



# PALEO FOOD GUIDELINES



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Before you begin this journey, you need to familiarise yourself with general **real food, paleo guidelines**; especially if you're new to this way of eating.

There is a lot to take in, so I'll keep this guide as simple as possible. This content is from my premium [4-Week and 8-Week programs](#), in which I cover A LOT more (e.g healthy kitchen and pantry setup, how to navigate the stores and read the labels, in-depth information on individual food groups, gut health, sleep and more), so if you do want to learn more, those plans are available on my site. But for now, let's focus on what you should be eating and what to avoid.



## IN A NUTSHELL

While creating these guidelines, I didn't want to focus on labels too much. I drew inspiration and knowledge from many existing eating protocols – paleo, primal, real food, clean eating and even raw and vegan philosophies.

My approach to paleo is simple. I focus on nutrient dense, real foods that provide an array of essential vitamins, minerals, fatty acids, and the energy you need to get through the day. I avoid foods and ingredients that are highly processed or refined, or that contain inflammatory and potentially health-damaging compounds.

During this 7-Day challenge you won't be counting calories or exercising strict portion control; instead you will focus on eating nutritious, real foods that is good for you body.

# WHAT'S IN & WHAT'S OUT

During the 7-Day Paleo Challenge, you will be removing grains, legumes, dairy, hydrogenated vegetable and seed oils, processed sugar and, ideally, alcohol from your diet. It sounds like a lot – but trust me that you will never go hungry! You will be eating lots of healthy protein and fats, and more vegetables than a vegetarian.

## EAT THESE FOODS

- Lots of vegetables
- Meat, poultry, eggs, fish and seafood
- Some fruit & berries
- Nuts and seeds (handful per day maximum)
- Healthy fats, including ghee, coconut oil, olive oil, macadmia oil and avocado oil
- Herbs, spices, sea salt, vinegar and selected condiments like mustard and mayo
- Herbal teas, lemon water, sparking water



### A FEW MORE NOTES

Limit fruit and berries to 1-2 servings per day (e.g. 1 apple, 1/2 - 1 cup of berries)

Limite natural sweeteners (e.g. honey) to 1-2 tablespoons per week or avoid completely if you can.

Choose free-range eggs and poultry, grass-fed meat and pasture-raised pork/bacon.

Only use gluten-free, dairy-free sausages.

No paleo-fied treats or desserts this week!

## AVOID THESE FOODS

- Any kind of sugar or artificial sweeteners
- Processed foods (e.g. cookies, pasta, bread, fried foods)
- Grains (includes grain-based products, corn, quinoa)
- Legumes (includes soy products and soy sauce (use coconut aminos instead)
- Vegetable and hydrogenated oils/fats, including margarine, canola oil, soybean oil
- Dairy (except for ghee)
- Alcohol (up to you but try to avoid this week)
- Limit caffeine to 1 cup per day or avoid/go for decaf instead.



## FOODS TO ENJOY

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### VEGETABLES, BERRIES & FRUIT

Most of your carbohydrates will come from vegetables, fruit and berries. I want you to focus on consuming more fibre, so you should be eating a lot of cooked and raw vegetables.

- Try to consume vegetables with EVERY single meal. They can be cooked, roasted or raw and should be served with some healthy fats for your body to absorb the fat-soluble vitamins.
- Focus on non-starchy vegetables, especially greens, and add some higher carbohydrate vegetables such as sweet potatoes, pumpkin, carrots and beetroot.
- White potatoes are allowed in moderation, but make sure to peel them before cooking (more on that down the track). Ideally, serve white potatoes cold and with some fat and vegetables, which reduces potatoes' glycaemic index.
- Green beans and snow peas are allowed as they contain fewer toxins in comparison to mature, dried legumes.
- I love fruit and berries but because I want you to recalibrate your sugar cravings, there will be a daily limit on the amount of fruit you can eat during the plans. Choose a variety of seasonal fruit or berries each week.
- Avoid sweet fruit juices as they are full of sugar and lack fibre present in the whole fruit, which slows down the release of sugar into the bloodstream.

