

30 Day Guide to Paleo

Tips and Tricks Guide

A STEP BY STEP GUIDE TO GOING PALEO



185
easy recipes



two 30-day
meal plans



weekly
shopping lists



extensive
how-to guide



exclusive
online support

by Hayley Mason and Bill Staley
bestselling authors of *Make it Paleo* and *Gather*

Thanks for downloading our free Tips and Tricks Guide!

We've designed this guide as a companion to our more extensive 30 Day Guide to Paleo program. To get the full benefit of the program, including the recipes, meal plans, shopping lists, and extensive how to section; you can purchase the guide here:



The image displays five large feature icons in a row, each with a colored border and a corresponding icon: a red border with a knife and spoon icon for '185 easy recipes'; a teal border with a fork and spoon icon for 'two 30-day meal plans'; a green border with a shopping basket icon for 'weekly shopping lists'; a yellow border with a compass icon for 'extensive how-to guide'; and a purple border with a person at a computer icon for 'exclusive online support'. Below the first four icons is the text 'In this PDF or accompanying PDF documents' and below the fifth is 'Online click HERE to get started!'.

1. [Order the full eBook program guide](#)

- Contains 185 easy to make recipes
- Two completely different 30 day meal plans
- Weekly shopping lists, including a kitchen basics list
- Extensive guide on how to go Paleo (and stay Paleo after your first 30 days!)

2. Find more recipes on our [website!](#)

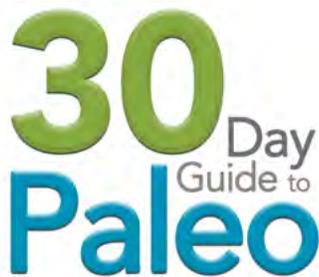
- Use the sugar-free and dairy-free recipe filters on our website to find more great recipes. [\(Click here to learn more\)](#)
- Add the recipes to [myKitchen](#) and automatically make shopping lists for your next grocery store trip!

3. Use the free tools on our site! [\(Click to learn more\)](#)

- Upload your own recipes.
- Use our myKitchen meal planner & shopping list generator.
- Download our free [myKitchen app](#) for iPhone and Android.
- Post in our [web forums](#) for support, accountability, and to get expert advice.

4. Pick up the hardcopy book! [\(click to order it\)](#)

- If you'd like to have this eBook in hard copy, you can order a copy from [Amazon](#). It is also available in Barnes & Noble, some Costco stores, and some Whole Foods markets. **This book only includes the first 30 day meal plan and accompanying recipes of our eBook program.**



Tips on Going Paleo

In the first few pages of the 30 Day Guide to Paleo, you will see our "Success Stories," individuals who reached their overall health and weight loss goals through Paleo. This summer, we caught back up with our Success Stories to ask them how they reached their goals, and what tips they could share with someone just starting Paleo. Their tips were so insightful, we opened the floor up to the broader Paleo community. We received a flood of advice within a matter of hours. Below you will see our favorite tips and words of encouragement from people who, just like you, once went through their first 30 days.

Tips from the 30 Day Guide Success Stories:

Know that it's a gradual process.

"It probably took me a full year before I was 100 percent Paleo. I was doing 80/20 Paleo before that. I was able to eliminate yogurt last October, but only after I did a 30 day challenge did I eliminate all dairy. Honestly, I think it's ok to admit when you DO cheat. I've actually gotten a lot of people to try Paleo, and they can get frustrated with it. You have to understand it's a gradual process. You can't expect to be perfect, especially in the beginning."

–Jeanne ([read more](#))

Find what works for you and your budget.

"I buy things in bulk online and plan ahead. I'll order meat online from [US Wellness Meats](#). I LOVE eggs and can get organic cage free ones from a coworker for just \$2 a dozen. I found out about a local organic produce delivery service and organic/grass-fed buying club through Facebook. Also, I use a great app called Clear Checkbook, and I use it to track my expenses. I break down everything: 'Paleo Produce,' 'Paleo Treats,' 'Restaurants,' etc. It really makes me stay aware of where my money is going." - Chrissy ([read more](#))

Be mentally prepared.

"The big challenge was the whole 'changing your mind set' thing. You basically have to give up what you've been taught or experienced your whole life, including that whole grains are good for you. You are basically jumping ship on what everyone else is saying or believing. I couldn't grasp giving up all grains, even 'healthy' ones like rice." - Steve ([read more](#))

Cook in bulk.

