



**INSTASHRED**

THE  
**12 WEEK**  
**PALEO**  
TRANSITION GUIDE



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## Introduction: Why You Need This Book

Hi. I'm Jennifer.

And if you want to lose weight, neutralize cravings, and eat in a way that truly fits your body's natural needs ...

... then going Paleo is THE BEST decision you've ever made.

Seriously. You're about to see your body transform in ways you might never have believed possible – and best of all, you'll see changes happen *fast*.

So, yeah.

Freeing yourself from sugar, and 'going Paleo', is AMAZING ...

... except for one little thing that nobody seems to talk about:

*The lack of SUGAR.*

Now, from a *health* perspective, that's a dang good thing. Sugar is aging, messes with your hormones, creates addictions and obsessions with food, destroys your natural appetite signals, and is basically just a load of empty calories.

So, that's the official version.

Yet ... all the 'official' stuff aside ...

... for me personally, I *love* sugar. Cake, candy, ice cream, chocolate, the odd hard cider ... don't even get me started.

And I'm guessing *you* probably have a thing for sugar, too, whether it's a spoonful in your tea, jam on your toast, a drink with dinner, or the 'hidden' sugars in condiments,

sauces, mayonnaise, and fruit juice.

As you're about to discover, sugar has an emotional hold on all of us – and you may very well be a 'closet sugar addict' (like I used to be) *without even realizing it*.

So what does getting off sugar have to do with going Paleo?

Well, because after several years of helping countless women 'go Paleo', the one thing I kept hearing about again and again was, 'Jennifer, this Paleo thing is *amazing* ... but I really miss chocolate!'

Or candy.

Or dessert.

Or birthday cake.

Or saltwater taffy.

You get the idea.

So. The point of this book is very simple:

- The best way to lose weight, escape the dieting trap, and *maintain that weight loss forever* is to eat Paleo meals: satisfying, healthy, rich food that's in line with the foods the human race evolved to thrive on.
- There is not a lot of sugar in the average Paleo meal.
- Yet, sugar has an emotional and physical hold on most of us and it's extremely hard for most people to 'give it up' long-term (without resorting to binging, craving, and secretive sugar-addictive behaviors that leave you feeling miserable.)
- Therefore ... to successfully go Paleo, lose weight, and *effortlessly maintain*

that weight loss ...

- ... you need a transition plan: something to help you break sugar's hold, and 'go Paleo' easily, painlessly, and *permanently*.

And that's why I wrote this book: because I am a recovered sugar addict, and these are the *exact* techniques I used to break its hold on my life and my body ...

... while nourishing myself from the inside out with excellent, empowering foods that freed me from diets, restrictive eating, and weight gain forever, *and* that make me look and feel awesome.

Picture it this way:

- ✓ Wouldn't it be great if you could go Paleo *without* giving up sweet treats, candy, ice cream, chocolate, and your favorite desserts?
- ✓ Wouldn't it be awesome if you could eat all that stuff and know that it's actually *helping your body torch through even MORE fat?*
- ✓ Wouldn't you love to snack on sweet little goodies *whenever you want*, and know that it's actually CLEANING your body, metabolizing fat faster, and kicking your metabolism into blubber-burning *overdrive?*

Well, as it should so happen ...

... that's EXACTLY what this plan is going to do for you, starting RIGHT NOW, and all without very much effort on your part at all (don't you just love that?)

Following is the plan that helped me personally (and by now, countless other men and women) to leave sugar behind and embrace the Paleo lifestyle wholeheartedly.

### **A few words before we get started ...**

- ✓ All these recipes are EASY to make. You can buy the ingredients at any normal grocery store. I don't believe in making trips to multiple pricey health-food shops (and paying out the wazoo) for food, and neither should you. And with these recipes, you won't have to.
- ✓ Prep and cleaning is minimal. I don't like doing the dishes, and I'm guessing you don't either. Well, now you don't have to – most of these recipes are 'one-bowl wonders'.
- ✓ No cooking experience required! Before I went Paleo, I didn't even know how to dice a carrot or poach an egg. So don't worry. No fancy skills necessary.
- ✓ This is a Paleo *transition* plan. You will not be starting out going 'full Paleo' (nor should you, as it can be a bit of a jolt, mentally and physically.) With that in mind, many of these dishes involve 'non-strict-Paleo' ingredients such as cheese, milk, and so on. Don't stress; the system works. In 12 weeks you will be full Paleo and you won't even notice the transition.



## My Story

My name is Jennifer, and, back when I was 40 pounds overweight, I used to be a 'diet addict'.

In my 33 years on this planet, I have tried EVERYTHING – low fat, low calorie, Body for Life, vegetarian, vegan, juice fasting, intermittent fasting, high protein, Atkins, South Beach, the Shangri-La diet, the 'fitness diet' ...

... literally, the works.

### **And it was horrendous.**

Exhausting, rigid, strict, and isolating.

- ✓ I would actually decline social invitations and dinners with friends because I was terrified the food available wouldn't 'fit into' whatever food plan I was currently following.
- ✓ My thoughts revolved almost entirely around food, calories, and the fat on my body.
- ✓ I constantly obsessed over my weight and could barely pass a mirror without lifting my shirt to see how thin or fat my belly was looking.
- ✓ And I desperately, *desperately* wanted to break free from the cycle, lose weight and KEEP IT OFF, and just be FREE with food ...

... I just didn't know HOW.

**I truly thought that the only way to get the body I wanted was by 'hating myself thin' ...**

... subjecting myself to diet after diet, exercise plan after exercise plan, and simply *forcing* myself to go through with it.

Now ... if you've ever dieted before, you know this is NO way to go about losing weight.

**I mean, it's not that diets don't WORK.**

***They do.***

If you follow any diet to the letter, you'll lose weight.

... it's just that the weight you LOSE on a diet always comes back.

Because nobody can stick to a diet *forever*. It's impossible.

So from the ages of fifteen to thirty, I was permanently stuck on the exhausting, exhilarating, ultimately depressing Diet Treadmill ...

And I couldn't get off.

I couldn't break free.

Not permanently.

**Either I was 'on a diet', and restricting food like mad ...**

**... or I was eating everything in sight**, feeling miserable and COMPLETELY out of control, and obsessively pinching my stomach fat in the mirror ten times a day.

I was constantly in one of the Seven Steps of Dieting Hell.

### **The Seven Steps of Dieting Hell**

**Step 1:** You feel chubby, you don't feel good in a swimsuit, your pants don't fit properly any more, or you have an event you want to get 'in shape' for.

**Step 2:** You find a diet, it sounds promising, so you start doing it.

**Step 3:** It's working! Hooray! You start to lose weight, you feel excited and motivated, you can't wait to reach your goal weight.

**Step 4:** You did it! Your pants fit great, you look amazing, you go to the event and get loads of compliments, and you vow to stick with this diet forever.

**Step 5:** A week goes past ... or a month ... or a year ... and the day finally comes when the diet is just too restrictive, too boring, too complicated, too ANNOYING. So ... you quit the diet. Maybe all at once, maybe a little by little.

**Step 6:** You start gaining weight again. It's terrifying.

**Step 7:** Back to step one again ... rinse, and repeat!

**That's the problem with diets ...**

**They *all* work – *if* you can DO them.**

And that's the devil in the details, because **NOBODY** – and I mean, *nobody* - can stick to a diet full-time, *forever*, and still be a happy, balanced, life-loving individual.

**And then, I discovered the Paleo movement ...**

**... and my life changed forever.**

**Getting off sugar and embracing the Paleo lifestyle allowed me to strip off nearly 45 pounds of excess fat ...**

... reveal shapely, toned muscle (without spending *one second* in a gym) ...

... escape my cravings ...

... get in control around food ...

... and most importantly of all, lose weight HAPPILY and *keep it off without restricting my food or ever having a single craving.*

### **Here are a few of the changes I experienced as a result of quitting sugar and going Paleo:**

- ✓ These days, instead of a US size 14, I now wear a size 4.
- ✓ I confidently stroll around the beach in a bikini and I never have to worry about cellulite, thigh jiggle, or whether I should 'suck in' if someone pulls out a camera.
- ✓ No more mid-afternoon 'slumps' or unbearable cravings for a cookie, a chocolate bar, or a glass of wine.
- ✓ I still *eat* chocolate, cookies, and wine – but the ones I choose to fuel my body with are full of healthy fats, natural superfoods, and delicious sugar alternatives (nope, *not* artificial sweetener or Stevia.) **Best of all, these treats actually BURN fat instead of adding it to my body!**
- ✓ I actually enjoy cooking these days. Back when I was dieting, I couldn't even scramble eggs. But now, I whip up tasty snacks and quick meals effortlessly – all while knowing the foods I eat are starving my fat and feeding my muscles and happiness J

I know that as long as I follow these *simple* guidelines – which truly are the *best* thing for our bodies, as healthy, energetic, beautiful human beings – I will never have to count calories or measure portions again.

(Neither will you!)

I can eat intuitively, I can eat WHAT I want, when I want it – and the feeling of freedom is so beautiful and empowering that I can't wait for you to feel it, too!

**Now, if you'd told me such a thing was possible three years ago ...**

**... I would have laughed in your face.**

“Easy weight loss? Easy *maintenance* of that weight loss? Actually having FUN with my body instead of hating it? No more calorie counting, frantic exercising, or secret binges?? Are you *mad*?”

But, as you're about to see for yourself ...

**Getting back in touch with your body, losing the weight, and *keeping it off*, really does come down to two SIMPLE things:**

- ✓ **Getting *off* sugar, and**
- ✓ **Transitioning to a Paleo lifestyle!**

And this program will help you ease in to both of these components.

Here's what you'll learn:

- ✓ **why sugar is such a pervasive evil in the typical Western diet;**
- ✓ **why eating sugar may be the ONE THING that's keeping your 'ideal body' out of reach; and**
- ✓ **how to break its hold on you forever, so you can get back in touch with your true evolutionary birthright as a fit, healthy, energetic, fat-burning Paleo *machine*.**

## Here's What You Can Expect From This Program:

- ✓ Your body will transform, effortlessly dropping pounds of excess fat. (My first week getting off sugar, I lost *ten pounds*. Doubtless a large part of it was water weight and inflammation; but ten pounds is still ten pounds!) After that, weight loss will likely 'slow down' to about a pound or two per week – *with no conscious effort on your part*.
- ✓ You will free yourself from the addictive hold sugar has on your mind and body, 'resetting' your body's natural appetite systems and fullness regulators – meaning, you can actually TRUST YOURSELF to eat what you want, stop when you're done, and *still lose weight*. (How cool is *that?!*)
- ✓ You will neutralize cravings forever ... no more 'needing' a bite of chocolate, a slice of cake, whatever, to feel 'satisfied'. You can still eat what feels good to you (yup, including dessert!)... but you won't NEED to. Fun food becomes optional (and even, once your palate's neutralized and your body is metabolically high-functioning again, kinda ... *unappetizing*, most of the time.)
- ✓ You will have dozens of fun recipes (which are stone-cold EASY to make, since I am no whiz in the kitchen myself) for cakes, candies, desserts, snacks, and sweet treats to feast on whenever the urge strikes you J
- ✓ Your skin will clear up – fine lines, dry skin, blemishes, even cold sores will become a thing of the past. (I used to get cold sores at least once a month before I got off sugar. Now I haven't had one for *three years*.)
- ✓ Feel more energetic – no afternoon slumps, no fuzzy-headedness.
- ✓ Sleep like a bag of rocks.
- ✓ Wear the clothes you *want* to wear (and look dang awesome wearing them!)
- ✓ Have people approaching you on the street, at the grocery store, in line at the

bank, and asking what your 'secret' is.

- ✓ Routinely get carded when you buy a bottle of wine or spirits. (This happens to me *all the time*. Did I mention I'm 33 years old??)
- ✓ *Never have to diet again.*
- ✓ And, you will look and feel *amazing* - I promise!

# The Ten Fundamentals of Your Sugar-Detox Physical and Mental Transformation

These fundamentals are the backbone of your sugar detox and ultimately your complete Paleo transformation.

We will go through each of these in more detail in future chapters; but here's a quick 'road map' to give you an idea of what to expect.

**Here are the 10 fundamentals you'll be following over the coming weeks:**

- 1) To get off sugar, you must eat PLENTY of fat and protein.** Now is not the time to try and have salad for lunch and cooked vegetables for dinner. Now is not the time to restrict calories or minimize portion sizes.

Good fats allow your body to transition easily from being a sugar-craving, fat-storing monster to a healthy, fat-burning *machine* – easily and without cravings.

You will be eating PLENTY of fat and protein at *every* meal.

- 2) Do not worry about calories or portion sizes.** The Paleo lifestyle is centered around an extremely intuitive way of eating. It is the gateway to re-awakening your body's natural appetite and control mechanisms so you don't *have* to diet any more.

You will discover that your own body is perfectly capable of doing this, once you get off sugar and stop clouding your appetite control mechanisms.

In the meantime, you may find yourself eating 'more than usual', gravitating towards 'heavier', richer foods, or eating way more than you think you 'should.'

*This is NORMAL and an EXPECTED part of the Paleo-transition process. It will*



not last long, and it is a vital part of the process of getting to know your own body, appetite, and satiety levels again.

And if you ever start to freak out because it feels like you've been eating ALL DAY LONG, just remember – Jennifer eats like a horse and she says it's okay for you to do so, too!

**3) It's okay to eat when you're not actually physically hungry.** If you're overweight, or you've been dieting, that means you're out of touch with your true hunger levels.

For awhile, you'll find yourself reaching for food even when you're not hungry and even when you're actually full.

THIS IS NORMAL. DO NOT FREAK OUT. Anyone who's restricted themselves or dieted for *any* period of time will likely find themselves eating a LOT MORE than they can even get their head around, because you haven't 'allowed' yourself to eat without restriction for so long.

As you detox from sugar and begin to go Paleo, your appetite cues will naturally resurface and you will find yourself *intuitively* beginning to eat what your body needs to thrive, in amounts that make you feel good, energized, and allow you to lose weight easily.

