, pomegranate, pumpkin, quince, radicchio, rutabagas, sweet potatoes, Swiss chard, winter squash

SUMMER

apricots, arugula, Asian pears, beets, black currants, blackberries, blueberries, boysenberries, broccoli, cherries, cucumber, eggplant, figs, garlic, grapes, hot peppers, kiwi, limes, loganberries, melons, nectarines, okra, passionfruit, peaches, pineapples, plums, radishes, raspberries, strawberries, summer squash, Swiss chard, tomatoes, zucchini

WINTER

apples, bok choy, Brussels sprouts, cauliflower, cherimoya, clementines, coconuts, collard greens, dates, grapefruits, jicama, kiwi, kohlrabi, limes, oranges, passionfruit, pears, persimmons, pineapple, pomegranate, pomelo, red currants, rutabagas, sweet potatoes, tangerines, winter squash, yams

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STOCKING THE PANTRY

Sifting through Paleo recipes trying to find one you have the ingredients for? Wondering where to buy all these different items? Here is a list of the most common ingredients for Paleo cooking. You don't need to buy everything at once, and most of these ingredients are cheapest in bulk online. I've tried to find the best prices for the quality and lowest shipping costs for you, but it's always good to shop around!

COMMON PANTRY INGREDIENTS

- [Almond butter](#) is not only a peanut butter substitute, but also finds its way into baking as a butter substitute. Stir the oil into it when you first open the jar, then store in the fridge. Other nut and seed butters are great, too.

- Almond meal is more coarsely ground than almond flour and is great for breading meat or fish. Note that in many recipes you can not substitute almond meal for almond flour. Almond meal can be made from [whole raw almonds](#) or from [blanched almonds](#).

- [Arrowroot starch/flour](#) and [tapioca starch/flour](#) can be used to thicken sauces and provide a lighter texture to paleo baking. They behave slightly differently and have different flavors, so both are typically required in your pantry.

- [Blanched almond flour](#) is very finely ground blanched almonds. It is very difficult to make yourself and difficult to find in stores, so I recommend purchasing online. Store your almond flour in the fridge or freezer for extra shelf life. Other flours you might find in recipes include [chestnut](#), [plantain](#), [sweet potato](#), [hazelnut](#), and [sunflower seed](#) flour.

- [Chocolate](#) is one of those ingredients where label reading is necessary, as many contain milk, soy, and even gluten. It's also good to have [raw](#) or [non-alkalized](#) cocoa powder in the pantry.

- [Coconut aminos](#) is a frequently-used soy sauce substitute. Add it to stir-fries, dressings, or dips.

- [Coconut flour](#) has very different baking properties from blanched almond flour, so baking recipes often use a combination of both flour substitutes.

- [Coconut milk](#) has a strong coconut flavor which works very well in a lot of baking applications as well as curries and soups. Look for one without guar gum as an ingredient. Most paleo recipes call for full-fat coconut milk.

- Coconut oil is a versatile staple for

any paleo household. [Extra virgin coconut oil](#) has a strong coconut aroma and flavor. [Refined coconut oil](#) has almost no flavor and is great when the flavor of coconut just doesn't work.

- [Creamed coconut](#) is very finely pureed fresh coconut. It can be mixed with a little water to the consistency of cr me fraiche or with more water to make coconut milk. It's a useful ingredient for curries and soups.

- Dried coconut has many uses. [Unsweetened coconut flakes](#) are a great snack and a fabulous ingredient for many baking applications, giving both coconut flavor and texture. It's even good in stir-fries and curries! [Unsweetened shredded coconut](#) finds its way into many paleo baking recipes and is definitely a pantry staple for would-be bakers.

- Dried fruit is a great way to sweeten baking without adding sugars. [Dried apricots](#), [cranberries](#), [dates](#), [raisins](#), and [banana chips](#) are great to have on hand.

- [Fish sauce](#) is often used in Asian dishes, but be sure to check the label to make sure there aren't any non-Paleo additives.

- Grass-fed [butter](#) or [ghee](#) is a great way to get healthful fats and vitamins as well as butter flavor and chemistry into baking.

- Ground flax seed is often included in paleo baking recipes as a binder. [Regular flaxseed meal](#) and [golden flaxseed meal](#) are basically interchangeable.

- Leavening and spices are easy ingredients to find in your local stores. I use [baking soda](#) and [cream of tartar](#) for leavening (baking powder contains cornstarch). Commonly used seasonings include [anchovy paste](#), [allspice](#), [black pepper](#), [cinnamon](#), [cloves](#), [cardamom](#), [ground ginger](#), [nutmeg](#), [salt](#), [truffle salt](#), [vanilla extract](#), [vanilla bean](#), [lemon juice](#), and [cayenne](#).

- Nuts have a very long shelf life, which means you can take advantage of bulk discounts to buy raw, unsalted nuts.

