

7 Steps To Paleo

by Andrew Childs

Hey there!

Welcome to the Paleo community! You have officially taken a massive leap towards your ideal health.

This guide will help you get your head in the right space and get you excited and motivated to get started!

My name is Andrew and I try to write about topics which are relevant to the Paleo and primal movement as well as on ways of realistic adaptation of healthy lifestyle principles. I love being fit, healthy and my ideal body weight and I love to help people achieve their health goals even more.

Do these sentences below feel familiar?

- You **really** want to lose weight
- You feel really guilty or even **sad** when you eat bad foods but you aren't sure exactly which foods are the healthy alternatives
- You know that you should be eating much more **healthy, delicious foods**
- You think of exercise as a **big drag**, and when you have tried to exercise before you haven't had much success
- You **know that you have to get healthy for yourself**

If you feel like any of the above resonates with you then you are exactly where you are supposed to be. Paleo isn't about making you feel guilty for enjoying delicious food you look forward to or *forcing* you to only eat small amounts or calories count.

Paleo is about eating nutrient packed foods that help the body lose weight as if it was nothing at all. You also won't have to worry about sticking to a ruthless exercise program that leaves you feeling beaten or like a failure.

90% of your health is determined by the food you eat, remember that!

However, while it may seem to be a **simple** task changing what you eat, I would be lying to you if I said that it didn't require dedication, commitment and energy to make sure you don't slip back into an unhealthy eating spiral. Especially after you see how easy real weight loss actually is.

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This guide will get you more than just a foot in the door on the way to getting healthy. It will teach you some basic but very important changes you can make **right now** that will get you on the road to easy weight loss, endless energy and will help your body heal.

“You will sleep better, feel better, have more energy, and shed fat automatically. Your cravings will move away from sugar and high carb foods onto more quality foods, such as broccoli, meat and fat.

And the best part is that you will love how easy it is. “

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So, let's get started on how to get started with the Paleo diet with 7 actionable steps you can apply *right now*...

Step 1:

Remove all white food from your diet. This includes bread, sugar, rice and milk.



Why remove white food?

White foods are generally grain sourced, and are a big no-no in the Paleo diet. They are a **with the flow** food, which means that they are part of **normal diets**. Grains actually inflame your intestines and give your body a hard time when it tries to digest and break it down. You should also remove or at least cut down on the consumption of potatoes.

How do I action this step?

Stop buying bread, give away what you have already and make a mental **anchor** which associates negative value with white foods. If you are tempted to eat that piece of bread, don't, turn it down and replace it with something like nuts for a snack. The goal here, is to remove white foods completely **as soon as possible**.

Note: Use discretion, not all white foods are disallowed. For example, eat cauliflower and sweet potatoes. Mushrooms are ok too.

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How will I benefit from this step?

Do it and see. You will shed fat automatically. This might be tough to conceive initially, **but it is the reality of our bodies.** Grains were not, and should not be part of our diet.

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Step 2:

Increase protein intake



I already eat a lot of protein, I think?

The average human needs around 0.8 grams of protein per kg/0.36g per pound of body weight every day. That is quite a lot, and **it's also the minimum**. You are probably getting much less than that right now. Since we are looking to maximise nutrition, we aren't aiming for the minimum. We are aiming for what is **optimal**. This is why for a safe starting block, **try and eat more protein**. If you are eating one chicken breast a day, eat two, if you are eating 100 grams of tuna, eat 200 grams. While this isn't a **strict rule**, you can apply it where it works for you, and don't go overboard. If you are already eating 300 to 500 grams of protein per day, you are probably eating enough. Try and diversify and eat multiple types of meat. If you like when you are getting started, supplement your protein intake with protein shakes and nuts. Don't overdo it though, have at most one protein shake per day to supplement your protein intake, and try and buy as natural as possible to avoid bad ingredients like maltodextrin, sugar and preservatives.

Note: If you exercise you can have more than one shake a day after/before/during exercise.

How do I action this step?

Stock up on easy to eat protein rich foods. Tuna, chicken breasts and biltong/beef jerky are good sources of easy protein. A good way of eating more meats is start to base all your meals around their meat content.

