

Paleo Diet Tips

1. Always choose fresh foods.
2. All vegetables with exception to potatoes. For Athletes sweet potatoes and yams are good post-workout carbs.
3. All fruits are a good choice. For those looking to lose weight, limit your selection to berries, cantaloupe, honeydew melons, lemons and limes.
4. Only lean cuts of meat. Fish and shellfish are the best source of protein on the Paleo diet.
5. Get a dehydrator and make your own jerky.
6. All nuts and seeds except for peanuts.
7. Limit oils to olive, canola, flaxseed, avocado and walnut oil.
8. No grains, cereals, starches and sugars.
9. No weighing and measuring.
10. Choose quality foods and eat when you are hungry.