Until that happens, you will probably find yourself wanting to eat even when you're not hungry, or to keep eating when you're already full – *and that's okay*.

If you just trust the process, your appetite will retune itself without conscious input from you.

In the long run, you're going to start paying attention to how your body feels AFTER you've eaten (not just during the meal itself), which is a key aspect of tuning in to what your body *really needs* to feel (and look) incredible.

But for now, you get a free pass, because my goal for you here is to get AWAY

from the restrict/binge/craving cycle (that comes from *not allowing yourself to eat when you feel you want or need to*) before you deal with ANYTHING else.

**Do not try to skip the above step!** If you start focusing on low calories, low fat, small portion sizes or any of that garbage while you're doing this transition, you're cheating yourself of the BIGGEST PART of letting go of the diet mentality and achieving true psychological and physical freedom around food.

So: you have full permission to enjoy cheese, fatty bacon, coconut products, avocados, and everything else you're about to discover in this book. Eat it all! Love it all! Your body will take care of the rest.

The bottom line: starting RIGHT THIS SECOND, it's a great idea – and *highly recommended* – that you allow yourself to experiment with how much food you need in order to feel good physically and mentally. So eat up.

- 4) **Every day: drink six or more glasses of water.** This will help you flush the garbage out of your system, keep you regular, and allow your natural appetite cues to surface quickly and clearly.
- 5) **Every day: do NOT think about going 'low fat' in any way.** From now on, you are going to be eating 'full-fat' *everything*. Eat the cream. Eat the butter. Eat the cheese. Eat the avocado. Trust me. You cannot get off sugar while going low fat.

Look, it's simple: you are going to lose weight from getting off sugar, but this *will not work* if you try to skimp on fat.

To get off sugar, you need to 'crowd it out' with PLENTY of protein, fat, oil, nuts, cheese, and other goodies. (It might sound weird to you now, but trust me – it works. I am living proof.)

- 6) **Every day (and I mean, every day) go for either a 2 mile OR a 20 minute walk outside in the fresh air.** (You can find more options for our YumPaleo

8 Minute Workouts in your membership email from our support team – check your inbox!) ... but the daily walk is mandatory, for reasons that will soon be very clear,)

- 7) **Every day: have as much coffee, chai, and tea as you like.** Add heavy cream, coconut oil, or half-and-half, but *no low-fat or sugary add-ins*. (There are sweetener options I'll go through with you later, so you can still enjoy your cup of joe the way you like it.)
- 8) **At all times: do NOT count calories, limit portion sizes, or otherwise subject yourself to typical 'dieting' behavior.** No weighing foods, no eating a tiny dry salad for lunch, no going hungry!

This transformational plan is fun, exciting, and liberating, and it's all about eating instinctively, in line with the foods your body is truly craving for health and weight loss.

That means you will be learning to eat when you are hungry, you will be eating RICH, OILY foods that truly satisfy you and feed your body's hormonal and functional needs, and you will learn over time to naturally stop eating when you've had enough.

(Getting off sugar is what allows your body to intuitively figure this out on its own, as you're about to see.)

For the next 12 weeks, if you're trying to ignore your body's signals, or eat according to 'calories' or 'fat grams' or 'macros', *you're doing it wrong*.

Just eat from the foods in this book and on the [www.yumpaleo.com](http://www.yumpaleo.com) website, eat until you feel satisfied *physically AND emotionally*, and you'll do great.

- 9) **Every day, eat at least five times and preferably six – three solid meals and a MINIMUM of two (but preferably three) snacks - and eat until you are SATISFIED emotionally and physically.** The motto needs to be frequent, fantastic meals and plenty of indulgent, enjoyable, quality high-fat,

high-protein snacks.

**10) If you slip up, it's okay. You MUST relax. You MUST enjoy the process. Allow yourself to just put it in the past and move on.**

Look: going Paleo is an awesome thing to do, but it is still a major adjustment.

And you are human. Humans make mistakes. Humans 'slip up' ALL THE TIME.

So ... yeah, you will almost certainly have a slip up at times – a sudden craving for sugar that you just can't help but give in to.

If you do slip up – and everyone does– *it's fine*.

No big deal. Really. It's normal.

*You must not stress about it. You must not give yourself a hard time. You must RELAX!*

Look, success is not linear. If you have 20 pounds to lose (let's say), you're going to lose that weight on this program. But it's not going to happen at exactly 2 pounds a week for 10 weeks.

Instead, what will happen is, you might lose five pounds the first week, nothing at all the second week, two more pounds the third week, GAIN a pound or two the fourth week, plateau for another week, drop three more pounds the following week, and so on.

*Success is not linear.* I need you to commit to remembering that RIGHT NOW.

So: when you eventually slip up, accept that it happened, accept that it's okay, accept that it's PART OF YOUR WEIGHT LOSS PROCESS, and then carry on with the plan.

*Just keep going.* And most of all – take it easy! Success is NOT linear!

## Why You Need To Quit

I could tell you that sugar is evil until I'm blue in the face, but you wouldn't believe me until you knew the FACTS.

(And in fact, you shouldn't. I don't want you to believe ANYTHING I say 'cold'. Go and do your own research. Question everything. Utilize Google. Make up your own mind. *Don't blindly follow ANYONE's advice when it comes to your body* – including mine!)

However, as it should happen ...

... I did a whole bunch of research, so you don't have to!

What I discovered, when I began casting about for reasons to get off the sugar-train, was frankly shocking.

**Among other things, I discovered that:**

- ✓ **Most of what we call 'sugar' is actually fructose.**

Fructose is a type of sugar (there are loads, including sucrose, glucose, galactose, lactose, and so on ... anything ending in 'ose' is a sugar.)

But it's *fructose* that's the real baddy.

Here's why.

Fructose is 'invisible' to your body's appetite control systems, making it INCREDIBLY easy to overeat.

Why?

Because (*unlike* with protein and fat) there's no natural system in place in your body to tell you when you've had enough fructose.

To prove my point ...

... go ahead and try to eat two pounds of steak, or a pound of cheese, or half a cup of olive oil, or two cups of coconut flesh.

Go on. Try it.

You'll see that it is *IMPOSSIBLE* to truly overeat on those things, because your body 'recognizes' them as fuel, and will tell you when you've had enough.

Fat and protein are, to paraphrase David Gillespie, author of *Sweet Poison*, 'completely *visible*' to your body's natural appetite regulators and hormones.

When you eat meat, fish, fruit, cheese, nuts, oil, or anything 'full fat', the calories are 'noticed', and your body will **NATURALLY TELL YOU WHEN IT'S HAD ENOUGH.**

As it turns out, our bodies come with a pretty awesome natural calorie counter in them, which works *perfectly* ... until you introduce fructose into the mix!

Fructose is 'invisible' to your body.

Your body does not 'count' fructose calories, because for some reason fructose doesn't trigger the hormones in your system that tell you to stop eating.

**Your body does not 'see' the calories that come from fructose.**

That means you can pig out on a huge bag of candy, and *still be hungry for dinner* an hour later.

(Sound familiar??)

Gillespie believes this 'fructose invisibility' is actually a survival instinct from our

caveman days.

He (and many others) believe it came about simply because anything that tastes sweet is likely to be high in quick calories and energy, making it a valuable food source for our ancient, hunter-gatherer ancestors.

(When you don't know where your next meal is coming from, a good source of quick energy is a GODSEND.)

So ... we evolved with a natural ability to GORGE on sweet-tasting foods with no 'self-imposed limit' on when to stop ...

... because it could literally *save our lives* to do so.

This was all well and good when food was scarce and the only sugar available came from berries (small and relatively sour, back then) or wrested from a bee hive by hand.

**But today, things are different.**

Sugar is EVERYWHERE.

(At about a dollar a pound, it's one of the cheapest sources of calories out there.)

Yet our bodies haven't had enough time to 'evolve' around sugar's abundance (heck, sugar only started getting produced commercially in 1900!) ...

... meaning, we have no natural 'thermostat' telling us when to pump the brakes and put the candy bowl down.

Okay, enough history. Moving right along ...

✓ **Your body is DESIGNED to overeat fructose.**

For all but the last few hundred years, really sweet foods have been really hard to find.

Yet our genetics have programmed us to seek it out, so we can get a quick hit of fast energy that makes it easy for us to survive.

So, combine the fact that sweet foods were an extremely useful source of 'survival calories', plus the fact that sweet foods *used to be* relatively difficult to get, means we evolved to CRAM our faces full of it whenever we could find it.

But now ... sugar is outrageously easy to find, it's added to EVERYTHING, and it's cheaper than almost any other food on the planet.

Which makes it extremely easy to overeat.

✓ **When you eat fructose, it turns directly into fat!**

Again, this is likely a throwback to our caveman days ... we NEEDED our fat stores to see us through famines and lean times, so it made sense for our bodies to store those rarely-found 'sugar calories' as fat.

And so our bodies turn any fructose *directly into fat*.

Yup. No exaggeration.

Unlike glucose, which is our primary source of energy and used by every cell in the body, *fructose* can only be 'used' by the liver – which can only take a pretty small serving before it's stuffed full and can take no more.

So whenever you eat fructose (and remember, fructose is EVERYWHERE – even table sugar is half glucose and half fructose!) ...

... a SMALL part of it may be taken by the liver ...

... but the rest goes straight to your butt, belly, hips, jowly bits, and thighs.



**Fact to remember:**  
***Whenever you eat fructose, it doesn't get 'used' by your body.***  
**Instead, it goes RIGHT to your fat cells.**

So when you eat anything with fructose in it, you don't get full.

Since it's 'invisible' to your appetite regulation systems, you evolved to naturally *gorging yourself stupid* whenever it's available.

But it's not useful as a fuel, because it can't be metabolized that way.

So instead, all the time, your body is all the time shoving it DIRECTLY into your fat stores –your liver can take only a small amount, and then it goes right past your muscles, cells, and hormones, and right into your butt, thighs, and belly.

✓ **Sugar is vicious and harmful to your body.**

Sugar is the most vicious system attacker out there.

Fructose depresses the immune system, leaches valuable minerals from your bones, makes you age faster, is the food of choice for cancer cells, and is linked to conditions like anxiety, depression, alcoholism, dementia, insomnia, and osteoporosis.

And remember ... since it's 'invisible' to all your body's regulation systems, you just can't tell when you've had 'enough'.

(Case in point: a recent study proved that, when given the option, rats would literally eat fructose *until they died of stomach failure* rather than stop eating. That's how addictive it really is.)

- ✓ **Sugar and fructose is added to just about EVERYTHING, so it's really hard to avoid unless you know what to look for!**

Most people count the sugar they add to things like tea and coffee, and the 'obvious' sugars in cakes, candies, and chocolate.

But the fact is, food manufacturers know how addictive this stuff is. They also know it makes foods taste good to our caveman tastebuds.

Add to that the 'low fat' movement ...

... and you've got a recipe for disaster.

First off: just about ANY 'low-fat' or 'diet' food has been laced with sugar, to replace the good tasting fat that's been taken out.

Secondly, nearly EVERY processed food, 'low-fat' or not, has had sugar *added* to it, just because it tastes good and will keep customers paying for more.

Common sugary foods (that you might not expect to be all that sugary) include breakfast cereals, peanut butter, mayonnaise, relish, pickles, spreads, salad dressings, fruit juice (yep, even the ones with 'no sugar added'), crackers, breads, deli meats, pre-roasted chickens, protein bars, muesli bars, yogurts, drinkable yogurts, packaged pasta sauces, canned vegetables, canned soups, dried fruit (particularly pineapple, mango, raisins, and cranberries), dessert wines, and absolutely ANYTHING labeled as 'low-fat' or 'fat free'.

Sugar (or rather, fructose) is *everywhere*.

In fact, for every spoonful of sugar listed on any food product, approximately half of that is *fructose*.

Which means – again, paraphrasing David Gillespie here – that, since fructose is stored directly as fat ...

... for every 5g of sugar listed, that's 2.5 grams of FAT going onto your body.

**Fact to remember:**

**For every 5g of sugar listed on a food, that's  
2.5g of fat being stored directly on your body.**

It's okay to eat processed food. Canned and packaged stuff is convenient. I get it.

But check labels for sugar. Remember, you won't normally see whether it's 'fructose', 'glucose', 'maltose', 'lactose', or whatever TYPE of sugar that's been added – only that sugar HAS been added.

(If you want to check a food label for sugars, it's usually listed under the 'carbohydrate' section.)

And bear in mind that every 5g of sugar means 2.5g of fat being added to your thighs, belly, hips and butt!

When instead ...

**The truth is that *eating plenty of fat is THE MIRACLE CURE for losing weight!***

Here's why:

- 1) Fat is SATIATING** – it's incredibly hard to eat 'too much' fat (it's easy to eat candy and then have a meal; but just try eating a bowl of nuts and then having dinner afterward. You'll see what I mean.)
- 2) Fat PREVENTS cravings** (the cause of cravings is *sugar*, not fat; fat heals your digestive system, rejigs your natural appetite, allows you to eat 'intuitively', and *prevents* cravings from taking hold)
- 3) Fat RESTORES your body's hormones, immune system, and natural**

**appetite regulatory systems**, *which means it gets harder and harder to eat more than you need to on a daily basis*, and

- 4) **Fat TASTES DAMN GOOD** ... making it the ultimate weight-loss food, because when you actually enjoy the food you're eating (which you will, because fatty, oily food tastes INCREDIBLE), and you no longer have cravings (which you won't, because sugar is the root of cravings, not fat), *you simply cannot be overweight any more*. Your body will naturally balance itself out and achieve homeostasis at your natural IDEAL WEIGHT, as a result of your ongoing happy relationship with food and healthy eating habits. *It can't happen any other way*. Trust me. You'll see it for yourself!

## The Final Wrap-Up Before We Get You Started On Your Detox

Okay, that's enough chitchat.

**Here's a quick recount on what you've learned so far ...**

- ✓ You know sugar (aka fructose) is bad news.
- ✓ You know it's 'invisible' to your body, so you're biologically *compelled* to keep eating it whenever it's around.
- ✓ You know it turns DIRECTLY into fat.
- ✓ You know it makes you age faster and weakens your immune system.
- ✓ You know it has an emotional hold on all of us.
- ✓ And you know it's EVERYWHERE.