- [Macadamia nuts](#), [whole almonds](#), and [pecan](#) and [walnut halves](#) are common Paleo ingredients. [Hazelnuts](#), [pistachios](#), [cashews](#), [sliced almonds](#), and [Brazil nuts](#) are also nice to have around. Most nuts can be ground into nut flours to replace almond flour or meal in recipes.

- Oils like [extra virgin olive oil](#), [avocado oil](#), [walnut oil](#), and [macadamia oil](#) are essential for homemade salad dressings. These and other oils that are liquid at room temperature should not be heated.

- [Palm shortening](#) is a great substitute for butter in baking and is also my favorite fat for greasing muffin tins and other baking pans. It doesn't have much flavor and can be used interchangeably with coconut oil in some recipes.

- [Raw honey](#) may be found at your local farmer's market. For unprocessed granulated sugar, try organic [whole cane sugar](#). For unprocessed brown sugar, try [dark muscovado sugar](#). [Pomegranate molasses](#) and [pure maple syrup](#) are other great sweetener options.

- [Red palm oil](#) is a great plant-based cooking oil if you are allergic to coconut.

- Packaged foods like [sardines](#), [salm‐on](#), [oysters](#), [kelp noodles](#), and [sweet potato noodles](#) can make for quicker, easier meal prep.

- Seeds can be tricky to find raw and unsalted. Commonly-used ones are [pepitas](#), [sunflower seeds](#), [sesame seeds](#), and [flax seeds](#).

- Vinegars like [balsamic](#), [coconut water](#), and [apple cider](#) can add flavor to any number of dishes, especially salads.



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SIMPLE SUBSTITUTIONS

Are you struggling with replacing your go-to foods with Paleo alternatives or looking for kid-friendly versions of your family's favorite snacks or treats? This chart of simple Paleo substitutions you can make will help you and your family make the transition.



INSTEAD OF:	TRY:	INSTEAD OF:	TRY:
boxed broth/bouillon cubes	homemade broth	peanuts	almonds , pepitas , or other nuts or seeds
bread	homemade bread	peanut butter	almond butter or other nut or seed butter
breakfast cereal	nut-, seed-, or coconut-based porridge or granola		
brown sugar	dark muscovado sugar	pizza	homemade pizza crust
cakes and cupcakes	homemade cakes and cupcakes	potatoes	sweet potatoes, taro, rutabaga, or other root vegetables
chicken nuggets	homemade chicken fingers	protein bars	AMRAP , Tanka , or Epic bars or jerky , pemmican , or homemade bars
chips	Sea Snax or sweet potato , kale , plantain , or banana chips	protein powder	beef isolate , beef plasma protein , or egg white powder
coffee	tea or bone broth	ranch dressing	homemade ranch dressing
cold cuts	uncured deli meat	regular bacon	sugar-free bacon
cookies	Caveman Cookies or homemade cookies	regular hotdogs	grass-fed uncured hotdog
crackers	homemade crackers	regular sausage	sausages or homemade sausage patties
flour for baking	almond , coconut , chestnut , plantain , sweet potato , hazelnut , or sunflower seed flour , ground nuts and seeds, arrowroot powder , tapioca starch , and various combinations of these	regular trailmix	Paleo or homemade trail mix
flour to thicken sauces	tapioca or arrowroot starch	rice	cauliflower rice
french fries	homemade vegetable fries	salad dressings	homemade salad dressings
fruit cups	homemade fruit salad	sauteeing in olive or vegetable oil	sauteeing in fats that are solid at room temperature, like lard and coconut oil
fruit snacks	dried apricots , cranberries , dates , raisins , coconut flakes , or other dried fruit	soda	kombucha
granola bars	Larabars , Clif Kit bars , YAWP bars , or PaleoKrunch	soy sauce	coconut aminos
granulated sugar	whole cane sugar	syrop	pure maple syrup
ice cream	homemade nut-milk or coco-nut-milk ice cream	tortillas	wraps made with lettuce or other leafy greens like chard and collards, pure wraps , nori, or homemade tortillas
jelly	homemade jam or compote	yogurt	homemade coconut milk kefir
margarine	butter , ghee , coconut oil , palm shortening , or pasture-raised lard		
mayonnaise	homemade mayonnaise		
milk	nut milk or coconut milk		
milk chocolate	dark chocolate		
muffins	homemade muffins		
pancakes	homemade pancakes		
pasta	spaghetti squash , spiralized vegetables, kelp noodles , or sweet potato noodles		



Want more? Check out [The Paleo Approach](#), available online and in bookstores everywhere.

THE PALEO MOM

Sarah Ballantyne, PhD
www.ThePaleoMom.com



SUPPORT

Looking for more information or recipes to explain Paleo or help you get started? Although this is by no means a complete list of the wonderful resources available in print and online, it's more than enough to begin. Pay special attention to "meal ideas" if you are in need of ideas for breakfast or snacks. You can also find more information in [The Paleo Approach](#) and at www.ThePaleoMom.com.