"When I started, I ate a lot of turkey burgers. I would make them in bulk and freeze them for later. I would do the same with chili. It was so easy to make, and I'd just freeze half the batch. Now I eat a lot of stir-fry with meat and veggies, leftovers, huge salads with protein, and some fruits and nuts. And I ALWAYS have eggs for breakfast - I LOVE eggs." - Grace

([read more](#))

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Don't skimp on fats.

"At first, I had extremely low energy during my workouts. I quickly figured out the reason behind this: low fat intake. Like many others, I had been conditioned by American health fads to avoid fat at all costs. Diet this, low calorie that – I now know that low fat is a misconception." – Doug ([read more](#))

Remind yourself of the progress you've made.

"Always take before and after photos. I had a friend who was a photographer, and I went to his house every week to track my progress. I would also recommend saving a pair of pants from when you first begin. I still have a pair of size 44 dress pants. When you're frustrated because the scale isn't changing, anything to remind you of how far you've come will help you stay on track." -Jamison ([read more](#))

Paleo on the Autoimmune Protocol.

"Breakfast has been a challenge because on the Autoimmune Protocol, you don't eat eggs. I drink the same shake every single morning for breakfast. It contains turmeric, vitamins, and glutamine to help my gut. I also throw in mango, coconut milk, coconut butter, and protein powder. Sometimes, if I'm reallyyyy going crazy, I'll throw a few pumpkin seeds on top." -Megan ([read more](#))

Now that you have heard from our success stories, here is what the rest of you had to say!

Tips from the Primal Palate Community

([Join the 30 Paleo community on Facebook](#))

>>> On Getting Started

1. Whether you quit cold-turkey or take a more gradual approach, find a transition that works for YOU.

"Baby steps!! I cannot express this enough. Incorporate small things into your lifestyle, cut out small things and do it gradually so you don't overwhelm yourself. This is NOT a diet! It is a lifestyle adaptation! Failure is not an excuse for quitting, it just means you are human." – Claire T.

"Go cold turkey. Just get rid of the garbage food in your life and start fresh. If you try to ease into it, you'll end up rationalizing cheats. Make a commitment to yourself and your health. Tell yourself that you are worth the change because it will make you healthier and happier in the long run." - Maria K.

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2. Don't get overwhelmed by details.

"Don't sweat the details just yet. Do the best you can with what you understand and can afford. As you get more into healthy eating, you will find what works best for you. This is just a framework to create a starting point for you – YOU will have to ultimately shape your own version of Paleo." –Kai J.

3. Don't get caught up in endless debates on what is and is not Paleo.

"It's YOUR paleo, not anyone else's. Don't feel like you have to fit into some cookie-cutter definition of what it is and isn't. Just eat REAL food. Avoid grains, gluten, and dairy (unless you can lay your hands on good grassfed butter, like Kerrygold, for cooking). Don't strive for perfection, strive for better." –Lori C.

4. Remember: This is about your HEALTH. Find a goal [beyond cosmetics] to keep you motivated.

"I did a strict Paleo diet with no sugar the first 30 days to help me kick any sugar cravings. It was hard, but worth it in the end because I then ate natural sugar (maple syrup, honey) in moderation. It definitely is easier to eat Paleo now because I remember what I felt like before eating this way and it isn't worth it to me." – Megan B.

>>> On Being Prepared

5. Find a way to hold yourself accountable.

"I would keep track of what I was eating every day and reward myself more for staying on track. I think it helped the first 30 days run more smoothly." –Claire T.

6. Don't let yourself go hungry.

"I like the "Always have snacks and meals pre-made," idea. Also eat a little before you go out so you're not starving if there aren't good options." –Melissa P.

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7. Keep emergency snacks with you.

"Keep things like jerky, nuts or seeds in your purse so that you don't find yourself starving and making unhealthy choices." –Theresa S.

8. While traveling, look for grocery stores, not restaurants.

"Look for a supermarket nearby. Go online to Trader Joe's or Whole Foods and check out their store locator." –Shari S.

9. Protein, fat, and carb intake is different for every person. Learn what works for you.

"Eat bigger portions of meat! I realized I kept trying to eat the 'palm size' portions we have been told to eat so I was still rather hungry. Then I increased my portions." –Nancy K.