So how the heck do you get OFF the darn stuff?

Well ... it's easier than you think.

Just follow the process (it'll take you eight weeks, and then another 4 of maintenance to really get into the swing of things) and you'll be FREE.

For life.

Let's get started!

## Week One!

Hooray! It's time to get started! Week One and Two are relatively easy – we won't be going gung-ho yet, as these weeks are vital to the preemptive process of *gradually* cutting down on sugar and preparing your body and mind for the following six weeks.

Remember ... be nice to yourself J

### What you're going to do this week (with my help):

- ✓ Ditch the added sugars. Get rid of jams, table sugar, honey, dried fruit, chocolate, candy – everything that has more than a *maximum* of 8g of sugar per 100g serving has to go, as of right now.
- ✓ Start snacking on fat and protein. Whenever a sugar craving hits, reach for something fatty and filling. (Snacks and meals listed below.)
- ✓ Eat breakfast every day. If you've been eating a lot of sugar, your body won't be able to cope without a steady flow of calories coming in. That means have a good breakfast first thing, based around *protein* and *fat*.
- ✓ Snack often and indulgently. To avoid the mid-morning and mid-afternoon slump (danger time for sugar cravings!) pre-empt the strike with filling meals and snacks from the meal plan below.
- ✓ Caramelize your first Paleo onion. Instructions below. I add these to *everything*. The natural sugars and crispy texture makes salads, sandwiches, pizza, guacamole, and cottage cheese taste awesome – a hint of fructose-free sweetness makes a savory dish so much more satisfying. And it's so easy!
- ✓ If you drink a lot of sugar – fruit juice, soda, sugar in your tea – try substituting these for seltzer (soda water) with freshly squeezed lemon, lime or orange. You can also try replacing sugary teas with fruity herbal teas. These very low sugar drinks still have a hint of sweetness and they will help to 'wean yourself

off' the sugary stuff.

- ✓ Begin to stock your kitchen with the right tools. The base necessities are a good skillet or saucepan (one large, one small); a food processor; a spatula; a measuring cup; and a blender, for making smoothies. No need to rush out and buy it all at once, but use this week to begin the kitchen-stocking process.
- ✓ Start your daily 2 mile *or* 20 minute walk OUTSIDE IN THE FRESH AIR. Unless you literally cannot go outside for some reason (like your house is snowed under and you can't even open the door), *do not attempt to substitute walking on a treadmill for your daily walk*. You need the time outside, with the sun (or rain) on your face and the wind on your skin, to begin to retune yourself to your body's natural state. Plus, sunshine helps us to produce vitamin D, which you need for your immune system.
- ✓ Change your mind about exercise. Stop thinking about 'burning calories' or 'losing weight' or punishing yourself for an extra-big meal. Instead, I want you to think of your daily walk as a chance to 'tune in' to how it *feels* to be in harmony with your amazing body. Walking is the best way to gradually ease in to the sensation of how it feels to be a living, working body – something many of us have simply forgotten. This plays a vital role in your ability to eat intuitively, balance your appetite hormones, and restore balance in all your systems. Just head out the door, walk for 10 minutes, then turn around and walk back. Do it *every day!*

## 3 Links to Check Out This Week

- <http://www.yumpaleo.com/blogs.php> ... this is a great blog full of handy tips and useful information.

Fun to read and it will help you feel motivated and excited about the coming weeks when you have fully transitioned to the Paleo lifestyle!

- <http://www.yumpaleo.com/seafoodchowder> ... Who doesn't love seafood chowder? It's warming, tasty, filling, and rich – perfect for a speedy meal alone, or for entertaining guests (optional: add a glass or two of red wine J )

Watch this short, step by step video of Andrew, one of our resident chefs, showing you how he makes *the best* Paleo seafood chowder ever ...

... it's totally easy, fast, cheap to make, and even the cooking-challenged can do it J

- A delicious, sweet 'dessert-style' superfood smoothie: <http://www.yumpaleo.com/pineappleblueberry>

This one is great for those times you just want something *sweet*.

The pineapple aids digestion and collagen production, making your skin glow and keeping your tendons and joints flexible and healthy.

The blueberries contain vital fiber and antioxidants, good for your sight, cardiovascular system, and blood pressure.

The grapes add sweetness, and the living enzymes and electrolytes in this amazing little smoothie make this recipe four times as hydrating as water alone.

Blend, drink, smile, and be happy!



## How to Caramelize A Paleo Onion

This is a great way for even the cooking-challenged to get comfortable in the kitchen. (When I first went sugar free, I had *literally* never even scrambled an egg.)

I make a practice of keeping big quantities of this stuff stashed in the fridge, because I use it on nearly everything, but I will admit that freshly-caramelized, warm onions taste *incredible* – there's no beating the freshly cooked stuff.

(Plus, it makes your kitchen smell like a classic French restaurant.)

### ***You will need:***

- One or two big white onions (if making enough to save some in the fridge, use 6 to 8 onions.)
- A big dollop of salted butter or coconut oil.
- A splash of balsamic vinegar
- A grind of salt.
- A skillet or saucepan and a spatula.
- Chopping board and knife.
- That's it!

### ***Directions:***

- First, peel your onion the easy way: take the raw onion and chop both ends off (about ½ inch on both ends.) Then, cut in half lengthwise.
- Now use the knife to make a small 'notch' in the papery skin on both halves,

and peel the skin off.

- Now chop up the peeled, halved onion. No need to get fancy. Just chop it up into relatively small pieces.
- Melt your butter or coconut oil in the pan over low heat (do NOT get impatient and use high or medium heat! Your onion will burn, not caramelize!).
- When you have a nice coating of oil over the base of the pan, add your chopped onions and shake them around a bit so they cover the base pretty much evenly.
- Grind in a good pinch of salt.
- **Now comes the hard part: *leave those onions alone for AT LEAST five or six minutes.*** Do not stir. Do not shake the pan. Leave them be! (If you stir onions while they are cooking, they won't caramelize, they will just go mushy. Yuck.)
- After the onions have started to go brown and crispy looking around the edges, *now* you may stir. Once. Just enough to turn them over so the uncooked sides get a chance.
- Now leave them alone again for another five minutes or so.
- After about 10-12 minutes, or when the onions are really starting to look nice and dark golden-brown (there may be some black patches; that's okay, it's just the natural sugars caramelizing) you can take them off the heat.
- Serve in a salad, on crackers with cheese, with grilled halloumi, or with a big dollop of full-fat cottage cheese.
- Eat and smile!

## Sample Meal Plan: Week One

In your weekly sugar detox, you are free to pick and choose from any and all of the recipes in the back section of the book ...

... and don't forget to check out the *amazing* Paleo recipes at [www.yumpaleo.com](http://www.yumpaleo.com) where you can get dozens and dozens of delicious recipes, including videos of our awesome team preparing them step by step so you know exactly what to do!

But, it does help to see what a 'week's meal plan' might look like for you ...

So, here is a week of meals that I personally ate regularly and with enjoyment when I successfully detoxed from sugar and started to go Paleo.

Honestly? I did think about including the full 12 weeks' worth of meal plans, so you'd have all the decisions made for you and could simply follow along.

But the thing is ... I want to help you *move away* from the diet mentality of 'following a plan' and letting someone else tell you what to eat all the time.

I want you to feel **empowered**.

And a big part of empowerment is *learning to trust yourself again*, and start figuring out which foods *you* like and which foods make *you* happy.

So: yes, this meal plan is nutritionally sound and complete.

That means that, if you like, you can simply eat the meals from this plan for your entire 12 week journey ...

... a decision that has the added benefit of simplicity *and* the chance of speedier weight loss (studies show that the more often women eat from the same rotation of foods, the more weight they lose) ...

... or, you can mix and match, pick the recipes YOU want from the back of the book and from [www.yumpaleo.com](http://www.yumpaleo.com) , and experiment to your heart's content.

## A Few Last Things Before We Get Cooking

- ✓ Note that these are *not* all strictly Paleo meals; remember, this is a *transition* to Paleo, so you will see ingredients like milk, cheese, and the very-occasional piece of toast.
- ✓ All meals are rich in beneficial oils, quality proteins, and – even though you’ll be eating more vegetables than most actual vegetarians – all vegetables taste amazing. No bland iceberg salads for lunch, I promise.
- ✓ All meals are quick and easy to prepare and require literally ZERO experience in the kitchen.
- ✓ Week-day breakfasts and lunches are *especially* easy, given that you’ll likely be preparing for work or actually AT work on those days.
- ✓ You will need to prepare your lunches for week-days ahead of time – the morning works fine, but the salads will keep in the fridge for a couple of days as long as you seal them in a Tupperware-style container and don’t add the dressing.
- ✓ To bring a salad with you for lunch, simply put the dressing on the *bottom* of the container and put the protein and veggies/fruits on top. Mix it up just before you eat. This will ensure your salad stays nice and crunchy for lunchtime J
- ✓ Protein smoothies are a great mid-morning meal. Simply blend in the morning, stow in a Thermos or water bottle, bring it with you, and enjoy!
- ✓ Weekend meals are a bit more relaxed, and more given to that brunch-y ‘weekend feel’.
- ✓ You get to have dessert EVERY night! J

## But What About Calories??

Listen up: this meal plan is NOT low-calorie.

This is not *about* low calorie.

Instead, you have officially reached the point at which ‘a calorie is truly no longer a calorie’.

In other words, you will lose more weight from eating regular, plentiful, RICH healthy meals made of quality proteins, fats, and genuine superfoods, than you would restricting yourself to crappy ‘diet’ foods, sugary carbs, and other ‘low-calorie’ junk.

(I learned this the hard way, so let me say it one more time: **at this point, all calories are NOT created equal, and studies have repeatedly shown that cutting out sugar will help you lose weight *while eating more fat and protein than before.***)

### Breaking Free from the Diet Mentality

If you have been dieting for even PART of your life, your body is likely trained on some level to ‘hold onto’ fat cells (since it’s in famine mode.)

*This is not just some sappy idea.* This is a real thing.

Studies have decisively shown that the more a person diets, the harder it is to lose fat, the slower your metabolism becomes, the faster you GAIN fat, and the more cravings you are plagued with. It’s simple biology.

(And yes, this has happened to me. It was a nightmare. And I’m guessing you’ve experienced it too, at some point. Maybe you’re even experiencing it right now.)

Now: part of the process here is to reassure you, both physically *and* mentally *and* emotionally, that **from this point on there will ALWAYS be a surfeit of food.**

In other words, your body needs to be reassured that there will ALWAYS be enough, that you will NOT be going hungry or starving again, and that it can relax and let the fat go (and hang onto your muscle cells instead) ...

... because *there is no need to frantically save energy in the form of fat cells, or force you to gobble and binge desperately, because NOW THERE IS AND WILL ALWAYS BE ENOUGH FOOD.*

That means regular meals, PLENTY of snacks, and the unconditional permission to 'crowd out' any sugar cravings with rich, delicious, *satisfying* 'comfort-food' type snacks that will help your body re-tune and re-set its appetite and hunger levels.

But you won't get there by starving yourself, measuring calories, or using a dieter's mindset.

You can trust me on this.

Getting off sugar and going Paleo while *also* going low calorie WILL NOT WORK.

Ever.

It just becomes another boring, tasteless, unsatisfying *diet* that leaves you craving 'good food' (and inevitably binging.)

**The whole point here is that the 'diet' IS the nice food** – with the added benefit that this way of eating will also assist your body in retuning your natural appetite levels and allowing you to eat *intuitively* and naturally, so that you reach a natural, healthy weight *and stay there without effort.*

**So, over the next 12 weeks, you now have unconditional permission to eat.**

And no, you will not be going without sweet-tasting food.

(I have just figured out ways for you to eat fat-rich, protein-rich, sweet TASTING

foods without the metabolism-damaging fructose and sugars.)

You will not be going hungry.

You will not be skipping meals, having small meals, eating gerbil-food salads, or going low-fat, 'lite', or consuming typical 'diet food' *in any way*.

**The motto MUST BE plentiful, frequent, *sizeable and delicious* meals, and regular snacks, made of healthy, excellent foods that leave you feeling happy, empowered, and full of delicious calories and self love.**

This is the way forward. It will not hurt. It will taste delicious. You will feel awesome. The only thing standing in your way is your *years and years of 'diet conditioning'* which are trying to make you believe you need to restrict food to lose weight.

**You don't need to restrict FOOD. You just need to restrict SUGAR.**

And that's what this plan will do.

So. Don't freak out if this seems like a lot of food.

**I promise you, to get off sugar, you need to EAT.**

To get out of the dieting mindset and into a *permanent lifestyle of loving food, loving yourself, and HAVING the body you want without yo-yoing back and forth ...*

**... you need to EAT!**

Over the next 12 weeks, your body will calm down, gradually stop the need to binge, you will stop craving, and *you will start to tune in to what YOU want and need in order to be happy, free, healthy, and slim.*

Okay, pep-talk over. Let's go.



# Your Weekly Meal Plan

## Monday

*Breakfast:* Sweet guacamole protein smoothie; coffee or tea with stevia and 1 tablespoon coconut oil, heavy cream, or coconut milk. (*Optional: a pinch of cinnamon in coffee tastes amazing, and has the added benefit of balancing your blood sugar over the morning!*)

*Morning snack:* Protein cookie dough balls, coffee/tea with stevia to taste, plus added coconut oil and cream. Water.

*Lunch:* Chili chicken crunch salad jar plus one avocado and 2 hardboiled eggs.

*Afternoon snack:* Peanut-vanilla protein smoothie, coffee/tea with coconut oil and stevia.

*Dinner:* Egg and sausage scramble (make enough so you have leftovers for breakfast!)

*Dessert:* Homemade raw protein chocolate with peanut butter J Glass of almond, soy, or full-fat dairy milk

## Tuesday

*Breakfast:* Leftover egg and sausage scramble. Coffee or tea with stevia and added oil/cream to taste.