## MEAT, POULTRY & EGGS



Meat and eggs are very nutrient-dense, with high amounts of protein, essential amino acids, B-group vitamins, fat-soluble vitamins and important minerals. Adequate intake of these foods helps to assist with liver detoxification, energy production, adrenal health and skin renewal, as well as maintaining proper digestion and immune support.

Please choose good quality, ethically sourced meat as much as possible. Look out for labels such as **grass-fed, free-range, organic and pasture-raised**. In my premium meal plans I make sure to include lots of meat-free dishes as well and once you start reintroducing foods like legumes and dairy, you can tailor the paleo diet to become less meat-heavy.

- Beef, lamb, pork, chicken, turkey, venison, game, bison, buffalo, goat, mutton, rabbit, duck, quail, pheasant, chicken and duck eggs, offal (organ meats such as liver, kidney and hearts).
- All meats can be lean cuts, fatty on the bone or ground up as mince.
- Choose grass-fed and free-range meat and eggs whenever possible. Not only are they more nutritious but it's also better for the planet and the animals.
- Some deli meats can be included such as salami, prosciutto, bacon, chorizo and ham off the bone. Choose very good quality, naturally cured meats with natural ingredients and consume in moderation: 2-3 servings per week (e.g. 2 rashers of bacon, 50-100 grams of ham).
- Sausages are allowed as long as they are gluten-free, contain all natural ingredients and as few additives and preservatives as possible. Consume in moderation, once per week is plenty (2-3 sausages per serving).

## FISH & SEAFOOD

Fish and seafood are a **great source of protein** and **trace minerals** that help to improve cognitive function and balance hormones. Oily fish and seaweeds are especially high in **omega-3 fatty acids**, which support brain function and help reduce inflammation.

Choose **sustainable fish and seafood** as much as possible; consult with your local fisheries or do a local Google search. **Wild fish and seafood** are more nutritious than the farmed alternatives.

Include a **variety of fish**, especially oily fish like salmon, trout and cod, sustainably caught tuna, prawns/shrimp, mussels, oysters, clams, snails, lobster and crab if you can afford it. Seaweeds such as nori sheets (used to roll sushi), dulse flakes and kelp are great sources of iodine and selenium, essential for proper thyroid function.



## NUTS & SEEDS

All nuts and seeds can be used, including dried coconut, chia seeds, flax seeds, sesame seeds and cashews. Consume in small amounts, about a handful per day. I particularly love almonds, Brazil nuts (limit to 2-3 servings per week), and pumpkin seeds. It's a good idea to rotate different types of nuts and seeds each day to avoid overloading on a particular mineral.



## HEALTHY FATS & OILS

You will be learning to embrace saturated fats and healthy plant-based oils, and avoid highly refined and processed polyunsaturated oils such as canola, vegetable oil and margarine, due to their toxic properties and high omega-6 fatty acids. Your fat intake will come from meat, seafood, eggs, nuts, avocados, and fats and oils used in preparation.



- Coconut oil – use in all cooking and baking, and cold (also great on your skin).
- Extra-virgin and virgin olive oil – use cold and for low-to-moderate temperature cooking.
- Ghee – use in all cooking and baking. Consisting of 95% fat, ghee is a form of clarified butter in which most of the milk solids and lactose are removed, making it a pretty safe and highly stable fat for most people. You can buy ghee from health food and Indian stores, some supermarkets or make your own from butter.
- Macadamia and avocado oil – use in all cooking and cold, if available in your area.
- Sesame oil, hazelnut oil, almond oil, truffle oil – flavouring oils that should be used cold or at the end of the cooking process.



## HERBS & SPICES

All herbs and spices can be used, including sea salt, Celtic salt or Himalayan salt. Avoid regular salt as it often has added aluminium.

## VINEGARS & CONDIMENTS

Apple cider vinegar, white wine and red wine vinegar, and Balsamic vinegar can be used. Avoid malt vinegar.

Stick to **sugar-free condiments** made with natural ingredients such as mustard, capers, mayonnaise (look for olive oil based varieties without additives), hot sauce and Tabasco, horseradish, wasabi, fish sauce, Tamari wheat-free soy sauce, coconut aminos, tahini, jalapenos, anchovies, tomato paste, certain pickles, fermented pickles.