MEAL IDEAS

Breakfast. Think of breakfast as including a protein, like eggs or meat, and some veggies and/or fruit. Your protein could come from eggs cooked to your liking, egg muffins (like mini-frittatas, cooked in a muffin pan and easy to make ahead for busy mornings), omelets, frittatas, bacon, sausage, or even steak or a pork chop! Leftover meat from last night's dinner makes for a very quick breakfast. Your veggies or fruit could include any fresh fruit. Vegetables can be raw (like mixed greens, or carrots and celery sticks), sauteed (a great pairing for eggs) or steamed, fermented (homemade or raw sauerkraut makes a great accompaniment to sausage) or leftovers of any kind. Many root vegetables make for delicious breakfast hash.

Soup also makes for a very satisfying breakfast. Smoothies can be made with veggies, fruit, coconut milk or nut milks, and paleo-friendly protein powder like beef isolate, beef plasma protein, or egg white powder (some people do well with grass-fed whey as well). If you're really missing breakfast staples, try making Paleo Pancakes, Paleo Bread to make toast, Paleo Muffins, Paleo Granola or Porridge. You can even make French toast with paleo breads and coffee cakes.

Lunch. Just like breakfast, think of lunch as including some animal foods and some plant foods. Lunch can look very much like supper with some kind of protein and some kind of vegetable side dish or dishes. Or lunch could be a salad that includes some leftover chicken or steak, pre-cooked shrimp or hardboiled egg. Soups and stews make for a quick lunch as do reheated leftovers. If you're really used to sandwiches, you could make them with Paleo Bread or wraps. Looking for something really easy to eat on the go? try jerky or meat stix with some raw veggies and guacamole and some fruit or sweet potato chips.

Dinner. Dinner may be the easiest meal for people to adapt to a Paleo diet, simply because the old standby of meat-and-potatoes is already half way there. If you don't tolerate actual potatoes, you can include any starchy vegetable. Any number of vegetables and even fruit can easily find its way on the side of meat, poultry or fish. Many soups and stews can be easily adapted with some simple ingredient substitutions.

Snacks. Apples or celery with almond butter, homemade [crackers](#) with [uncured deli meats](#), fruit, and [jerky](#) make quick, delicious snacks.

Handy Pre-packaged On The Go Foods. [Jerky](#), peanut-free or homemade trail mix, [Larabars](#), [Clif Kit](#), [Tanka](#), and [Epic](#) bars or [pemmican](#), [Sea Snax](#), [plantain crackers](#), [sweet potato chips](#), and fruit and vegetable leathers are all great Paleo-friendly convenience foods.

RESOURCE BOOKS

[Eating on the Wild Side](#) by Jo Robinson

[Perfect Health Diet](#) by Paul Jaminet

[The Paleo Diet](#) by Loren Cordain

[The Paleo Manifesto](#) by John Durant

[The Paleo Solution](#) by Robb Wolf

[Your Personal Paleo Code](#) by Chris Kresser

RESOURCE BLOGS

www.ChrisKresser.com

www.MarksDailyApple.com

www.RobbWolf.com

www.ThePaleoDiet.com

www.ThePaleoMom.com

FOOD BLOGS

www.AgainstAllGrain.com

www.BalancedBites.com

www.CivilizedCavemanCooking.com

www.EverydayPaleo.com

www.NomNomPaleo.com

www.PaleoOMG.com

www.PaleoParents.com

www.PrimalPalate.com

www.RealFoodLiz.com

www.SlimPalate.com

www.TheClothesMakeTheGirl.com

www.TheDomesticMan.com

www.TheSpunkyCoconut.com

www.Whole9Life.com

CONSULTING

Looking for personalized support? [The Paleo Mom Consultants](#) can help you improve your health and offer guidance when you are off course.

FOOD BOOKS

[3 Phase Paleo](#), [Beyond Bacon](#) and [Eat Like a](#)

[Dinosaur](#) by Stacy Toth and Matthew McCarry

[Against All Grain](#) by Daneille Walker

[Fermented](#) by Jill Ciciarelli

[Gather, The Art of Paleo](#)

[Entertaining](#) and [Make it Paleo](#) by Bill Staley and Haley Mason

[It Starts with Food](#) by Dallas and Melissa Hartwig

[Nom Nom Paleo: Food for Humans](#) by Michelle Tam and Henry Fong

[OMG That's Paleo?](#) by Juli Bauer

[Practical Paleo](#), [The 21-Day Sugar Detox](#), and [The 21-Day Sugar Detox Cookbook](#) by Diane Sanfilippo

[The Ancestral Table](#) by Russ Crandall

[The Slim Palate Paleo Cookbook](#) by Joshua Weisman

[Well-Fed](#) and [Well-Fed 2](#) by Melissa Joulwan

FIND LOCAL FOOD

www.EatWellGuide.org

www.EatWild.com

www.LocalHarvest.org

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