*Morning snack:* Handful of nuts, coffee/tea as above.

*Lunch:* Home-made pesto with crudité's and rice-cakes or toast; smoked salmon.

*Afternoon snack:* Grilled halloumi and an apple.

*Dinner:* Grilled salmon with new potatoes

*Dessert:* Homemade protein chocolate and raspberries J with glass of almond, soy, or full-fat dairy milk

## Wednesday

*First thing:* Hot water with juice of one lemon and one tablespoon of cider vinegar.

*Breakfast:* Protein pancakes with nut butter and yogurt. Coffee or tea with stevia and added oil/cream to taste.

*Morning snack:* Chocolate-cream protein shake

*Lunch:* Chicken-chili-crunch salad. (Canned tuna also works well for this.)

*Afternoon snack:* Protein cookie dough-balls.

*Dinner:* Coconut butter grilled fish with seedy greens

*Dessert:* Raw ice-cream and home-made peanut butter cup hot chocolate

## Thursday

*First thing:* Hot water with lemon juice and cider vinegar

*Breakfast:* Sweet guacamole smoothie, coffee/tea with stevia and added cream/oil to taste

*Morning snack:* Protein cookie dough balls, coconut water/water

*Lunch:* Chili chicken salad jar plus one avocado and 2 boiled eggs

*Afternoon snack:* Peanut vanilla smoothie, coffee/tea with stevia and added oil/cream to taste

*Dinner:* Pizza Bianca!

*Dessert:* Protein dessert bowl

## **Friday**

*First thing:* Hot water with lemon juice and cider vinegar

*Breakfast:* soaked vanilla oats with peanut butter and coconut sprinkle; coffee/tea with added oil/cream and stevia to taste

*Morning snack:* Banana protein smoothie

*Lunch:* Leftover pizza bianca

*Afternoon snack:* Egg salad with rice cakes and optional avocado; coffee/tea with stevia and added oil/cream to taste

*Dinner:* Tuna sweet potato and caramelized onions

*Dessert:* Raw protein chocolate, water/coconut water

## **Saturday**

*First thing:* Hot water with lemon juice and cider vinegar

*Breakfast:* Protein pancakes with nut butter and yogurt; coffee/tea with stevia and added oil/cream to taste

*Lunch:* Pesto and ham sandwiches with grilled halloumi on the side

*Afternoon snack:* Sweet berry protein smoothie

*Dinner:* Cheesy omelet with tomato; glass or two of wine (preferably red)

*Dessert:* Peanut butter cup hot chocolate

## **Sunday**

*First thing:* Hot water with lemon juice and cider vinegar

*Breakfast:* Egg and bacon scramble; coffee/tea with stevia and added oil/cream to taste

*Lunch:* Nut butter and “jam” sandwich with optional added dairy butter; glass of water or coconut water, or full-fat soy, almond, or dairy milk

*Afternoon snack:* Coconut butter on toast with sweet banana smoothie

*Dinner:* Beef chili, glass or two of wine (preferably red)

*Dessert:* Protein ice-cream J

## Sample Pantry List: The Basics

### (Make Sure You Keep These Foods In Your Fridge And Pantry – Restock When Low!)

You'll want to make sure you keep these staples in your fridge and pantry at all times.

If there's something on this list you don't like, that's fine – don't buy it! Remember, you'll be eating what *you enjoy*, so if you hate (let's say) cottage cheese, then that's completely fine, you can skip buying it.

These must-haves will enable you to keep on track and always be able to 'pull something out of nothing', quickly and easily.

You will want to add to this basic list for your weekly shop, according to which recipes for the week you've chosen from the recipe section; but the following items should be in your home at all times so you've always got the basics handy no matter what J

#### The Basics:

- Fats: coconut oil, mayonnaise, heavy cream/coconut cream, nut butter
- Dairy: halloumi, milk (coconut, almond, or full-fat dairy milk), cottage cheese, full-fat non-flavored yogurt
- Protein: eggs, chicken, beef, white fish, salmon, sausages (pick your favorite, you don't need ALL of these!)
- Vanilla or non-flavored protein powder
- Spices: raw ginger, garlic, salt, pepper, cinnamon, stevia, cocoa or cacao powder (cacao is the raw, unprocessed form of cocoa with many more minerals and nutrients than plain cocoa)
- Fruit: bananas, kiwifruit, lemons
- Produce: avocados, onions, beetroot, sweet potatoes, some form of greens (e.g. cabbage, kale, spinach, butter lettuce, whatever you like best)
- Rolled oats

**If you specifically want to follow the week's meal plan as laid out in the previous pages ...**

Then the items for that are listed below.

Just bring the following list with you to the grocery store, buy what's on there, and you'll be set for an entire week's worth of delicious meals – and plenty of tasty leftovers!

(*NOTE:* It may look like a lot – but remember, most of these items are pantry staples and will last you for many weeks, so ongoing grocery shops will cost you a *lot* less.)

## Shopping List to Cover The Weekly Meal Plan

### **Pantry:**

Cider vinegar

Vanilla or non-flavored protein powder

Coffee (if you drink it)

Tea (if you drink it)

Stevia (powdered)

1 jar coconut oil

1 can coconut cream (*not* the 'lite' stuff!) or heavy dairy cream

Cinnamon

2 cups of nuts (almond, brazil, macadamia works great)

Flaked coconut

Cacao or cocoa powder (cacao – pronounced *ka-KOW* - has amazing minerals, phytonutrients and alkalizing properties; cocoa is the processed form of cacao)

Raw peanut or nut butter (no added sugar)

Rice malt syrup

Wholegrain toast

Rice crackers

Rolled oats

Canned tuna in water or olive oil

Sunflower seeds

Black olives

Olive oil

Chili powder

*Optional:* bottle of red wine J

### **Produce:**

Bunch of bananas

8 lemons

Several big bags of mixed greens (spinach, kale, whatever)

4-5 kiwifruit

3 avocados

1 carrot

1 beetroot

1 head of cauliflower

1 head of green cabbage

1 head of red cabbage

White onions (at least 6)

*Optional: veggies of your choice for the egg and sausage scramble – eg, 1 red onion and 1 head of broccoli work great*

2 bunches coriander

1 bunch basil

Small bunch grapes

1 punnet raspberries or blueberries (fresh or frozen)

1 bunch green onions

1 head of garlic

1 cucumber

### **Refrigerator:**

Coconut water

12 eggs (cage free if you can afford it - they're richer in beneficial oils, better for you, yummiier, and kinder to the hens!)

Full-fat mayonnaise

1 pound sausages of your choice

Full-fat hard cheese of your choice (not pre-grated)

Butter (not margarine, real butter!)

Full-fat dairy milk *or* coconut *or* almond milk (your choice – get them all, if you like to try different things from day to day!)

Halloumi cheese

1 chicken (pre-cooked from the deli is fine)

Full-fat cottage cheese

White fish (enough for 1 meal)

Salmon fillet (enough for 1 meal)

Smoked salmon (enough for 1 meal)



## Recipes

### Sweet Guacamole Protein Smoothie

This delicious, sweet green smoothie is the perfect quick breakfast to energize your morning and put a smile on your face.

Packed with collagen-boosting, heart-healthy antioxidants, digestion-loving fiber, healthy fats, muscle-boosting protein, and zingy sweetness from the kiwifruit and grapefruit, this delicious smoothie is an amazing detox meal and will keep you full of self-love and nurture for hours!

(Note: it also travels really well, so if you like to have breakfast 'on the go', simply pour into a glass jar or car-safe tumbler and bring it with you!)

***Makes: 1 serving***

#### ***Ingredients:***

- 2 cups of loosely packed raw green leaves (spinach, kale, mesclun)
- ½ lemon
- ½ grapefruit
- ½ cucumber
- 1 serving vanilla or unflavored protein powder
- 250 ml cold water or coconut water
- ½ avocado
- Pinch of cinnamon
- 2 kiwifruit
- *Optional: handful of ice*
- *Optional: 1 tbsp melted coconut oil*

#### ***Directions:***

- Peel the avocado and de-stone; wrap the other half in tin foil and save in the

refrigerator crisper for future use

- Cut the skin off the lemon, grapefruit, and kiwi
- If you're using coconut oil, melt it in a saucepan and add at the very end, just before drinking (otherwise it will re-solidify)
- Toss everything in a blender, blend for 1-2 minutes, and enjoy!

## Protein Cookie Dough Balls

These balls are so easy to make and such a delicious, rich snack!

Packed with protein and heart-healthy fats, your skin will love the vitamin E from the nuts, and the sweetness from the coconut and spices will help you kick those sugar cravings to the curb. The protein keeps you full and feeds your muscles, skin, nails and hair; spices add a pleasant 'kick' and you can adjust the sweetness with more or less vanilla powder and stevia as you like.

*Note: for a 'drier' mix, add more coconut and cacao powder; for a 'wetter' mix (squidgier and chewy) add more coconut oil and/or peanut butter.*

**Makes: 4 servings of 3 cookie balls**

### **Ingredients:**

- 1 cup of nuts
- 5 tbsp cacao or cocoa powder, or to taste
- ½ cup shredded coconut
- 3 heaped tablespoons coconut oil, melted
- 3 heaped tablespoons peanut or almond butter
- 2 scoops vanilla or unflavored protein powder
- 1 teaspoon vanilla powder
- *Optional: pinch cinnamon, pinch stevia (or to taste), grind of sea salt, almond meal for extra fiber and 'dryness', dollop of salted butter for a mellower, oilier texture*

### **Directions:**

- Chop the nuts in a food processor or high-powered blender (just a rough blending, you don't want to turn them into powder)
- Melt the coconut oil in a saucepan over medium heat until it liquidizes
- Put everything in a bowl and mix with your hands or a big spoon until it turns soft and 'mooshy'

- Roll into small balls using your hands and put in the freezer on a baking tray for 1 hour (to harden)
- Store in the fridge and eat with love! (Balls will store for up to 1 week in the fridge, but I guarantee you'll have eaten them all long before then!)

## Chili Chicken Crunch Salad Jar with Avocado

This meal takes about 2 minutes to prepare and will travel happily in a glass jar (plastic is okay too, but glass is better as it doesn't leach into the salad ingredients over time.)

Crunchy and satisfying, add more seeds for extra oil and satiety – and don't forget to include the chicken skin too, for extra-satisfying *healthy* saturated fat!

The cider vinegar and greens in this salad make it a wonderful detox meal; the fats from the chicken, seeds, and dressing mean the vitamins in the veggies are easily absorbed by your body (and tastes darn good!) and the protein from the cottage cheese, seeds, and nuts make it satisfying and comfortingly 'heavy' in texture.

For even faster prep, you can use the slicing blade on a food processor to chop the veggies; otherwise, get out your hand grater and start grating.

For the chicken, I just buy a pre-cooked chicken from the grocery store and use it over the week; but you can also buy chicken breasts individually, poach in hot water or cook them under the grill, and store the cooked breasts in the freezer for use as you go.

(Just take a breast out of the freezer and leave in the fridge overnight so it's defrosted and ready for use the next morning.)

If you're taking the salad 'on the go', store in a glass jar or Tupperware container. Simply put the dressing on the bottom, put the salad and chicken on top, add the sliced avocado, and mix just before you eat.

Crunchy, satisfying, and with a sweet/spicy kick from the dressing, this is guaranteed to keep you full and happy for hours!

***Makes: 1 large salad***

### **Ingredients:**

- 1 carrot, grated
- 2-4 cups chopped raw green and red cabbage
- 1 raw beetroot, grated
- ½ avocado, de-stoned and sliced
- Handful of green leaves
- 4-6 ounces cooked chicken breast, torn up (keep the skin on for even more flavor and satiety-boosting fat!)
- 1 white onion, roughly chopped
- Grind of sea salt
- Dollop of salted butter or glug of olive oil, for cooking
- Handful of sunflower seeds
- *Optional: handful torn basil, coriander, or mint leaves*

### **For the dressing:**

- 2 tablespoons full-fat mayonnaise
- 1 tablespoon full-fat cottage cheese
- 1 tsp chili powder
- 2 tablespoons cider vinegar
- Juice of 1 lemon
- Pinch of stevia
- Big grind of sea salt
- *Optional: pinch of cinnamon, grind of pepper*

### **Directions:**

- Melt the salted butter over low heat in a saucepan.
- Add the chopped onion and grind of salt, and cook for 10-15 minutes on low heat, stirring once every five minutes or so to caramelize. (*The more you stir, the mushier the onion gets – to truly caramelize an onion, you've got to let it cook in its own sugars without disturbing too much!*) It should turn golden-brown and look *slightly* charred around the edges; that's when you know it's

done.

- At the last moment, add the cooked chicken breast (torn up using your hands) to the onions, so it takes on the caramelized flavor. Let sit for a minute to absorb the flavors.
- Put all the grated and chopped vegetables in a large bowl or Tupperware container. Put the chicken, seeds, and caramelized onions on top. Add dressing. Serve and enjoy!
- *NOTE:* If bringing the salad on the go, put the dressing on the bottom of the container and the salad, chicken, seeds and avocado on top. Mix just before eating, eat, and smile!

***For the dressing:***

- Add everything into a small mixing bowl and splodge it around with a spoon until it turns runny.
- Taste and adjust flavor/consistency as you like (for more zing, add more lemon juice and/or chili powder; for a sweeter mix, add a bit more mayonnaise and a bit more stevia.)

## **Peanut-Vanilla Protein Smoothie**

This is one of my FAVORITE smoothies ever! It tastes *just* like a malted vanilla ice-cream milkshake, but with no added sugar, lots of fiber, and plenty of healthy fat and protein, it's so good for you.

I like to have this after a walk or a workout (liquidized protein is sucked up quickly by your hungry muscles, giving you a metabolic boost and increasing your muscle strength) but it also makes a great pre-bedtime snack ... an indulgent fast breakfast ... or any time you need something sweet and satisfying!

You don't have to add the chia seeds if you don't want to, but if you do, they will thicken the consistency and turn it into a delicious soft-serve ice-cream consistency – plus, with plenty of anti-inflammatory omega-3 oils and an extra dollop of protein and fiber, they make this a real superfood smoothie!