>>> In The Kitchen

10. Keep it simple.

"Don't go for complicated recipes and menus... keep it simple, and expand from there as you get comfortable in your new lifestyle. Because that's what it is, a lifestyle, not a 'diet.' Change the way you look at it, and all new possibilities will come to you, I promise!" –Lori C.

11. Don't get intimidated with cooking; not everything has to be a gourmet meal.

"Don't start with complicated recipes. Focus on the basics and then build on your skills." –Maggy H.

12. Be open-minded about your food options. You will find new, favorite foods.

"What I remember most is being amazed at how great the food we were eating tasted. I actually had tears in my eyes at a couple of meals because I couldn't believe I got to eat such great-tasting food AND lose weight and get healthy at the same time!" –Kai J.

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7 30 Day Guide to Paleo

13. Keep experimenting with different seasonings, fats, and cuts of meats. Subtle changes make a big difference in flavor.

“Our oldest daughter really disliked the taste of coconut oil in everything, so we started experimenting with organic butter and ghee. It really made a difference in the food experience.” – Monica B.

14. If you start to feel deprived [or bored], give yourself more variety.

“The best thing that helped me was to have way more than enough food in my lunchbox for work so I still felt like I had choices. Then I could eat what I wanted and not feel like I was forced to eat anything.” – Megan B.

>>> The Right Mind Set

15. You will never know what you are capable of until you try it.

“Since I was a child I always ate milk with cocoa and cereals for breakfast and sometimes even for dinner! I mean, every day for 30 years. I thought that would be the most difficult change. But after a year and a half, I don't miss it at all. You'll be surprised about what you are able to do with a little effort. I encourage everybody to try it as a personal challenge.” – Martha S.

16. Set a realistic and specific goal. “Perfection” is not a goal.

“Perfection is mathematical equation and not a realistic goal. Don't dismiss the opportunity to try out Paleo because you don't want to give up a certain food, such as dairy. Any effort towards this lifestyle and your body will thank you for it.” – Alexandra J.

17. One “slip-up” doesn't mean you have thrown everything away.

“I don't think Paleo folks should be so strict. Many need a 'lean in' period to change. I think eliminating processed foods and grains, while adding in good saturated fats, is a great place to start. Then do a 30 day Paleo. I hate hearing about a 'failed' Whole 30 or 21-Day Sugar Buster because of one cheat. There is a stress level and emotional compo-

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Paleo



30 Day Guide to Paleo

ment in every relationship with food which definitely needs much more attention than it gets.” –Melissa S.

18. Practice a little forgiveness with yourself.

“Try not to sweat the small stuff. It's not easy to overhaul the way you eat. If you have a setback, shake it off with no guilt and try again.” –Katie I.

19. If you're struggling, try a different mind set.

“I like the idea of ‘adding things in.’ Instead of focusing on restricting all the bad foods, I think people are better off trying to eat more vegetables and grass-fed meat. Eventually, the unhealthy stuff gets pushed out. I think focusing on adding more good [foods] is better than focusing on restricting.” –Use Your Words

>>> Knowledge is Power

20. When self-motivation isn't enough, knowledge can be your saving grace.

“Read and educate yourself before you start so that you are armed with knowledge before jumping in. When you face temptations or you are struggling with motivation, if you have knowledge to fall back on you will be far more successful.” - Maria K.

21. If something doesn't make sense to you, ask!

“We have found what works well for us. We keep reading and keep questioning where things don't seem to make sense to us. We do our own research online to make sure we understand why we are eating or not eating certain foods.” –Kai J.

22. Search online for outside support and advice.

“I am grateful to the Paleo ‘family’ I have found along the way. Love the blogs with REAL people. I wish I would have found this information 30 years ago so I could have raised my children Paleo.” –Smoms F.

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>>> Shopping for Ingredients

23. Paleo Rule #1: Always, always ALWAYS read the ingredients.

"If you can't pronounce it, don't eat it. Read labels on everything! You'd be amazed with what's in simple things like chicken broth, soy sauce, ketchup, and sauces. Don't eat packaged foods; eat whole foods." –Andrea F.

24. Know which foods to enjoy, and which to avoid.

"As a rule of thumb if it contains sugar, modified maize or corn starch or any sort of preservative; avoid it like the plague." –Adrian D.

