

What Is Paleo?

A “Paleo” lifestyle is first and foremost about eating *real food*. With frozen meals and fast-food restaurants dominating our lives it is hard to remember what a home cooked meal tastes like. While most of us who follow a “Paleo” lifestyle still eat some things on the “No” list now and then, this challenge is a *strict* Paleo challenge.

We will go into more details about what this means but a sneak peak looks something like this:

Do Eat: meat, seafood, eggs, tons of veggies, some fruits, and plenty of good fats from fruits, oils, nuts, and seeds.

Don't Eat: sugar of any kind (even sugar substitutes), alcohol, grains, dairy, or starchy vegetables (aka white, red, or gold potatoes.)

Benefits

Before you go think about giving up on all of this, let me give you a little insight into why eating this way is so beneficial. Many of us don't realize that the foods we eat create substantial hormone imbalances in our bodies, wreak havoc on our gut, promote inflammation, and make us feel plain-ol' run down. By completely eliminating the foods listed above you are able to let your body heal and recover from whatever effects the foods you eat might be having on your body. You might not believe me now but during this program your life will do a 180. You will come to think about food in a completely different way. Instead of food being the enemy you will learn how eating good foods improve your health both physically and mentally.

My Story (In a nutshell)

You probably still think I am a little crazy. Let me tell you a little about my story.

About a year ago I was eating what i considered to be a “healthy” diet. Whole grains, low fat, lean meats, and of course fruits and vegetables. However, I struggled with constantly being tired, feeling bloated, and other nasty gut related problems.

In fact, I had been struggling with these problems ever since my teenage years, and after many doctor visits and a variety of “fixes” nothing seemed



Jessica Reinhardt
Paleo Princess

to fix the problem. I had come to terms with the fact that I would always feel this way. Then I was introduced to the Paleo lifestyle. I was skeptical, just like you probably are, but I took a leap of faith and decided to give it a try. After the first two weeks I was already seeing a difference in my energy levels and I noticed my bloating and gut ailments dissipating. Now, after almost a year of a Paleo lifestyle, I am alert and energized throughout my entire day, and all the gut problems that I had been struggling with for so long have completely disappeared. A nice little bonus to all of this was the improvements in my performance during workouts and the inches that have also come off my waist line.

My story is nothing phenomenal; however there are some out there that are truly inspiring. I highly encourage you to spend some time with my friend Google and see what other personal Paleo stories you can find. There are some great ones out there as well as a ton of helpful websites, blogs and books to keep you focused and inspired.

And of course, keep an eye on our Private Pilates Fat Loss Formula Facebook page as we will be sharing lots of great information and tips as well as support there daily.



It Starts With Food is one of the resources we have picked out for you to use this session. It outlines a clear, balanced, sustainable plan to change the way you eat forever – and transform your life in unexpected ways. Your success story begins with “The Whole30,” Dallas and Melissa Hartwig’s powerful 30-day nutritional reset. Although we use a 10 Day model to get you jumpstarted, this program may inspire you to extend your Paleo cleanse to 30 days! Let’s just see!

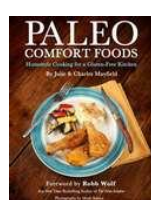
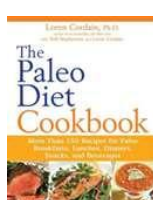
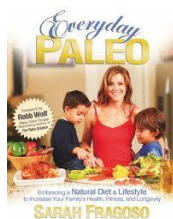
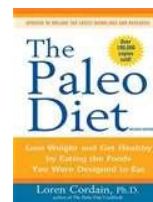
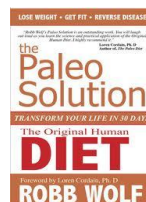
Since 2009, their program has quietly led tens of thousands of people to weight loss, improved quality of life and a healthier relationship with food – accompanied by stunning improvements in sleep, energy levels, mood and self-esteem. More significantly, many people have reported the “magical” elimination of a variety of symptoms, diseases and conditions – in just 30 days. Let’s start with 10 days, and see what happens!

You are going to feel FABULOUS- that much we know! Let’s go!

PALEO RESOURCES

Books

The Paleo Solution by Robb Wolf
The Paleo Diet by Loren Cordain
It Starts With Food: Discover the Whole30 and Change Your Life in Unexpected Ways by Dallas and Melissa Hartwig

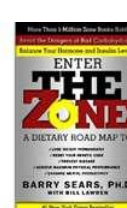


Cookbooks

Every Day Paleo by Susan Fragoso
The Paleo Diet Cookbook by Loren Cordain
Practical Paleo: A Customized Approach to Health and a Whole-Foods Lifestyle by Diane Sanfilippo
Paleo Comfort Foods by Julie and Charles Mayfield

Complimentary Books to Paleo

Why We Get Fat by Gary Taubes
Good Carbs Bad Carbs by Gary Taubes
Enter The Zone by Barry Sears



Online Resources

<http://whole9life.com>
<http://www.chowstalker.com/whole30/>
<http://paleomg.com>
<http://www.multiplydelicious.com/>
<http://paleopot.com/>
<http://paleomama.com/>
<http://www.foodrenegade.com/>
<http://paleodietlifestyle.com/>
<http://everydaypaleo.com/>
<http://www.health-bent.com/>
<http://www.simplypurenutrients.com/>
<http://balancedbites.com/>
<http://www.thefoodee.com/>

Whole9 website- Whole 30 day program

Recipes from Chowstalker for Whole 30 program

Simple and easy recipe blog

Family based Paleo living

Paleo slow cooking recipes

More family Paleo recipes

Grain free recipe blog

Great Paleo resource site

Everyday Paleo Cook recipe blog

Great simple Paleo recipes

Practical Paleo book blog and resource site