Try a simple combination of steamed vegetables and a tin of tuna. Easy, cheap and no mess (same bowl) food. This particular meal or snack is good for work as you can cook the veggies in the microwave. **Eat protein rich foods repeatedly.**

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How will I benefit from this step?

Protein is amazing for the body, and is required for effective and normal body functions. Try eating two or three eggs in the morning and see how you feel. Personally, my testosterone levels increase dramatically if I eat high protein meals first thing in the morning. Try and eat 30 grams of protein within 30 minutes of waking up. **You will drop weight, gain muscle and have powerful energy reserves.**

NB: Golden Rule: Prioritise your nutrients as follows: Fat first, protein second, carbohydrates last. While protein consumption is important, Paleo is first and foremost about fat intake. Base your meals on their fat content and generally a good amount of protein will follow automatically. Don't obsess over nutrients, just try to always factor in a good amount of fat wherever possible.

Step 3:

Remove soft drinks and sugar.



No more Coca-Cola? Nope!

Sugar is evil. Remember that. Cut out all soft drinks. If you are addicted to Coca-Cola or **any** soft drink that addiction is about to go cold turkey. There is heaps of sugar in soft drinks, as well as other chemicals that damage your body and in some cases, such as with **aspartame**, actually **poison** your body.

How do I action this step?

Simple. Don't drink soft-drinks, ever. While they may be tempting or part of your daily habit, they are terrible for you and cause a lot of damage to your body and promote **massive fat storage**.

You might've expected this action step to be longer, but it isn't necessary. Delete soft-drinks from your diet right now.

How will I benefit from this step?

Excessive sugar intake is directly related to increased fat storage, diabetes and recently, **loss of intelligence**.

Yup you read that right. Sugar makes you stupid.

The benefits from losing soft-drinks from your diet far outweigh any weird benefit you might try to use to rationalise drinking them. **An important note here is that "diet" drinks are actually WORSE for you than regular sugar drinks. Keep that in mind.**

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Step 4:

Eat more vegetables.



Seems obvious?

Try and make a meal every day that includes a lot of vegetables. I try to eat at least around 300-400 grams of vegetables. This is achieved generally by eating my previously mentioned **steamed vegetable and tuna meal**. This meal has lots of good carbohydrates in it as well as a healthy dose of protein. It is however, not that calorie dense, so you might like to add or get some additional calories from elsewhere. Try drizzling with melted butter or work some coconut oil in there somehow.

How do I action this step?

Get some frozen or ready-to-cook vegetables. I like the ones that are around 300-400 gram packs that I can **pop in the microwave**. This is a great way to cook meals in the office or at home when you can't afford long preparation and cooking times.

Get yourself a good plastic Tupperware like container that can be used in the microwave. This makes this step that much easier to implement. One container, **5 minutes cook time**, great results! Not to mention that vegetables are **really cheap**.

How will I benefit from this step?

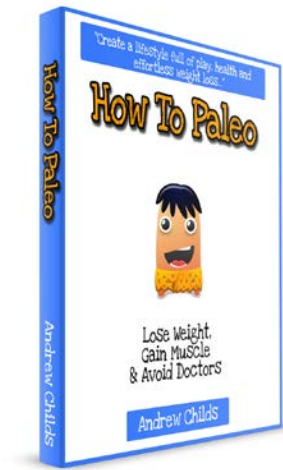
More vegetables equal healthier carbohydrates and mineral intakes. Broccoli is a great option because it's easy to cook and tastes pretty good too. It has excellent mineral and vitamin contents too.

You'll notice a loss in fat, an increase in energy and a **general stop to cravings**. Carbohydrate fluctuations cause weird cravings if you are used to a **carbohydrate surplus**. This is normal

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and should be expected to last for around a week or so after you have broken the three week adjustment period.



Frustrated by not knowing which meals are good to eat
and which ingredients are healthy?

Remove the worry of meal planning with an easy to follow
meal plan.

Please [click here](#) to learn more about how they have
helped people just like you lose weight, get more energy
and avoid illness.

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Step 5:

Limit your legume and bean intake.



Beans?

Beans are not allowed in the Paleo diet ***strictly speaking***. While they still contain good nutrients, great caloric value and have a good taste, they are not added to recipes because they contain **lectins**, which stick to and damage your intestinal walls. Yup, grains do the same thing. We want to minimise this occurrence as much as possible, and so we try and limit or remove grains from our diet completely.