25. If you can't find suitable ingredients, go online.

US Wellness Meats, EatWild.com, Fatworks.wazala.com, Amazon and LocalHarvest.org are great tools for anyone looking searching for Paleo-friendly ingredients. – Multiple sources

>>> Social Gatherings

26. Stop worrying about what other people think.

"For me, it was easy at first, because I was committed. It got harder as the months wore on, because I found it was a challenge to eat out and my friends thought I was weird. Now (after several years) it's second nature. I still get friends telling me how good beans and grains are for me....oh, and fat free foods. They mean well, they just don't understand." –Kris H.

27. Remind yourself that this is not about your friends or their health. This is YOUR life, and your body.

"When friends say 'We're having [blank]...but you can't eat that,' I always tell them I can eat anything I want. I just choose to eat foods that make me feel and look good. Within 30 days, my headaches went away, my blood sugar was under control, and I dropped over 15 pounds.' –Sharon G.

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10

30 Day Guide to Paleo

28. At house parties or potlucks, ask if there is a dish you can bring.

"Meal plan and plan ahead for any event. Bring a dish to share that you will eat and enjoy. Overall, be confident in your choice and don't worry about others making fun or judging. It's about you and your health." – Heather S.

29. Make decisions before you arrive at a restaurant.

"Look at menus online beforehand, and ask the waiter lots of questions!" –Dena F.

30. Don't be afraid to ask for special requests.

"The first thing to do when you walk in a restaurant is ask if they have a gluten free menu. It will take $\frac{3}{4}$ the menu out of the picture." – Shannon P.

>>> Paleo Treats

31. Paleo is not about cutting out bad foods, only to replace them with other bad foods. Stick to naturally Paleo foods, especially within your first 30 days.

"I am so frustrated with how many people try to Paleo-fy everything. Just eat real food, especially when you're new to this. As you become more comfortable with the lifestyle, then by all means, make a Paleo dessert once in a while so you don't lose your mind!" – Julie H.

32. Cravings are normal. But if you're craving something, find a healthier version.

"If you are craving something non-Paleo, find it Paleo. Most likely, it's out there. Not exactly the same, but after a month, the real thing doesn't taste as good as you remember." –Jennifer B.

33. There is a very fine line between treating yourself, and keeping yourself from reaching your goals.

"Don't eat Paleo goodies. It's best to just stay away; it's easy to go overboard with these." – Kris H.

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30 Day Guide to Paleo

34. Enjoying yourself while on vacation doesn't mean throwing Paleo out the window. It means treating yourself in a way that you will thank yourself for later.

"I just went on vacation to Las Vegas and my husband said, 'Man, this has really changed your eating habits.' Even on vacation, I was Paleo (with the exception of one or two drinks and a key lime cheesecake for our anniversary dinner). So the best tip from me: Go all in and leave the 'sweets' and Paleo treats behind at least for 30 days. You will learn how good real food makes you feel." –Heather M.

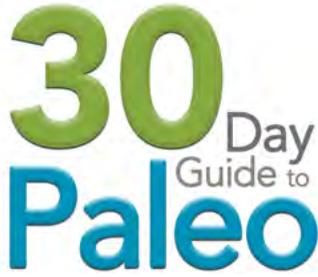
35. Find a new way to satisfy your sweet tooth.

"When I do start craving something sweet or sugary, I have a cup of tea. Try the Good Earth Sweet and Spicy Tea. It's awesome." –Jeanne

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Cooking Videos

(click to play on YouTube - internet connection needed)

[Hanger Steaks with Browned Butter](#)

[Crab Bisque](#)

[Lemongrass Chicken Curry](#)

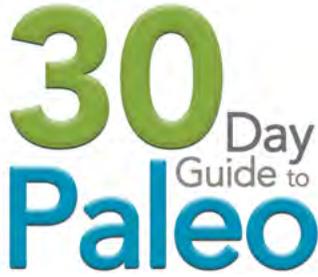
[Beef Tenderloin with Truffle Butter](#)

[Paleo Mayonnaise](#)

[Lamb Chops](#)

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Cooking Videos

(click to play on YouTube - internet connection needed)

