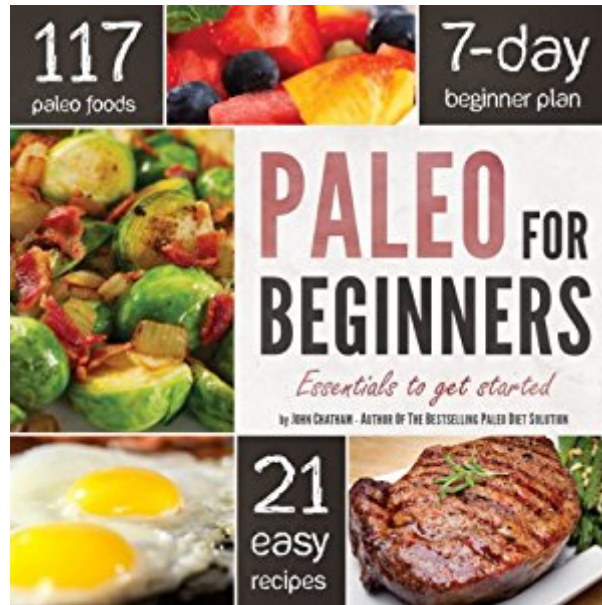


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# Paleo For Beginners: Essentials To Get Started



## Synopsis

Starting a new diet can be difficult; learning about one shouldn't be. *Paleo for Beginners: Essentials to Get Started* is a comprehensive, yet concise, guide to embracing the Paleo lifestyle. John Chatham, best-selling author of *The Paleo Diet Solution* and *The Paleo Diet Solution Cookbook*, walks readers through every step of success in a concise, easy-to-read format. Extensively researched, *Paleo for Beginners* offers answers to your most pressing Paleo questions, from the basic to the more scientific. Is the Paleo diet just another fad diet? No, in fact it is the diet humans were designed to eat. Also known as the Primal diet, the Caveman diet, and the Stone Age diet, the Paleo diet has literally been around as long as men and women have roamed the Earth. What is the Paleo Diet? The low-carb, high-protein diet is a simple, healthy way to lose weight and feel better. Enjoy the best health of your life, and lose weight while preventing and treating diabetes, hypertension, heart disease, cancer, osteoporosis, and many other modern illnesses. Is the Paleo diet healthy or will I have to starve in order to lose weight? The Paleo diet focuses on weight loss and muscle tone through healthy eating and full-sized portions. Calorie counting, starvation, or unhealthy changes to your diet are not a part of the Paleo lifestyle. The Paleo diet avoids processed foods that can be difficult for the body digest and contain unhealthy chemicals and additives. The only diet that helps you to lose weight while enjoying full, healthy meals, the Paleo diet has been proven by the medical community to help treat and prevent many of our modern health maladies. Why postpone losing weight, feeling healthy and increasing energy one more day? The 7-day step-by-step preparation plan puts you on a path to successfully make the transition to the Paleo lifestyle. Set yourself up for success with the grocery shopping guide and a list of 117 Paleo-recommended foods (and a comprehensive list of what food items you should avoid). Twenty-one healthy recipes offer meal ideas for breakfast, lunch, dinner, dessert, and the snacks in between. Grain-free alternatives to your favorite foods include Eggs Benedict Paleo Style, High-Protein Grain-Free Burgers, Chicken Avocado Wraps, and Paleo Waffles. *Paleo for Beginners* offers everything you need to know to get started on the Paleo diet today.

## Book Information

Audible Audio Edition

Listening Length: 1 hour and 32 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Callisto Media Inc.