How do I action this step?

Limit the intake of beans and legumes in your foods, try and halve the portions you eat and see how you do. Beans are great nutritionally, but because of those lectins, they are demoted to no-no status according to the Paleo diet.

If you are going to eat beans, try eat fresh ones that are steamed and aren't in a sauce like baked beans are. This will ensure that you control the additives present with most tinned beans. Try and eat things like salsa instead, but make sure that there is no corn present. Corn is a grain!

How will I benefit from this step?

Less beans and legumes means again, **less lectins**. If you can mitigate the amount you eat, the less likely you are to damage your intestinal walls and develop more serious issues. Not to mention, you will benefit by having less flatulence and again, keep dropping weight.

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Step 6:

Eat more.

Huh? Isn't the idea of a diet to control eating?

For sure, but the Paleo diet isn't so much a diet as it is a lifestyle conversion. You need to make these changes **permanently**, and maintain them for your entire life to truly benefit from the benefits associated with a zero-grain, low carb, high protein diet.

This means that you will be eating more of the good stuff and reaping the rewards of excellent nutrition reserves.

How do I action this step?

When you cut a food group, replace it with a portion of **good, Paleo friendly food**. Remove beans and add more broccoli, for example. Because you are eating good food **all the time**, you can eat more of that good food. This will ensure you get all the nutrients you need while satisfying your hunger and get you **feeling fantastic**.

How will I benefit from this step?

More good food teaches your body what you need and what it needs. You should expect your cravings to change and your weight to drop. Sugar will become history, and weight will be lost as well! Keep eating well and your body will adapt to the good nutrient surplus, and again, you'll gain energy and generally feel better.

Don't be surprised if you end up eating much more than you are used to eating on a "normal" diet, as because of the decrease in carbohydrates and white, grainy foods, you will need more to get your carbohydrate requirements. This is due to the fact that vegetables don't have a very high calorie or carbohydrate content.

Step 7:

Enjoy.

Enjoy is a step?

Yes, because if you approach a diet as something you **have to do**, you will most likely not enjoy it that much at all. At least that's how I feel. If you make a point of exploring your new lifestyle to its maximum, and really take it by the horns and eat the good stuff, you'll reap all the rewards.

How do I action this step?

Try and experiment with recipes, swapping out ingredients in "normal" recipes, and keep up the momentum once you've started. You'll benefit mentally and physically by ***making the Paleo diet your lifestyle***. You should try and focus on developing negative anchors with non-Paleo foods, and positive, **reward based** anchors with Paleo OK foods.

By doing so you'll be happy as long as you are eating well, and you'll **naturally maintain your new Paleo eating habits**.

How will I benefit from this step?

As mentioned above, the psychological benefits of **enjoying you're eating challenges** will make you harder to beat by the **waves of crap food manufacturers** which stock our supermarket's shelves. Keep positive about the food you eat and you'll start looking forward to eating your Paleo meals.

This positive energy will then start to seep into the rest of your life soon after adopting the Paleo diet and seeing what it can do for your body, you'll see what it can do for everything else.

Conclusion

“ In 6 months’ time you will look back on your old self and be amazed at how far you have come! ”

There you have it. 7 steps for adopting the Paleo diet lifestyle. It really is not that hard to change the way you eat, live and approach food. **Food isn’t and shouldn’t ever be a problem for you.** And because of that, neither should your health and fitness. The lessons you learn in adopting the Paleo diet into your life will **resonate in all other aspects**, and it will also help you teach others how to copy your success.

If you aim to focus on **what it is that’s important in your life**, then your diet should be right up there with number one.

Follow this simple guide and you should be able to **make the initial, all important changes** to your diet in no time.

I strongly urge you take a look at grabbing yourself a copy of [my eBook](#) if you are serious about **losing weight, enjoying exercise and feeling great for the rest of your life.**

[Click here to find out more about my book: How To Paleo - Lose Weight, Gain Muscle and Avoid Doctors](#)

Or

[Click here to learn how The Paleo Pack has helped over 1000 people just like you lose weight, gain energy and recover from illness.](#)

Keep strong, eat well, and make the choice to be happy!

Thanks for reading!

Andrew “the caveman” Childs.

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Thank You!



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