***Makes: 1 smoothie***

### ***Ingredients:***

- ½ cup full-fat coconut milk
- ½ cup full-fat dairy, soy, or almond milk
- 1 serving vanilla protein powder
- 3 tablespoons peanut butter
- *Optional: pinch of cinnamon, 1 tablespoon of chia seeds, handful of ice, 1 banana*

### ***Directions:***

- Stick everything in the blender.
- Blend for 1 -2 minutes on 'high'.
- Serve and gulp down with a grin!



## Egg and Sausage Scramble

This meal is INCREDIBLY easy to make – it's truly foolproof.

Plus, it adapts well to random vegetables you happen to have on hand, and turns out delicious every time.

I often double the recipe when I cook it – it stores amazingly well in the fridge (just whack it on a plate and cover with a paper towel) so you can eat it all week for dinners, lunches, or quick and tasty breakfasts.

For longer-term leftovers of up to two months, store in the freezer in a Tupperware container, or parcel out into individual serves and place in Zip-loc sandwich bags for easy future meals when you're in a hurry or just want something quick, cheesy, and delicious.

**Makes: 6 servings**

### **Ingredients:**

- 12 eggs (preferably free-range, cage-free for the beneficial fats and kindness quotient) – use the yolks too, no 'whites-only'!
- 1-2 pounds quality sausage meat (preferably nitrate/nitrite-free; just ask the butcher or deli assistant)
- Any kind of cheese (a couple *big* handfuls, grated)
- *Optional:* chopped onions, broccoli, or any veggies you happen to have on hand; grind of sea salt, grind of pepper

### **Directions:**

- Preheat the oven to 350 degrees Fahrenheit.
- In a large saucepan, cook the sausage over medium heat for approx 10 minutes.
- When cooked, take the sausage out of the pan and sprinkle evenly over the bottom of a large baking dish, leaving the grease in the saucepan.

- In the remaining sausage grease, cook whatever veggies you are using (if you're using any.)
- Add the cooked veggies, if using, to the sausage in the baking dish.
- Sprinkle a *generous* amount of grated cheese over top.
- Beat the eggs, with salt and pepper if using, and pour over top of the cheese/sausage/veggie mix.
- Put in the oven and bake for 25-35 minutes. (I usually turn mine around once after fifteen minutes, to make sure it browns nicely.)
- Let it cool for about 10 minutes to 'set' before serving.
- Slice, eat, and be happy!

## Protein Chocolate

Oh my Lord ... this homemade chocolate is better than anything you will *ever* buy in a store.

I first heard about it from my amazing and inspiringly-healthy friend Loveday, who was a powerful inspirational force of encouragement and advice on my own sugar-free journey (you can check out her incredible personal story of triumph over illness, and the inspiring recipes she used to self-heal, at [www.wild-and-good.com](http://www.wild-and-good.com) ) - she graciously agreed to let me share this recipe with you here. Thanks Loveday! J

This chocolate is truly a superfood *bomb* – antioxidants and polyphenols from the cacao, muscle-friendly protein, and plenty of vitamin E and anti-inflammatory oils from the coconut (which has potent immune-boosting, anti-microbial, blood-sugar balancing, and anti-viral properties also.)

Remember to store it in the fridge (preferably in a glass jar) as it will melt at room temperature.

Creative boost for extra fun: feel free to add any tasty bits and pieces you happen to have lying around. The chocolate is a blank canvas – it tastes *amazing* as is, but adding extra stuff (chopped nuts, frozen berries, shredded coconut, cacao nibs, etc) makes it even tastier!

*Note:* if you're not familiar with coconut oil, just have a few shards of this chocolate at a time until your digestive system is used to it – coconut oil 'greases' your belly (which is a good thing, aiding digestive health and keeping your gut flora at optimum levels) but if you haven't had it before, you'll need to give your intestines a chance to adjust over a few days!

***Makes: 2-3 moderate snacks ... or one big one!***

### ***Ingredients:***

- 2 tablespoons cacao or cocoa powder, or to taste

- 5 tablespoons coconut oil, heated to liquid
- 3-4 heaping tablespoons nut butter (no sugar added)
- 2 servings vanilla or unflavored protein powder
- Grind of sea salt
- Pinch of vanilla powder
- Small pinch stevia, or approx. one heaping tablespoon rice malt syrup
- *Optional:* Anything else you happen to have lying around (shredded coconut, almond meal, frozen berries, small handful of cacao nibs, etc)

***Directions:***

- Heat the coconut oil in a pan until it's liquid.
- Put everything except the salt in a bowl, and moosh around with a spoon until it's all mixed up.
- Put a piece of non-stick baking paper on top of a dinner plate. Pour the chocolate on top. Spread it around a bit so it covers most of the plate.
- Grind the sea salt on top.
- If using cacao nibs, sprinkle these on top too.
- Place in the freezer for an hour, then break into shards and store these in a glass jar in the fridge.
- Sample, be surprised at how incredible it is, and joyfully eat some more! (Try not to eat it all at once. I dare you.)

## Grilled Halloumi Cheese With Fruit

When I first got off sugar, this was my number-one go-to snack. It's so rich and oily, it nips any sugar cravings right in the bud and gives you that warm, dreamy 'comfort food' feeling.

Loads of protein and healthy fat keeps you feeling full and happy; a sprinkle of cinnamon (if using) balances blood sugar and gives a sweet, mellow taste; and when combined with an apple or berries, you get plenty of fiber and natural carbohydrates to top up your energy and keep that 'fuzzy-headed' midafternoon feeling at bay.

*Weird fact:* halloumi cheese is called 'the squeaky cheese' because it makes an adorable squeaking sound when you chew it J

**Makes:** 1 medium-sized snack

### **Ingredients:**

- About 100g of halloumi cheese
- Drizzle of olive oil or salted butter (about ½ tablespoon), for cooking
- Handful of berries or a medium-sized apple
- *Optional: grind of sea salt, sprinkle of cinnamon*

### **Directions:**

- Slice the cheese into strips about ½ inch wide
- Using either a saucepan over low-medium heat, or a sandwich press, drizzle the oil onto the heated surface
- Add the cheese and a sprinkle of salt or cinnamon, if using
- Cook on low-medium heat for about 5-6 minutes, turning once halfway through
- When done, the cheese should be a light crispy golden brown on both sides
- Eat immediately with a handful of fresh berries or a crunchy apple for a delicious, protein-rich, nutritionally-balanced snack!

## Grilled Salmon with New Potatoes and Optional Bacon

Everyone knows salmon is good for you. Omega-3 oils are amazing for your heart, cardiovascular system, brain function, and eyesight, and the taste of a perfectly-cooked chunk of salmon with a squeeze of lemon is enough to have you coming back for seconds (and thirds!)

But it gets even better when you add ... *bacon*. A handful of crispy bacon bits crumbled over your salmon and potatoes adds crunch, salty flavor, and extra richness to every bite.

*Rule of thumb for cooking salmon:* every 1 inch of the fillet thickness takes about ten minutes.

So, a 1 inch thick fillet will take 10 minutes; a 2 inch thick fillet *about* 20; and so on. Keeping to this approximate rule will ensure your salmon stays juicy and delicious – no risk of overdrying! (Keep an eye on it though; check it once every 10 minutes. When the flesh goes opaque, it's done.)

*Note:* this meal is quick and easy, but multi-tasking is important so you don't end up with cold salmon or cold potatoes while you're waiting for your bacon to cook. Assemble your ingredients first, and make sure the saucepan is heating for the bacon *and* the water for the potatoes is boiling while you prep your salmon.

**Makes: 1 main meal**

### ***Ingredients:***

- 6-8 ounces of salmon fillet (fresh is best, but it'll keep for up to 3 days in the fridge)
- Handful of baby potatoes (scrubbed clean)
- Juice of 1 lemon
- ½ tablespoon of coconut oil or butter, for cooking the bacon
- Drizzle of olive oil, for baking the salmon
- Handful of cherry tomatoes

- Grind of sea salt
- *Optional:* 2-3 strips of bacon (streaky bacon is best, but any kind will do - preferably from free-range, pen-free pork)
- *Optional:* knob of salted butter for the cooked potatoes

***Directions:***

- Preheat the oven to 300 degrees Fahrenheit
- Start the water boiling for your potatoes
- Start the saucepan heating on a *low* heat for your bacon
- When you've done these three things and the oven is hot, place your salmon filet in the silver foil (shiny side in) and squeeze over half the lemon juice, a grind of sea salt, and a drizzle of olive oil before folding the foil around the fish.
- Bake in the oven according to the 10 minute rule (see above) – the average salmon filet is usually about 2 inches thick, so plan on cooking for *about* 15-20 minutes, but check after 10 minutes to be sure. If it's not done, rewrap quickly and put it back in.
- While the salmon is cooking, place the baby potatoes into *just* enough boiling water to cover them. Boil on high heat for 10 minutes, or until tender. Drain.
- The saucepan for the bacon should now be hot. As soon as you've put the potatoes on to boil, melt the butter or coconut oil so it covers the base of the pan. Place the bacon strips in so they don't overlap, and cook on a *low* heat, turning once, for about 10 minutes, or until crispy.
- Take the bacon out of the pan using a spatula, and drain on a paper towel or a wooden chopping board for a few moments. Using a fork (it will be too hot to use your bare hands), pull the bacon apart into chunks.
- Optional but delicious: you can reserve the grease from the bacon, and pour

it straight over your potatoes on the plate, Southern-style.

- Serve the salmon and new potatoes steaming hot, sprinkled liberally with chunks of salty-crispy bacon and the remaining juice from the lemon. Add a handful of cherry tomatoes, and a knob of butter to your potatoes if you like (or use the bacon grease for an extra flavor explosion!)
- Eat and smile!



## Protein Pancakes

It might sound ludicrously time-consuming to make pancakes on a weekday morning, but these literally only take **3 minutes to make** and are completely idiot-proof for even the most cooking-challenged person.

Full of fiber, the oats balance blood sugar and are good for your heart and digestive system. Nut butter adds healthy fat and extra protein; cottage cheese and eggs are among the most perfectly bio-available proteins known to humans; and yogurt adds extra beneficial enzymes, cultures, and a dose of sweetness without the fructose.

And, most importantly, they taste great and will leave you feeling bright, perky, and full of energy (no sugar crash or carb hangover!)

Best ... breakfast ... ever!

***Makes: 1 large pancake or 2 medium sized ones (enough for 1 hungry person)***

### ***Ingredients:***

- ½ cup of rolled oats
- ½ cup full-fat cottage cheese
- 1 egg
- 1 serve vanilla protein powder
- 1 teaspoon cinnamon
- 1 tablespoon coconut oil, for cooking
- Glug of milk (any kind, as long as it's full-fat) or coconut water
- *Optional: stevia to taste, for extra sweetness without the sugar*
- 2-3 tablespoons nut butter, to serve
- ½ cup plain full-fat yogurt, to serve

### ***Directions:***

- In a big bowl, mash up all the ingredients *except* the coconut oil, nut butter, and yogurt, and mix until the mixture is relatively smooth

- (*Optional:* you can use a stick-blender or jug-blender to make it *super* smooth; I like the 'chewy' texture of un-blended oats, but it's your choice)
- Adjust the consistency of the batter using milk or coconut water until the mixture is thick but pourable
- In a heated saucepan (medium heat) melt the coconut oil until it's liquid and thinly coats the bottom of the pan
- Pour in the mixture according to how big you want your pancakes to be – all at once for one big thick one, one blob at a time for smaller, thinner ones
- *Note:* if you are cooking your pancakes in batches, put the cooked ones on an oven-safe plate in the 'warming' drawer so they stay warm and tasty, until the full batch is cooked and ready to eat!
- When bubbles appear on the surface of the pancake (usually about 2-3 minutes), flip it once and cook for another couple minutes, or until firm and golden-brown
- Serve on a pretty plate with a thick spreading of nut butter and generous dollops of yogurt
- Enjoy!

## Chocolate-Cream Protein Shake

***Makes: one delightfully creamy chocolate smoothie***

### ***Ingredients:***

- 1-2 heaping tablespoons of cocoa or cacao powder
- 250 ml coconut water
- ¼ cup coconut cream
- 1 tablespoon rice malt syrup, or a pinch of stevia
- 1 serving vanilla protein powder
- *Optional: one medium-sized banana; handful of ice*

### ***Directions:***

- Put everything in a blender, blend on high for 1-2 minutes
- Serve cold in a tall glass!

## Cheesy Egg Cakelets with Optional Pesto Dollops

These little cakelets are delightfully savory and full of squishy, cheesy goodness.

They cook up into a massive batch, and are guaranteed kid-friendly. I like to cook them on the weekend (they translate excellently into lazy Sunday brunches) and then eat any leftovers for breakfasts and snacks through the week.

Add whatever yummy options you like, as the recipe is flexible – my faves include cooked bacon, chunks of roast vegetables, crumbled feta, and handfuls of pumpkin seeds for extra beneficial fats – so experiment away!

**Makes: 12-18 cakelets, 1 cup of pesto**

### **Ingredients:**

*For the cakelets:*

- 12 whole eggs (preferably cage free)
- Several big handfuls of shredded cheese, any kind (the more the better!)
- Several good grinds of salt and pepper
- Plentiful butter or coconut oil, for greasing
- *Optional: cooked bacon, smoked salmon, blue cheese, seeds, chopped walnuts, olives, grated zucchini, caramelized onions ... anything savory goes!*

*For the (optional) pesto:*

- 2 cups of loosely packed fresh basil leaves (parsley also works well)
- ½ cup olive oil
- ½ cup pine nuts, cashews, or walnuts
- 3 garlic cloves, peeled
- Juice of one lemon
- Salt, to taste

***Directions:***

*For the cakelets:*

- Preheat the oven to 350 Fahrenheit
- Whisk the eggs in a large bowl until well mixed
- Prepare any extras (cook your bacon, grate your zucchini, whatever)
- Using a paper towel, scoop up a large wad of coconut oil or butter and use it to liberally grease the insides of the cupcake tray
- Using a large spoon, ladle, or measuring jug, pour out your egg mixture until each cupcake is about half full
- Add the cheese (and any 'extras') and use your fingers to stir them around so each cupcake is well mixed
- Add a sprinkle of pepper and salt to the top of each cupcake
- Bake for 20-25 minutes, or until the cakelets are firm in the middle – they should still be a little 'shaky' around the edges, but when you take them out of the oven, they will set.
- Bring out of the oven, let cool for 15 minutes, and enjoy with sliced avocado and dollops of pesto mayonnaise!