Skirt Steak Fajitas

Home-made Almond Milk

Garlic and Herb Mashed Cauliflower

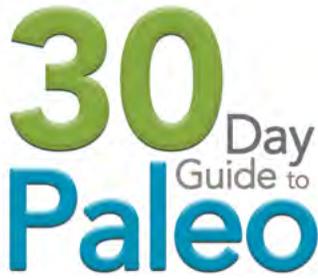
Split Chicken Breasts with Baby Broccoli

Pulled Pork with BBQ Sauce

Brussels Sprouts with Chopped Bacon

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Paleo on a Budget

1. Never Shop Hungry: There's no better way to derail your weekly grocery budget than to go grocery shopping coming straight from the office or after a workout at the gym. Shopping when you're tired and hungry often leads to buying anything and everything in sight. Not only can it lead to an expensive bill at the checkout counter, there's often an increased temptation to buy items that aren't the best for your diet or your budget. Make it a point to shop after eating a meal. Your bank account will thank you.

2. Plan Your Meals: There's nothing more depressing than dumping a container of moldy organic strawberries down the garbage disposal. While it may be a challenge at first, meal planning will make your life much easier while helping to extend your grocery budget. Not only will you avoid the "what am I going to eat tonight" crisis, you'll ensure nothing is wasted and your money doesn't end up going down the garbage disposal. We recommend using the meal planning function available via our website. Not only will you save by having your meals for the week planned in advance, you'll always have a great Paleo approved meal waiting for you. [\(Use our free online meal planner!\)](#)

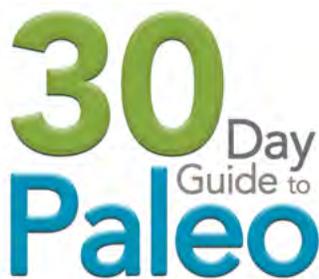
3. Team Up and Save: Consider teaming up with a friend or fellow gym member to do your weekly grocery shopping together. You'll both save by buying in bulk, plus it's a great opportunity to keep each other accountable for what you're eating. Shop and cook together for the week ahead, then divide and share in the savings. Not only will you save money, but we believe cooking is more fun with friends!

4. Have No Shame: The old saying says "it never hurt to ask." This is especially true when shopping for groceries. Frequent a local market? Ask the butcher for a discount since you're a regular. You'll be surprised how many Farmers Market's will offer discounts as a way of saying thank you for supporting their business. Many grocery stores and even farmers markets now accept EBT Benefits (commonly referred to as Food Stamps.) Some communities are even offering to double Food Stamp amounts for individuals shopping at local Farmer's Markets. Do your research before you shop so you can make informed decisions for you and your family.

5. Buy In Season and With A Reason: It's the middle of winter, strawberries are out of season, and at \$5.99 per pound they're not the best idea to stay on budget. Don't be afraid to try new fruits and vegetables that are in season and priced much lower and will taste better than foods shipped in from across the globe. Know what you have to spend on groceries for the week, plan your meals, make a shopping list and then stick to it. Having a reason for every item purchased will not only help you stay on budget, but it will also help avoid those not so good for you impulse buys.

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Paleo Personalities: What you can expect

With the 30 Day Guide Program, we receive a great deal of feedback from followers telling us how their first 30 days went. Over time, we have definitely seen a pattern in the different personality types of people just switching to Paleo, and how they react to it. As you begin your Paleo journey, we hope their stories will give you a better idea of what you can expect, and how to better prepare yourself.

The Meltdown

"I seriously lost it. I went to the kitchen at 4 a.m. and threw out everything that was 'bad food.' I'm not lying when I said my cupboards were completely empty. I was so mad at myself, and I took it out on every bad thing in that kitchen. I went out and bought organic, grass-fed everything." –Julie

What you can do: If you made a fast switch to Paleo, this is one time where a drastic decision will probably thank you! But now that you've dove in head-first, take your time and identify your motivators. You will need them eventually!

The 'Ahhh...One little cheat won't hurt, right?'

"As far as cheating goes, I definitely have them. But that's also why I think it's so important to have goals. I knew this week would be bad because I moved to Pittsburgh, and I would be trying out new restaurants. But I gave myself a week, and said 'Ok. After this you're back on track,' because I want to keep moving forward. The only downside to reaching a milestone is it makes you more likely to cheat. You think that a little slip-up and everything 'will be ok.' But if you keep setting new goals, you won't have those thoughts." –Jamison

What you can do: Remember: you're trying to reach a goal, right? Well, that gluten-free cupcake isn't going to kill you, but it will definitely postpone how long it will take to reach your goal. After every milestone, congratulate yourself, but then remind yourself why you started in the first place. You are not quitting until you reach your ultimate goal!