Audible.com Release Date: April 11, 2013

Language: English

ASIN: B00CB9457W

Best Sellers Rank: #58 in Books > Audible Audiobooks > Nonfiction > Lifestyle & Home >

Cooking #99 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Paleo #138

in Books > Audible Audiobooks > Health, Mind & Body > Diet & Nutrition

## Customer Reviews

As the title states, this is a great book for Paleo beginners! It's difficult to leave behind processed foods, grains, starches, and refined sugars and base your diet on lean meats, nuts, and plant fats, and Chatham's book shows he understands how hard it can be to make these changes. He starts with general information about the Paleo diet, but then focuses on preparing the reader's mind, body, and physical environment in order to follow through and make a successful shift into the Paleo diet lifestyle. He even provides a whole chapter that gives you a daily task to complete the week before starting the paleo diet, so that the transition will be as easy as possible. There are also a lot of practical tools included in the book. It includes an extensive list of acceptable Paleo foods, and the meal plans and recipes are very simple. There are hints on where to shop for high quality foods, what time of day to eat, how to avoid common pitfalls, and even quizzes for personalizing your approach to the diet. Chatham does not dismiss the difficulties you may encounter when you begin the diet, and I appreciate his realistic approach. He wants you to see that the initial challenges are well worth the gains, and help you truly adopt the Paleo lifestyle.

This is a great little introduction to the paleo diet. Tons of useful information for getting started. If you're just getting into the paleo lifestyle and you want a full rundown of what it's all about, this is the book for you. But this is not a cookbook with recipes and photos. I saw quite a few reviews complaining about that. If you're new to the paleo diet and you're looking for easy, non-intimidating recipes to get you started, I recommend these books: *Cave Wraps: 40 Fast & Easy Paleo Recipes for the Best Damn Wraps Ever* *Everyday Paleo Family Cookbook: Real Food for Real Life* *Switching to a not-terribly-strict paleo diet has changed my life. I have so much more energy and feel so clear-headed that it's really like a whole new world. If you're on the fence, I recommend getting this book along with the recipe books I mentioned and seeing for yourself the difference it makes in your life.*

I've read many books on the Paleo diet and I feel that this is one of the best. It is short with all the information you need and it states it in a manner that is easy to understand. The meal guide is also helpful.

I have wanted to find a diet I was able to follow and that would work but the paleo diet was far too complicated until now. With John Chatham book I feel like I have a friend who is there for me at every turn. I am now eating like I was designed to eat. I have after a few days started losing weight but I do not have that sluggish feeling I have had in the past on new diets. You are encouraged to eat often from a variety of tasty food. I have yet to feel really hungry. The author takes the time to help you understand what the paleo diet is and how it works. He then takes you to the market and helps you buy what you need. My friends on this diet spend a lot of money for wild meats and expensive ingredients but John gives you alternatives and my food budget has not changed. He also explained why you can buy this instead of that so you know how to shop wisely. In the kitchen I learned to make the dishes both tasty and beautiful with a variety of meal plans so you never get bored. After seeing what I am doing my family and friends are wanting to know more. Even friends who are on the paleo diet. I just show them the book. I am healthy and having fun with this. I highly recommend this if your human.

What really drew me to this book was how literally down to earth it is. Chatham sets up a really simple plan to follow that has its roots in how the early cavemen ate. By keeping to a simple diet consisting of lean meats, healthy fats, nuts, fruit, and vegetables, you'll feel and look healthier, and shed some serious pounds. This diet isn't unrealistic or complicated, and requires no exotic ingredients or crazy exercise routines. While this is more of a life-style change than a crash diet, it will eventually eliminate your cravings for all the bad food that causes so many health problems. As a person with a gluten allergy, I especially liked how it was naturally gluten free. I also enjoyed Chapter 5, which included sample meal plans and recipes (including recipes for entertaining non-Paleo friends) and Chapter 4, which talks about preparing mentally for the diet. I felt it was truly motivational. I can't wait to start looking and feeling better by eating like a modern day cave-dweller!

Luckily I came across this not entirely new to Paleo or to nutrition because the book is lacking real substance. Paleo, is not a simple, do as I say diet, there is actual science behind why certain foods are good and bad. Get a book that delves deeper into this and start yourself off on solid footing so you understand why this lifestyle works! The Paleo Solution by Robb Wolf is fairly solid and Gary

Taubes *Why We Get Fat* will also help you understand a bit of the science behind paleo (though his is not truly a "paleo diet" book.) If you are really looking for a simple "starters" guide I think "Practical Paleo" is a much better option.

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