*For the pesto mayonnaise:*

- Put all the ingredients in a food processor and stir it first to distribute the ingredients so the blades 'take' to the mixture
- Pulse the food processor lightly until the mixture is chunky but spreadable

- Dip a finger in (turn the processor *off* first!) and taste – adjust to your preference with extra oil, lemon juice, or garlic
- Re-blend if extra ingredients were added
- Add generous spoonfuls to your cakelets as you eat them; any leftovers can be stored in a glass jar in the refrigerator (keeps for up to a week)
- Serve and enjoy!

## **Easier-Than-It-Sounds Coconut Butter Grilled Fish with Green Seedy Salad**

This recipe is simple, easy, and delicious. The tartness of the salad sets off the rich nutty goodness of the coconut fish, and crunchy seeds add little savory explosions in your mouth.

Plus, it's a *complete* no-brainer to cook. Double win!

The only thing is ... do *not* use salmon! The coconut oil clashes weirdly with the salmon oil. Any white fish will do just fine instead.

***Makes: 1 serving***

### ***Ingredients:***

- 1 filet of any white fish (halibut, terakihi, tilapia, etc)
- 2 cups of shredded coconut
- 1 tablespoon of salted butter
- 1 garlic clove, minced
- Sea salt
- 2 giant handfuls of green leaves
- Tablespoon of olive oil
- Juice of one lemon
- Small handful of seeds (sunflower, pumpkin, etc)

### ***Directions:***

- Preheat the oven to 350 degrees Fahrenheit
- Tear off a sheet of silver foil big enough to wrap your filet in
- Place the fish on the foil (shiny side in)
- Season with a grind of sea salt, garlic, and knob of butter (the butter will melt

and spread itself, just whack it in there)

- Wrap the foil around the fish
- Place in the oven and bake for approximately 15-20 minutes, or until flesh is opaque and firm yet juicy
- While the fish is baking, put your coconut shreds in the food processor and blend for 15 minutes, stopping every so often to scrape down the pulverized coconut from the sides
- Do not stop blending until the coconut shreds turn to thick, gooey liquid! If you stop beforehand, it will taste different – not as good.
- When the fish comes out of the oven, take a big spoonful of the coconut butter and spread it over top of the fish.
- For the salad, put the leaves in a bowl. Mix the lemon juice and olive oil and pour over top. Sprinkle with seeds.
- Serve and enjoy!
- **Note:** Save the remainder of the coconut butter in the fridge, in a glass jar, and eat it with love until it's all gone. (It will keep for a week or so.) You can spread it on wholegrain toast, on crackers, add it to smoothies and yogurt, or just eat a big dollop by itself to ward off incipient sugar cravings – sweet, creamy, and satisfying!



## Coconut Butter

This is sweet, delicious, and packed with healthy fats. I like to keep a big jar handy at all times (and I am known to eat it by the spoonful all by itself. SO GOOD.)

**You will need: a food processor (*you can use a blender instead, but you'll have to 'pulse' it – which takes a bit longer - or the motor will burn out, unless it's a Vitamix blender.*)**

**Makes: 1 big jar**

### ***Ingredients:***

- 1 big bag of desiccated coconut (the bigger, the better)

### ***Directions:***

- put your coconut shreds in the food processor and blend for 15 minutes, stopping every so often to scrape down the pulverized coconut from the sides
- Do not stop blending until the coconut shreds turn to thick, gooey liquid! If you stop beforehand, it will taste different – not as good.

## Protein Icecream

This tastes JUST like ice-cream ... but with a healthy protein punch and all the luscious goodness of coconut milk. Mmm!

NOTE: You do need pre-frozen ingredients to make this dish ... and since I eat it so often, I like to keep a stock of pre-frozen bananas and coconut milk (stored in small plastic containers) in the freezer ready to use whenever I want a sweet hit of healthy ice-cream.

If you're an ice-cream lover, I suggest you do the same so you're always ready to blend!

This recipe is also pretty flexible – you can add peanut butter, cacao powder, chopped nuts, etc, to the mixture in the food processor for extra flavor and texture variety J

**Makes: 1 serving**

### **Ingredients:**

- 1 frozen banana (peel it *before* you put it in the freezer, inside a Ziploc bag)
- ¼ cup of full-fat coconut milk, frozen
- 1 serving vanilla protein powder
- *Optional:* pinch of cinnamon, pinch of vanilla powder, *small* pinch of stevia

### **Directions:**

- Put the frozen banana, frozen coconut milk, protein powder, vanilla powder, and stevia (if using) in a food processor or blender
- Blend until the mixture is smooth – about a minute

- Add any additional ingredients (peanut butter, etc) and pulse a few more times so it's evenly distributed
- Serve in a nice bowl with optional sprinkling of cinnamon on top, and enjoy!

## Egg Salad Rice Cakes with Avocado Mayonnaise

Incredibly fast and easy. Great for those moments when you just want something NOW, with minimal clean-up afterwards.

**Makes: 1 serving**

### **Ingredients:**

- 3 eggs (preferably cage-free)
- 2 tablespoons full-fat mayonnaise
- ½ avocado
- Teaspoon curry or chili powder
- Juice of ½ a lemon
- Grind of sea salt
- Pepper to taste
- Handful of rice cakes
- *Optional:* handful of cherry tomatoes and ½ chopped red onion
- *Optional:* dollop of cottage cheese for extra protein and texture

### **Directions:**

- Hard-boil the eggs by placing in *boiling* water for 15 minutes
- Meanwhile, mash the avocado, curry or chili powder, salt, pepper, lemon juice, mayonnaise, and cottage cheese (if using) together in a small bowl
- Peel the eggs and mash them into the mayonnaise mixture
- Serve with rice-cakes for scooping, a handful of cherry tomatoes, and diced red onion on top!

## “Pizza Bianca” Meatza!

This protein-laden healthy meal tastes like a delicious, salty, savory pizza ... but instead of a spongy, gluten-laden, carb-hangover-inducing base covered with sugary sauce ...

... you use MEAT.

Ohhh yeah.

(It stores really well too, so you can have pizza for breakfast the next morning!)

**Makes: 1 large pizza (enough for 2 meals)**

### ***Ingredients:***

- 2 pounds ground beef (preferably free-range, grass-fed)
- 2 eggs
- Salt, pepper
- One tub full-fat crème fraiche
- 2 caramelized onions
- Big chunk of blue cheese
- Knob of butter for greasing
- *Optional:* garlic, oregano, rosemary, tomatoes, mushrooms
- 

### ***Directions:***

- Preheat the oven to 450
- Caramelize your onions (see the chapter entitled ‘*How to Caramelize Onions Like a Pro*’ if you haven’t done this before)
- In a mixing bowl, combine your ground beef with the eggs and any spices

you're using

- Mix with your hands
- Grease your oven tray (for the love of God, *make sure it has a lip around the edges*, or the meat will 'leak' juices all through your oven!)
- Spread the mixture onto the pan (it will shrink in the oven, don't worry)
- Bake for approximately 15-20 minutes. Keep an eye on it to make sure it doesn't burn, this depends on how thick your meatza crust is.
- Take it out, drain any excess grease.
- Sprinkle the caramelized onions thickly on top
- Dollop spoonfuls of crème fraiche here and there (do not 'spread' this stuff; just glop it around in dollops, it will melt in the oven and spread itself.)
- Add your veggies and optional extras, if using
- Add a crumble of blue cheese on top
- Put it back on the oven on 'broil' and cook it on high heat for *about* 10 minutes, or until it looks golden, melty, delicious and 'done'
- Take it out, wait for it to cool (five minutes should do it), cut it up, and enjoy!

## Protein Dessert Bowl

This yummy dessert tastes like delicious mousse – but it’s packed with bioavailable ‘perfect’ protein, healthy carbs, and the lactose in the dairy makes it absolutely luscious.

(Lactose is milk sugar. Milk sugar is fine. It’s fructose we’re avoiding.)

I like to eat this after a workout, or just before bed – the carbs in the yogurt make me sleepy so I have a great night’s rest, and I know it’s feeding my muscles and starving my fat while I sleep!

**Makes: 1 serving**

### **Ingredients:**

- ½ cup full-fat cottage cheese
- ½ cup no-sugar yogurt, full-fat
- 1 serving vanilla protein powder
- Sprinkle of cinnamon
- *Optional: small pinch of stevia, chopped nuts, sliced banana, 1-2 tablespoons cacao or cocoa powder, sprinkle of coconut shreds, etc)*

### **Directions:**

- Combine all the ingredients in a dessert bowl, and mix using a spoon until the protein powder has dissolved
- Eat and enjoy!

## Soaked Vanilla Oats with Peanut Butter and Coconut Sprinkle

Easy-peasy breakfast food (or bedtime snack!) This is best when you soak the oats overnight, but I frequently soak mine for only 10 minutes in the morning because I usually forget to do it the night before. It's still great J

**Makes: 1 serving**

### **Ingredients:**

- ½ cup rolled oats
- 1 cup water
- 1 cup full-fat milk
- 1 serve vanilla protein powder
- Pinch of cinnamon
- Handful shredded coconut
- 1 tablespoon peanut butter

### **Directions:**

- Place the oats in a bowl.
- Cover in the water. If soaking overnight, leave in the fridge; otherwise, just leave it on the counter for 10 minutes.
- When the oats have soaked for a minimum of 10 minutes, put the milk and protein powder in a shaker bottle or blender and blend or shake until mixed well.
- Pour the milk/protein mixture over the soaked oats.
- Add your cinnamon and shredded coconut and mix briefly with a spoon.
- Glop the peanut butter on top. (You can mix it in if that's how you like it, but I prefer to take small nibbles from the peanut butter lump with my spoon as I go ... oh man I love me some peanut butter.) Eat and enjoy!



## Banana Protein Smoothie

Basic, simple, delicious, nutritious.

The enzymes from the raw fruit are good for your digestive system and cellular health; the protein feeds muscle cells and repairs your skin, hair, nails, bones, and nervous and immune systems; cinnamon is a potent blood-sugar balancer and is a powerful ally in nipping those sugar cravings in the bud; the coconut water is *intensely* hydrating and packed with potassium (great for your circulation); *and* it tastes amazing. Boom!

**Makes: 1 smoothie**

### **Ingredients:**

- 1 banana
- 250 ml coconut water
- ¼ cup full-fat coconut cream
- 1 serve protein powder
- Pinch of cinnamon, pinch of vanilla powder
- *Optional: handful of ice*

### **Directions:**

- Place ingredients in a blender.
- Blend, drink, and be happy!

## Tuna Sweet Potato

**Makes: 1 meal**

### **Ingredients:**

- 1 big can tuna, packed in olive oil or water
- 1 large sweet potato
- Knob of butter or drizzle of olive oil
- Sprinkle of salt
- 2 tablespoons full-fat cottage cheese
- 1 tablespoon mayonnaise
- 1 teaspoon Dijon mustard
- 1/3 avocado
- Handful of caramelized onions
- Big handful of salad greens

### **Directions:**

- Preheat the oven to 350
- Scrub your sweet potato and cover it liberally in butter or oil
- Stab it a few times with a fork
- Place in the oven and cook for 20-30 minutes (check it every so often; some sweet potatoes char faster than others depending on how mature they are)
- While it's cooking, if you haven't got pre-caramelized onions on hand, do that now
- When the onions are done and while the potato is cooking, mix your tuna, cottage cheese, mayonnaise, mustard, and avocado in a small mixing bowl

- When the sweet potato is done, take it out, cut in half, and scoop some of the flesh into your tuna/mayonnaise mixture, and re-mix briefly
- Load the tuna, mayonnaise, and flesh of the potato back into the skin
- Put the caramelized onions on top
- Serve on your fresh greens with a grind of salt and optional extra drizzle of olive oil, and enjoy!

## **Pesto and Ham Sandwiches**

***Makes: 1 sandwich***

### ***Ingredients:***

- 1/3 cup of pesto (see previous recipe for Eggy Cakelets with Pesto Dollops)
- Big handful of shaved ham (preferably from cage-free pigs)
- 1 sliced tomato
- 2 slices wholegrain or sprouted-grain bread
- Small handful of green leaves
- *Optional:* 1 big spoonful of full-fat mayonnaise

### ***Directions:***

- Spread the pesto (and extra mayonnaise, if using) over the bread
- Add the ham
- Put the tomatoes in
- Sprinkle the greens on top
- Eat and smile!

## **Sweet Berry Smoothie**

Click on this link, make the smoothie, drink, and enjoy!

*Optional: add 1 serving of vanilla protein powder*

<http://www.yumpaleo.com/strawberrybanana>

## Cheesy Omelet with Tomatoes

**Makes: 1 delicious omelet!**

### **Ingredients:**

- 1-2 ripe tomatoes
- Mozzarella
- Handful of fresh basil leaves, torn
- Grind of sea salt and pepper
- 3 eggs (preferably free-range)
- Knob of coconut oil for cooking

### **Directions:**

- Slice the tomatoes
- Slice the mozzarella thickly
- Melt the oil in a small saucepan over *medium-low* heat
- Beat the eggs and add to the saucepan, swirling to coat the bottom of the pan
- After 2-3 minutes, or when eggs are *mostly* cooked, add the cheese, basil, tomato pieces, and grind of salt and pepper
- Give it a few more moments, then carefully wiggle your spatula under the edge of the omelet, and flip it over
- After 10 seconds or so, slide the omelet out of the pan, onto your plate, and ultimately, into your mouth!
- **Optional mess-free technique for the omelet-challenged:** instead of making an omelet (which can be risky if you don't know how to tell cooked eggs from burned eggs; also, the flipping can be hard for some people), simply scramble

the eggs in the oil, and add the mozzarella and other ingredients when the eggs start to 'ball up' in the pan. Serve and devour with glee J

## Egg Scramble with Bacon

This is like a road-house hash – except that it’s waaay tastier, healthier, and you can adjust the ingredients to suit your own taste.