## FOODS TO AVOID

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## REFINED SUGAR

Overconsumption of sugar, especially refined sugar, can damage gut health and has been linked to cancer, obesity and diabetes. Avoid sugary foods and baked goods as well as soft drinks and fruit juices. You can learn more about sugar in the supporting reading material.

## GRAINS & LEGUMES

You will be avoiding grains and legumes in order to **reduce the amount of refined carbohydrates**, and because they contain **toxins (phytic acid) and proteins (gluten, lectin)** that can disrupt digestion and cause inflammation. You can learn more about these foods in the supporting reading material.

In my 8-Week program, I include reintroductions of some grains and legumes after doing the initial 4-week reset phase, so if you want to experiment with some of these foods, please do so after 30 days of elimination.



- **Grains:** wheat, barley, rye, corn (maize), spelt, bran, polenta, millet, oats, kamut, brown/wild/white rice, sorghum.
- **Legumes:** soy beans (except for fermented miso or naturally brewed, wheat free soy sauce such as Tamari), all beans, lentils, dried and split peas, chickpeas. Green beans and snow peas are allowed because they are a young pod and contain fewer toxins in comparison to mature, dried legumes.
- **Pseudograins:** quinoa, amaranth, buckwheat (until you reintroduce them).

## DAIRY

Except for ghee, you will be avoiding all other dairy **during this week**.

Full-fat dairy, especially from grass-fed cattle, contains many essential nutrients and fats. However, dairy also contains **lactose (sugar) and casein (protein)**, which some people are sensitive to, and it is highly insulinogenic, which means it stimulates large releases of insulin. This makes dairy problematic for people with metabolic and digestive issues. Taking dairy out for a few weeks will help you determine how tolerant you are to these foods, and will help with fixing any blood sugar and gastrointestinal issues.

## PROCESSED & HYDROGENATED OILS AND FATS

While naturally occurring, minimally processed fats and oils (such as olive oil and ghee) are a healthy source of energy and nutrients, highly processed vegetable and seed oils (such as soybean, canola and corn oil) contain **high levels of omega-6 fatty acids**, which – when consumed in excess – have detrimental health effects.

Problem is – these oils are present in nearly everything we eat nowadays, and that's another reason why we focus on avoiding processed foods. Even grain-fed livestock, where a lot of meat produce comes from, is also high in omega-6s. A diet high in omega-6 is associated with an **increase in inflammatory diseases** such as cardiovascular disease, type 2 diabetes, rheumatoid arthritis, asthma and cancer to mention a few. You can learn more about fats in the supporting reading material.

**Fats and oils to avoid include** corn, cottonseed, soybean, canola and rapeseed, safflower, sunflower, peanut, grapeseed, vegetable, and margarine, which is made from aforementioned oils.



# PLEASURE FOODS

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Pleasure foods should be consumed in moderation or as a treat. They are not necessarily bad in small amounts, but we tend to overindulge in them because they make us feel good. They include things like coffee, red wine, natural sweeteners and chocolate.



## NATURAL SWEETENERS

Honey (including raw), real maple syrup, coconut syrup or sugar, natural green leaf stevia, rice malt syrup, dates, dried fruit, and applesauce. Although not as refined as white sugar and often with a lower glycaemic index, these are still sources of sugar and should be consumed as a treat. Dark chocolate also falls in this category.

During the 7-Day Paleo Challenge, I recommend avoiding most sweeteners or limiting yourself to 1-2 tablespoons of honey or maple syrup per week.

## ALCOHOL

When consumed in moderation, alcohol can be a good thing; but it can disturb the gut flora, impair absorption of nutrients, affect your mood, and suppress the immune system, especially when consumed in excess. I recommend avoiding alcohol during the 7-day challenge or limiting yourself to 1-2 glasses of red wine during that week.

## COFFEE

Coffee is high in magnesium and antioxidants and may benefit cognitive function. However, coffee is also a stimulant and causes a stress response in the body by releasing cortisol, which affects hormone function and disrupts the immune system.

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While I recommend trialing a caffeine-free week, you may consume up to 1 cup per day during this challenge. Consume coffee before 1pm as it can keep you awake at night.