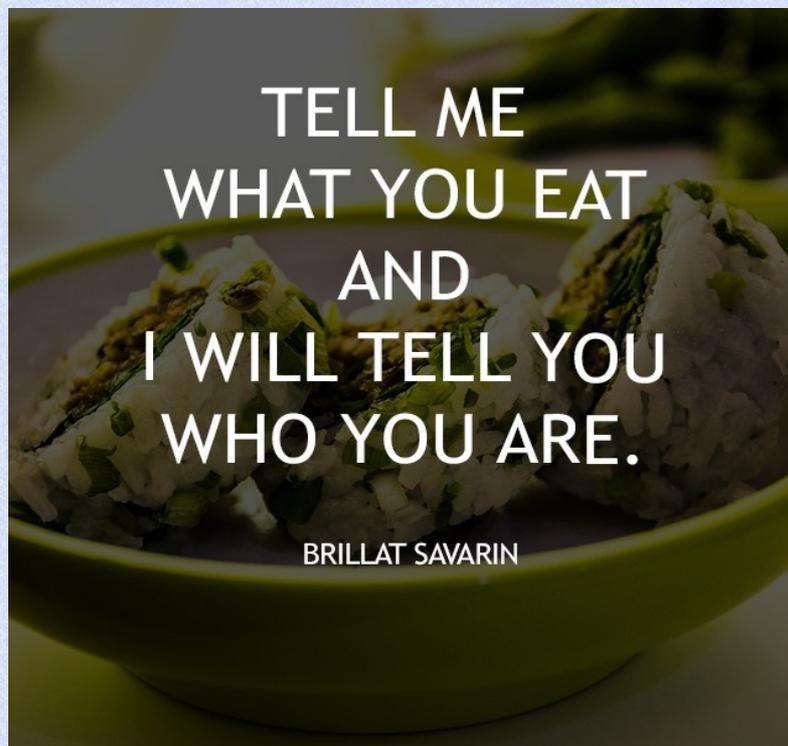


## Starting With The Paleo Diet – What To Know



Paleo is not only a diet and this is one of the most common misconceptions. Diets need you to measure your food and be restricted in what to eat and what not to. But there are no limitations when you are on a Paleo diet. The only things you have to check and control before eating are the ingredients you use.

Paleo is basically a lifestyle which promotes a way of eating a healthy diet. As Atkins diet is the one that helps you to lose weight and South Beach diet is the one that prevents the problem of heart disease. In the same way, Paleo offers a lot of health benefits. Although it cannot help you to get into your swimsuit in a day or so, you need to be highly dedicated and follow a proper Paleo diet, it will make your life all the

more healthy and wonderful.

All types of processed foods are a complete no-no on the Paleo diet. All you need to eat is what is naturally available in the nature.

### **10 rules of Paleo diet:**

1. Do not eat processed food at all
2. Eat nuts, grass fed meats and eggs
3. Give up gluten
4. Say no to grains and sugars
5. Avoid taking alcohol and the non coloured spirits are good like gin and vodka
6. Include coconut in your diet in any form like coconut oil, coconut water, coconut flour etc
7. Have natural sweeteners only
8. Bypass legumes and beans
9. Include loads and loads of veggies in your diet
10. Do not sip any sugars and sodas

So, if you are excited about starting the Paleo diet, you may be looking for how to start with it. All you need to do is to just go to the local grocery store and buy naturally raised, all organic and grass fed items like pork, beef, venison, bison, salmon, perch, tuna, shrimp, scallops, spinach, broccoli, greens, onions, fresh herbs, cabbage, sprouts, mushrooms, bell peppers, tomatoes, sweet potatoes etc. When it comes to buying fruits, you can take mango, avocado, watermelon, orange, banana, apple, peach, cantaloupe, plums and blueberries. Also, you can have coconut oil and milk along with some nuts and seeds. Do not take peanuts.

At your home, just discard off everything that is not Paleo. This means you should trash refined sugars, grains, legumes, starchy tubers, processed meats, vegetable oils like soybean, peanut, corn, cottonseed etc, iodized salt and other non Paleo items. You can use Himalayan salt in the Paleo meals.

### **Paleo health benefits**

Apart from weight and fat loss, there are certain benefits of the diet including:

- Enhanced energy and better sleep patterns
- More mental clarity
- Healthy skin and hair
- Good attitude and mood
- More muscles and better fitness
- Reduced depression and stress
- Better glucose tolerance

A lot of Paleo followers see that they lose weight and muscles easily with this diet. So, along with eating a strict Paleo meal diet, it is also important if you do some exercise and get ready to shake hands with good health.

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[Paleo comfort cookbook](#)