I make this often and eat it voraciously. Guaranteed to fill the cracks.

***Makes: one meal***

### ***Ingredients:***

- 2-3 eggs
- Chopped white onion
- ½ a can of spicy tomatoes
- Several rashers of bacon, or handful of beef mince or sausage meat
- 1 big handful of grated swede, turnip, or sweet potato
- Coconut oil

### ***Directions:***

- Grate your vegetable of choice
- Cook in coconut oil
- When almost done, add the onion and cook until tender.
- Add the tomatoes, stir and cook until warmed through
- Remove from pan and put the veggies into a bowl or plate
- Add more oil to the pan, and cook bacon on low heat until crispy
- Remove bacon from the pan (leaving the bacon grease in the pan!)
- Tear bacon into bite-sized chunks, and mix into the vegetable/tomato mixture



- Beat the eggs and cook them, scrambling, in the bacon grease
- When done, put the eggs on top of the vegetable/bacon mixture, stir briefly, and eat!

## Nut Butter And “Jam” Sandwich

This delightful. Perfect for an easy lunch, or anytime you need something fatty but sweet to combat sugar cravings.

Eating PBJs makes me feel like a kid again. Except, unlike the white-bread sandwiches I used to eat back then – smothered in sugary peanut butter and even sugarier jam – this one’s actually healthy!

I like to eat these with a tall glass of full-fat milk.

***Makes: 1 kick-ass sandwich***

### ***Ingredients:***

- 2 slices of wholegrain or sprouted grain bread (for a crunchier sandwich, toast the bread)
- Thick lathering of nut butter (peanut, almond, brazil nut, cashew, etc ... you choose)
- Small handful of fresh *or* frozen-but-well-defrosted berries
- *Optional: small pinch of stevia and cinnamon*
- *Optional: for a TRULY out of this world sandwich experience, smear coconut butter on the bread before you add the nut butter and berries.*

### ***Directions:***

- Spread the nut butter and coconut butter (if using) THICKLY on the bread
- In a small bowl, mash the berries with a fork

- Mix in stevia, if using
- Spread the mashed berries onto the peanut butter
- Sprinkle the cinnamon on top, if using
- Close the sandwich, press it down, and devour it with a glass of milk!

## **Peanut Butter Cup Hot Chocolate**

This is the perfect hot drink for dessert, a warming snack, or a decadent breakfast! So filling and satisfying and packed with healthy fats, antioxidants, and micronutrients – this one's a winner for health AND taste.

You will need a saucepan and a stovetop.

***Makes: one incredible mug***

### ***Ingredients:***

- Dessertspoonful of raw cacao powder (or more, to taste)
- ½ a tin of coconut milk
- teaspoon of honey (or more, up to 2 teaspoons, to taste)
- tablespoonful of nut butter
- Sprinkle of cinnamon
- Spoonful of cacao nibs (optional)

### ***Directions:***

- In a small saucepan, warm the coconut milk on a LOW heat for several minutes, stirring constantly (do not let it boil)
- Add cacao powder and honey, stir until dissolved
- Add the nut butter, stir, and take the pan off the heat
- Decant carefully into a mug
- Sprinkle with cinnamon
- Sprinkle with cacao nibs if using (careful – they're bitter!)
- Drink and smile!

## Magic Beef Chili

Chili is one of the most stunningly easy dishes to make in the universe. Bonus: you'll have heaps of leftovers, which magically improve in flavor as time goes on.

You will need a big casserole dish WITH A LID, or you can use a crockpot.

If you go with the crockpot option, you'll need to brown the beef first in a separate saucepan, and then transfer it to the crockpot before adding the other ingredients. (If you don't brown the beef, it will still be *edible* ... just not as tasty.)

Serve with a glass or two of red wine if you like J

***Makes: about 4-6 servings***

### ***Ingredients:***

- 2 pounds beef mince (preferably grass fed, free-range)
- 1 can spicy black beans
- 2 cans chopped tomatoes
- 1 white onion, chopped
- Salt, pepper
- Knob of salted butter
- Chopped jalapenos if you like it hot
- 4 garlic cloves, chopped
- 1 teaspoon chili powder, pinch paprika, a few bay leaves (optional)

### ***Directions:***

- On the stovetop, melt the butter in your casserole dish on high heat
- Add the beef and brown it (to improve the flavor once you add the other ingredients)

- If you're using a crockpot, now is the time to transfer it (set the heat to 'low' for an 8 hour dish) – otherwise, leave the beef in the casserole dish
- Add the chopped onion, garlic, spicy black beans, canned tomatoes, jalapenos, and spices, and stir a few times
- Turn the heat to low
- Put the lid on and leave it alone for about 2 hours, coming back every so often to stir with a big spoon so nothing sticks to the bottom
- If it looks 'dry', add some water or extra canned tomatoes (or a healthy splash of red wine)
- Serve hot and enjoy!

## Tasty Snacks and Random Bites

### Kale chips

These are an amazing, salty-crispy snack. Packed with healthy oils and immune-boosting antioxidants – and the fiber keeps you regular ;)

#### ***Ingredients:***

- 1 big bunch of kale
- 1-2 tablespoons of olive oil
- Salt and pepper, or preferred seasonings, to taste (a sprinkle of chili powder and garlic granules works well, too)

#### ***Directions:***

- Preheat the oven to 300 degrees Fahrenheit
- Clean the kale by rinsing under the tap, shake dry
- Tear the leaves off the stems by hand
- Tear any huge pieces up into smaller ones (you want each piece to be *about* the size of a big potato chip)
- Place the kale in a big bowl, add the seasonings, and pour the olive oil over everything; massage the oil in using your fingertips so every leaf has a light coating
- Put the kale pieces on a cooking sheet (make sure it doesn't overlap)
- Bake for 10-15 minutes until the kale is crispy-good!

**Eat and love!**

## Pumpkin Spice Protein Treat

Sometimes, you just want a dessert that can be made *right now*. And that's where this baby comes in.

**Makes: 1 treat**

### **Ingredients:**

- Half a can of tinned pumpkin (make sure it's the kind with just pumpkin in it ... some of them come with added sugar, corn syrup, and all sorts of other weird stuff)
- A big spoonful of cinnamon
- A *small* pinch of nutmeg (it's strong!)
- 1 serve of vanilla protein powder
- ½ teaspoon of vanilla powder
- 2/3 cup full-fat cottage cheese
- 1/3 cup full-fat yogurt
- *Optional:* pinch of stevia, handful chopped nuts

### **Directions:**

- Put everything in a bowl
- Mix it well with a fork or a spoon. You don't want any lumps of un-mixed pumpkin, but when it's well mixed, it's *amazing*. Eat and be happy!



## A Quick List Of My Favorite Yummy Snacks To Burn Fat Between Meals

- A slice of avocado and a slice of cheese, wrapped in a slice of deli meat (nitrate and nitrite free)
- A slice of cheese wrapped around a slice of apple or red pepper
- Apple slices covered in nut butter
- A spoonful of nut butter and a sprinkle of shredded coconut on top
- A bowl of half cottage cheese and half yogurt, sprinkled with nuts and with a generous dash of cinnamon (optional: mix in stevia)
- Celery and carrot sticks with hummus, homemade pesto, or nut butter (*yum!*)
- Yogurt, protein powder, and berries in a bowl (optional: dollop of almond butter)

## Week Two: Boosting Fat and Protein

Protein is your **number one tool** for overcoming sugar, dropping excess pounds, and ridding yourself of unhealthy food compulsions and binge behavior.

Most people aren't getting anywhere *near* enough protein. The USDA recommendations for protein are woefully low (approximately 45 grams daily for women, 55 grams for men.)

This is almost *nothing*. It's enough to ward off muscle breakdown and allow for basic levels of health, but not enough for *optimal* mental and physical health. Remember, we're not going for 'average', we're going for *awesome*.

I don't advocate any specific 'rules' about specific ratios of protein to fat to carbohydrates, because I believe that the more bogged down in 'rules' you get, the more stressful and unpleasant your eating habits (and lifestyle) will become. Most of us need to break FREE from dieting, not add more rules.

So, with that in mind, *aim for plenty of protein* – but DO NOT get all obsessive about measuring out your portions, counting your macros, or any of that. For the love of God, stop it right now!

A good rule of thumb is simply to *include a quality protein-dense source of calories at each meal*. You want to maximize your protein intake naturally and in a stress-free manner.

**Here are a few ways for you to implement these ideas in your day to day life:**

- For now, follow the meal plan in this book. When you graduate beyond it and begin to construct your own meals, simply use the **PFV** rule: lead with **P**rotein first, add some **F**at, then **V**eggies – in that order! YES we are leading with the calorie-dense ingredients, because protein and fat are the macros that will heal your metabolism the fastest and allow you to rebalance your appetite hormones, shed excess pounds, and keep all your

cells in tip-top working order.

- Protein: a lot of people have trouble getting enough protein in, because we lead with a starchy carb in our culture. Example: spaghetti (big bowl of wheat noodles, with a few pieces of chicken or tuna here and there); cheeseburger (a big bready bun with lots of sauce, with a piece of cheese and small meat patty in the middle); restaurant food (starts off with a loaf of bread as 'starter', and THEN you get a steak ... with a gigantic heap of mashed potatoes). So, from now on you start with protein FIRST, and build your meal around it. Example: steak with melted butter, and a caramelized onion salad on the side. Example: protein-green smoothie with avocado and kiwifruit. Example: poached eggs with avocado mayonnaise on whole-grain toast. Construct your meals around a quality protein-dense source, add some fat, and then a few veggies and maybe a fruit. Done.

**Here's an example of what your protein consumption could look like in a day:**

- ✓ 1 serving of protein powder in your morning smoothie
- ✓ 3 eggs (yolks included!) in your lunchtime salad jar
- ✓ 4 ounces cottage cheese (full fat) in your afternoon 'dessert bowl'
- ✓ 6-8 ounces smoked salmon, chicken breast (skin on) or thigh meat in your dinner (chili, soup, or stew, as an example)
- ✓ Protein powder in your raw-chocolate dessert snack

## Now Let's Talk About Fat

Fat is the second key ingredient (after protein) for crowding out sugar.

The more fat you have, the more satiated you'll feel and the less cravings you'll have.

### **Important note: *fat is not the enemy!***

It is INCREDIBLY important to maximize fat calories in your diet if you want to successfully break free from sugar. Most Paleo people get more than half of their daily calories from pure fat.

Fat adds flavor and richness to foods, provides long-lasting energy, adds texture to your meals and prevents them tasting dry or bland, it prevents hunger and helps you absorb the fat-soluble vitamins D, E, and A, and any time you feel a sugar craving coming on, a tablespoon or two of a rich, delicious fat will kill it dead before the urge to binge can ever make itself felt.

### **Here's an example of what your fat consumption could look like in a day:**

- half a ripe avocado in your morning smoothie
- Hemp seeds and coconut milk (full fat) in your morning smoothie
- 1 TB coconut oil or heavy cream in your tea or coffee
- Olive oil, or macadamia oil, or avocado oil (a generous glug) in your lunchtime salad dressing, and/or a big spoonful of mayonnaise in your sandwich
- A handful of nuts in your afternoon dessert bowl
- Melted butter on your dinnertime veggies and meat, or stirred into scrambled eggs
- Coconut oil in your chocolate dessert snack
- Grilled halloumi cheese any time you feel a sugar craving coming on
- A spoonful of nut or coconut butter when you want a rich, sweet treat

## List of Do's for Week Two:

- ✓ **Try This:** drizzle oil over everything (and I mean, *everything*.) Any time you eat a meal, drizzle coconut oil or olive oil or butter all over it – at least 1 tablespoon, preferably two.
- ✓ **Do This:** experiment with different oils. In my pantry I have olive oil, coconut oil, butter, heavy cream, macadamia oil, avocado oil, flaxseed oil, and plenty of nuts, nut butters, and seeds. If you've been living on boring old olive oil and butter, pick up a new kind of oil or fat source next time you're at the grocery store. (Just make sure it's free of trans fats – no margarine or shortening! – and avoid any processed vegetable oils.)
- ✓ **Do this:** start your love affair with coconut oil! Coconut oil is my favorite ally when it comes to killing sugar cravings. Coconut oil can be bought from any grocery store (get the virgin, cold-pressed one to keep it pure and healthful) and it's great for cooking, especially scrambled eggs (it adds a faint sweet-nutty flavor and amazing richness to any dish.)
- ✓ **Do this:** try drinking some coconut water first thing in the morning, or any time you want a sweet drink. It's actually *extremely* low in sugar (less than 6g per 100g serving) but the flavor is sweet, nourishing, and out of this world. It's also three times more hydrating than water, and contains heaping doses of the vital electrolyte potassium. (I like to take a bottle of coconut water with me on my morning walks, and sip as I go.)
- ✓ **Do this:** add a spoonful of heavy cream or coconut oil to every cup of coffee or tea you drink. The medium-chain fatty acids that coconut oil is made of help stimulate your metabolism, turning your body into a fat-burning machine.
- ✓ **Do this:** try grilled halloumi cheese as an afternoon snack. Eat with an apple, or by itself with a grind of salt on top – delicious, rich in good fats

and protein, and so good for you!