The Crossfitter

"Not everyone has a fast metabolism – if you're gaining fat on the Paleo diet, figure out what portions work best for you. Paleo is also often misunderstood thanks to social media and the pop CrossFit culture: Paleo does not mean you can eat as much bacon as you want! Do your own research about Paleo, and don't be afraid to ask questions." – Doug

What you can do: You can do as many burpees as you want; because in the end this is still 80% diet. Many people think they can eat beer and pizza on the weekends because

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they're hitting the gym everyday. But if you're not reaching your goals, you might want to rethink your strategy.

The 'On Day 31, I'm gonna eat...[blank]'

"I jumped right in with The Whole 30 Challenge. I knew it was only 30 days and I can survive anything for 30 days. On day 31 I couldn't wait to drink a Starbucks cappuccino... it was the sweetest, nastiest thing I'd put in my mouth in 30 days, couldn't even choke it down. It's amazing how your tastes change after eating only real food." –Sharon G.

What you can do: You will be shocked at how little flavor "fake foods" have after a month of eating whole foods. Remember to ask yourself: after a month of hard work, do you really want to throw it all away for something that doesn't taste that great anyway?

The roller coaster rider

"I LOVE bad food! My Paleo journey started out as a roller coaster. I would do a Whole30 and then I would binge. We all have to accept what we are addicted to, but that doesn't mean that we can't overcome those addictions. Heck, Chick-fil-A used to be my kryptonite, even after I went Paleo! I've tried not eating Paleo to be like everyone else and it just doesn't work for my body. The worst I have ever felt in my entire life was Thanksgiving two years ago; I completely threw Paleo out the window. Now I finally understand that consistency is much better than going up and down with detoxes and "treating myself" afterwards." –Chrissy

What you can do: If you are prone to the "roller coaster ride," try to avoid detoxes, or anything that strives for perfection. Instead, take slow steps: eliminate gluten and soy, then remove all grains and processed foods, and finally work to eliminating legumes and dairy.

The 'I have tried this before, and it just never works'

"I've had so many friends go on diets, and it was purely for aesthetics. To me, that is such a shallow reason that it will never actually stick. Looks fade, you will get old and wrinkly no matter what; this should be about your health. People started asking me for advice and I found a new reason to stick it out. It was like I was a role model for others. It was really one of the most amazing experiences to realize that. I wasn't influencing others because I was getting skinnier; it was because I was more aware of my body." –Grace

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17

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What you can do: If you have tried time and time again to reach a goal, find a bigger reason to stick it out. Whether it's setting a good example for your family, being able to play with your kids, or reversing a health ailment; find something real to hold onto.

The One who isn't Quite Convinced

"My son once showed me the YouTube video, 'Why you Got Fat.' It explains the relationship between the blood sugar insulin spike and fat storage. That really resonated with me. I had never even heard that before! I read Robb Wolf's book, and mainly went online for other research. I understand that if someone is 100 pounds overweight, they are going to have doubts. I could preach about Paleo and try to explain the insulin spike and fat storage, but who knows if that would 'click' for them." –Jeanne

What you can do: Do your research, so you are armed with a wealth of knowledge. Also, consider keeping a diary and journal to record how you feel after eating certain foods. The best research you can do is research on yourself.

The All-or-Nothing

"You might not be perfect, but make every victory a victory. Take care of yourself. Put the blinders on, focus on yourself, and forget about what everyone else is saying. People will make comments, and you have to just let it roll off your back. At my birthday, my family bought me a birthday cake that I couldn't eat. I blew out the candles, and then they ate the cake." -Steve

What you can do: If you are one that thinks, 'I want to be told exactly what to eat, what not to eat, etc.'" then follow the meal plans to a 'T.' Go through both meal plans if you need more ideas.

The Social Butterfly

"I had one coworker who bought cookies or cupcakes for every single celebration. I think it's important to stick up for yourself in those situations. If you're struggling to stay on course, it's ok to say, 'Hey I'm trying to reach a goal here so don't send me an e-mail/ come into my office when there are desserts being passed around.'" –Jamison

What you can do: You will always have those who say, 'Why are you on a diet?' If you're one of those people who has a lot of social gatherings, make people understand that this is about your health and wellbeing. Your friends and family should support you, rather than tempt you.