- ✓ **Do this:** Get rid of any 'low-fat' dairy, drinks, or foods in your house. From now on, you're going full-fat, baby.
- ✓ **Do this:** implement the PFV rule: lead with protein, add a generous dollop of oil or fat, and then add vegetables (plus optional fruit.) This is the basis of every meal from now on (snacks and desserts *excluded* from this rule - no need to add broccoli to your snack of chocolate! Sheesh.)
- ✓ **Do this:** make your first batch of raw chocolate (to be eaten whenever you need something sweet and tasty!)
- ✓ **Do this:** start to experiment with new flavors, fats, and proteins a little. Add grated coconut flakes to your dessert bowl. Add avocado to your mayonnaise. Sprinkle walnuts and macadamias on your yogurt. Eat a tablespoonful of peanut butter straight from the jar (and if you really want to get fancy, make a 'peanut coconut cup': half a spoonful of peanut butter, half a spoonful of coconut butter.) Flavor explosion!
- ✓ **Digestive aids:** TMI alert: my first week on this paleo transition, I got really gassy and constipated (something I have never, ever struggled with my whole life, so I was quite shocked.) Luckily for me, my resident nutritional expert and friend Loveday (who volunteered some of the recipes for this book!) was on hand to reassure me it was completely normal and merely a sign of detox working. If you should experience bloating, gassiness, or constipation, don't fret. Simple tricks to combat it include: drinking lots of warm licorice-root herbal tea; bowel supplements (probiotics); and keep on with the coconut products (in fact, increase them, as coconut oil is a powerful digestive aid.) Add a pinch of cayenne pepper to morning hot lemon/cider vinegar. Eat more natural, full-fat, culture-rich yogurt. And, EXERCISE! A run/walk gets the guts going like nothing else – and has the added bonus of strengthening and firming the very areas that women typically have the most problems with: the upper and inner thighs, and the underside of the buttocks. Problem solved, two in one.

## Weeks 3 – 6: The “Transition Veteran” Stage

Continue on as with weeks 1 and 2. You are getting the hang of it now!

### Tips to help you through these four weeks:

- ✓ Sugar cravings may intensify during these weeks. If one hits (and trust me ... it will) reach for the fat and protein and fill up pronto on something oily and satisfying. (A slice of Halloumi cheese, toasted with cinnamon and sea salt, was my go-to snack during this stage.)
- ✓ Note on alcohol: the occasional glass of red wine is fine. I have to insist that you only permit yourself to have a MAXIMUM of 2 glasses of wine, no more than TWICE a week. This is a reasonably low intake, permitting you to unwind, feel sociable, or simply enjoy the taste. But no more. Any more than that and you are fooling yourself.
- ✓ Eat something rich right before bed. A glass of full-fat dairy milk and a spoonful of peanut butter does the trick for me; it ensures I sleep soundly and well, not too full but likewise not going to bed hungry.
- ✓ Make breakfast a focus meal. A sweet guacamole smoothie is the PERFECT breakfast to reestablish your feelings of self-love and nurturance as you move forward with your sugar detox – and it’s the perfect way to include huge amounts of healthy raw greens, living enzymes, phytonutrients, fiber, and healthy fats and protein (plus a whopping dollop of extra-hydrating, electrolyte-laden coconut water or quenching natural water) to your day, without having to scarf down massive bowls of salad!
- ✓ Start to add in bonus supplements if you so choose: bee pollen, hemp seeds, flaxseed oil, herbal tea, green tea. A quality protein powder is the only ‘must’ ... but experimenting with extras is fun and can be extremely beneficial for your health, circulation, skin, and energy levels.

- ✓ Exercise. Continue with your daily walks. And now, add in 8 minute workouts. Exercise is vital to the process of losing weight, toning up, and most importantly FEELING AMAZING. Exercise attitude adjustment: don't think of it as a means of 'compensating' for your food intake (since you are eating clean and healthy and there is nothing to compensate for) but simply based on how it makes you *feel*. You have an entire book of fun, short workouts to choose from (check your inbox for our workout program.) Start experimenting and adding in those weight-bearing exercises.
  
- ✓ Begin to tune in more to your natural instinctive eating patterns. Snack often, to reassure your body that there is 'plenty of food' and to readjust from old dieting patterns and thoughts. Use the hunger scale, which is totally subjective and will allow you to get in touch with your true appetite. More small meals, more often, were a vital aspect of my journey and it will help you too – it's better to have many smaller meals (as you will see listed in your sample weekly meal plan) than two or three giant tidal waves of food. This will help you eat intuitively and learn to recognize your own hunger signals, which is a big part of what going paleo is all about. And, frequent smaller meals are KEY for overcoming the sugar addiction, beating cravings, and keeping yourself feeling balanced, happy, satiated, and never hungry OR too full (which is just as uncomfortable and demoralizing!)
  
- ✓ If you haven't already, now is the time to check out the YumPaleo website! Read the blog and try out a new recipe that catches your fancy.
  
- ✓ If you haven't started snacking on coconut oil, butter, and products, do it now. Coconut flesh and oil is so sweet and satisfying and it REALLY DOES stamp out sugar cravings. Try a small spoonful in your scrambled eggs, in a cup of coffee, or eat coconut butter by the rich, delightful spoonful.
  
- ✓ Resist the urge to snack heavily on fruit. Sure it's natural, but it is still a source of sugar – and FRUCTOSE at that. This is not going to be forever; once you have reestablished a healthy baseline and have cleared sugar



out of your life, you can experiment with eating more fruit and see how you feel. But it's so necessary to go clean, for the first couple of weeks – this is what allows you to make these decisions intuitively, instead of from a fog of lingering sugar cravings and fuzzy thinking. Look at the food plan to see how often fruit is recommended – you'll see it's only a couple of times a week, maximum.

- ✓ Don't be afraid to eat out! Restaurant food is easy to choose from and there is no reason to avoid social invitations or lurk at home. Good options include Indian food (lots of healthy fat, protein, and veggies), Japanese sashimi (that's rice-free sushi), or a cheeseburger with aioli. The fabulous Sarah Wilson, author of *I Quit Sugar*, recommends Greek food, pub fare (“fish of the day, or steak and chips”, p30, *I Quit Sugar*) and recommends leaving Thai food well alone, as it's typically lathered with palm sugar.
- ✓ If you're eating at a 'fancy' restaurant, avoid that basket of bread they leave on the table! (Or if you literally just can't resist ... have a maximum of 2 pieces, and ask for it to be served with olive oil for dipping, to lower the insulin shock and add some balance to your snack.)
- ✓ Instead of a sugary dessert, ask for the cheese plate and enjoy it with fresh figs and a glass of red wine.
- ✓ Make sure you're eating a lot of rich, heavy, meaty, cheesy, oily food. Drizzle olive or coconut oil over ALL your vegetables. A huge mistake so many women make is to try and do 'low-calorie AND no sugar'. If you are getting off sugar and transitioning to Paleo, *your body is learning how to burn FAT instead of sugar*. That means you need to EAT fat! Trying to subsist on low-calorie salads (no dressing), skimping on oils and protein, or having one tiny thumb's worth of meat in a sea of veggies is no good. Reread this book again and remember the PFV rule – protein and fat FIRST, *then* add vegetables!
- ✓ Tip: expand your knowledge base. Pick up a copy of *Sweet Poison*, by David Gillespie. Check out [www.marksdailyapple.com](http://www.marksdailyapple.com) . Look at [www.wild-and-good.com](http://www.wild-and-good.com), or [www.paleoangel.com](http://www.paleoangel.com). There is useful information everywhere –

get inquisitive and learn. Knowing *why* you're doing this is so important, and I can't stress enough how VITAL it is to reach out and learn what other real-life people are doing, on blogs, in books, or (gasp!) even in person.

- ✓ Avoid boxed cereal and use the recipes in THIS book for amazing breakfasts that will heal your body, leave sugar behind, and help you LOSE WEIGHT. To leave sugar behind and commit to Paleo eating, this is the moment to do it RIGHT. Any lingering 'tastes' here and there will simply prolong the process and confuse your body, your palate, and your sense of resolve and commitment. It's okay to have a slip-up ... it happens to everyone. But if you find yourself repeatedly 'slipping', then you need to eat more fat, eat more protein, and drink more water and coconut water. Then rinse and repeat. This is the way out. I did it. Countless other women have done it. You can, too.
- ✓ Eat saltier comfort food. Kale chips, fried sweet potatoes, and toasted coconut flakes all make excellent, satisfying, no-sugar snacks.
- ✓ The key to leaving binge behavior, cravings, out of control eating, and FEELINGS of being out of control, is to *leave sugar behind*. Once you have cleaned out your system, your body will calm down. You will stop feeling the need to assuage your cravings, to eat too much, or to gorge on sweetness. I promise. But to get to that stage, you have to go through the 'sugar detox' process, which is based around eating MORE than you need of fat and protein *to help you make the break*. This isn't forever. (Although it can be, if you like it – I do!) Don't worry, and keep going. You've got this.
- ✓ Try this: look into natural serotonin boosters (5-HTP herbal supplements). These are *amaazing* for blasting carb and sugar cravings – they're simple, healthful, harmless herbal supplements you can buy over the counter, that cross the blood/brain barrier and trigger your brain to make more serotonin. (Serotonin is the feel-good brain chemical. When you have low serotonin, you typically have cravings for bread, sugary food, cakes, chips, and sweets. When you have high serotonin, you'll almost

never even think of these things.) I take 50mg of 5-HTP twice a day and it's a great way to make sure you have the brain chemicals necessary to leave sugar behind, and promote a calm, peaceful state of mind. Disclaimer: I'm not a medical doctor, so be sure to check with your doctor if you have any health conditions or if you are on any medication before trying these.

- ✓ Supportive supplements: calcium/magnesium (calms a restless mind, soothes the nervous system, helps 'twitchiness' at night); fish oil supplements to aid combating inflammation; drink plenty of warm water with lemon juice to flush everything out

## Weeks 7-12: Getting Ready For The Final Transition

Still with me? Still going? If so – *congratulations*. You've come SO FAR! You should be noticing changes in your appetite, the foods you instinctively turn towards, and just how you *feel* on a daily basis round about now.

### Tips to Help You Through These Four Weeks:

- ✓ Starting now, your focus on exercise will intensify, to strengthen your body and muscles and boost your metabolism. Continue your daily walks, and continue to consult your short metabolic-boosting workouts from the exercise book you received along with this one. Aim for a short, 10-20 minute weight bearing workout three times a week, plus daily walks.
- ✓ Keep tuning in to your own body, needs, preferences, and tastes. Remember, the meal plan in this book is not set in stone. As long as you are getting plenty of protein and fat every day, *your body will take care of the rest*.
- ✓ From a mindset perspective, resist any urges to get compulsive, fixate, or become rigid – flexibility is key, remember. This is not about substituting one set of dietary 'rules' for another. And if I catch you weighing your food portions or counting calories, I'm going to come to your house and slap you! For me personally, now that I have completed the transition and have the body and sugar-settings I really want, I discovered something fairly shocking – I actually don't LIKE sugar that much. But, real life happens. Sugar in its various forms is always going to crop up from time to time, and sometimes the healthy, flexible thing to do is *just go along with it STRESS FREE*. For instance, if I'm at a birthday party, I eat the damn cake. If I'm having dinner with friends and they've cooked an amazing dessert (mmm, red velvet cupcakes), I have a slice and ENJOY it. (And I don't punish myself the next day with an extra-grueling workout or by skipping any meals, either.) I don't tell people how evil sugar is. I occasionally have too much wine. *And that's fine*. Life is life. Be nice to yourself. Be well.

And embrace empowered eating as you move effortlessly forward into a brilliant future of inspired Paleo eating, self-care, self-love, self-nurture, and getting the best benefits out of food and life!

## After Week 12 ... Now What?

You did it!

You're ready to go full Paleo!

If you haven't already, grab your copy of Doctor Wood's full book (check your email inbox for your copy!), read, and get stuck in.

### Tips for your continuing Paleo lifestyle:

- ✓ If you haven't already done so, download and read your copy of Doctor Eric Wood's full Paleo home-study course (check your inbox for login and download details.)
- ✓ Continue to be an active presence on the [www.yumpaleo.com](http://www.yumpaleo.com) forums. Communicate with the others who are going on this journey with you. Ask questions. Encourage others. Share your story. Ask for help. Just reach out and say hi. Remember, *you are not in this alone*. You are NEVER alone. We are always here, cheering you on and encouraging you, every step of the way.
- ✓ Try a new recipe a week from the [www.yumpaleo.com](http://www.yumpaleo.com) website! Smoothies, curries, desserts, sandwiches, you name it – it's all there waiting for you to try.
- ✓ Start to assemble a 'go-to' list of your favorite quick, easy, and satisfying Paleo meals. Most people generally rotate around 5-10 meals over and over; this makes it easy to go food shopping, easy to prepare food, and easy to keep the best foods in the house ready for meals or snacks whenever the hunger pangs strike. Start to keep a short list of your favorite meals, and make sure you have the ingredients on hand to whip them up when you want to. (For me, my go-to list includes meatza, guacamole, protein smoothies, sweet potato fried in butter and cinnamon, coconut products, nut butters, steak, bacon, protein dessert bowls with berries, and any hot drink involving heavy cream.

So, I just try to keep the ingredients for these meals in the house, and if I FEEL like trying something new, I just add it to the grocery list. See how easy?.)

Thank you so much for joining me on this journey. I'm so excited for you and I would *love* to hear from you about how your transition is going.

Remember, our support team is on hand at all times to answer any questions you may have via email or via the forums at [www.yumpaleo.com](http://www.yumpaleo.com) (add that address to your bookmarks now!) and every single one of us is cheering you on, with our fingers crossed and a HUGE smile, for your success, health, and self-love.

To your healthy, happy, awesome future!

With love,

Jennifer Sanders

## Extra Resources And Cool Stuff

None of the following are affiliate links – they're here purely to serve you and your journey towards radiant health and physical awesomeness.

I have personally used each of these books and resources and each one has been cherry picked for its outstanding usefulness.

So, if you want more information ... I heartily recommend checking out each of the following:

- [www.yumpaleo.com](http://www.yumpaleo.com) (of course!)
- [www.wild-and-good.com](http://www.wild-and-good.com)
- [www.paleoangel.com](http://www.paleoangel.com)
- [www.marksdailyapple.com](http://www.marksdailyapple.com)
- *Sweet Poison*, by David Gillespie
- *Fat Chance*, by Dr Robert Lustig