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Food Storage

One of the most disheartening things is having to throw out spoiled fruits and vegetables. To cut down on food costs (and on waste!) it is good to know how long your produce actually lasts. That way, you can prioritize your meals; eating foods that have a shorter shelf life earlier in the week, and saving those that have a prolonged shelf life for later. Also note that these are estimates for foods purchased at a grocery store; if you grow your own or receive them directly from a farm or orchard, it is likely your produce will last much longer.

In the Refrigerator

In a Cool, Dry Place

1-2
Days

arugula, asparagus, cherries, Brussels sprouts, cauliflower, green beans, mushrooms, okra, strawberries

avocado*, bananas

3-4
Days

avocados, broccoli, grapes, fennel iceberg lettuce, summer squash, zucchini

eggplant, tomatoes, limes

5-6
Days

apricots, blueberries, red peppers spinach, yellow peppers

apples, blueberries, grapefruit, mangoes oranges, peaches*, pears*, plums* pineapple, watermelon

1
Week

carrots, cucumber, leeks green peppers, radishes, turnips

2 (+)
Weeks

artichoke, beets, cabbage, celery kohlrabi, parsnip

onions, sweet potatoes, spaghetti squash, butternut squash, pumpkin, potatoes, winter squash

* Ripen on the counter, then refrigerate

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Watch and Learn



Robb Wolf on Paleo Myths

Chris Kresser: The Link Between Inflammation and Obesity

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US Wellness Meats: Why you should eat Grass-fed beef

Weston A. Price Overview

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Recommended Reading

[9 Steps to Perfect Health](#)

[How Paleo, Primal, and Weston A. Price Intersect](#)

["Cholesterol doesn't cause heart disease"](#)

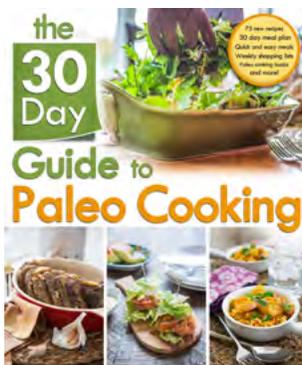
["The Definitive Guide to Grains"](#)

["The Definitive Guide to Fats"](#)

["Where will I get my Calcium?"](#)

[Paleo Perfectionism](#)

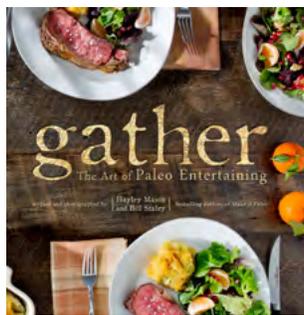
[What are Safe Cooking Fats?](#)



by Hayley Mason and Bill Staley
bestselling authors of *Make it Paleo* and *Gather*

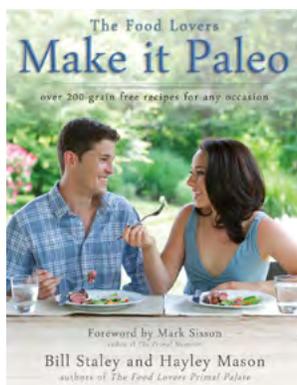
[The 30 Day Guide to Paleo Cooking](#)

This is the hard copy version of our digital program, although the digital program contains 75 more recipes, and a second 30-day meal plan. It includes tear-out meal plans and shopping lists.



[Gather - The Art of Paleo Entertaining](#)

Our second cookbook is all about bringing people together and cooking some great food. We include 17 menus for any type of occasion. The book is not 100% "strict" Paleo, as it includes some recipes that use dairy and as well as some naturally sweetened paleo "treats."



[Make it Paleo](#)

Our first book, and most extensive, which includes 215 Paleo recipes. This is a great book for Paleo beginners, and those that are new to cooking in general. The recipes are simple, and taste great - a wonderful addition to anyone's book collection!

Get the full guide!

30 Day
Guide to **Paleo**



[Hungry for more?](#)

We would like to invite you to purchase our full length e-program, which is filled with a wealth of great information, 180+ delicious recipes, two different meal plans, and even shopping lists to go with the meal plans.

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