

Making Everything Easier!™

GETTING STARTED GUIDE

Living Paleo

**FOR
DUMMIES®**

A Wiley Brand

Be like a caveman!

- Look younger
- Lose weight
- Get stronger
- Sleep more soundly

The background is a solid purple color with a repeating pattern of white and light purple icons. These icons include various food items like leaves, fruits, and vegetables, as well as dining utensils like forks and knives. Some of the icons are enclosed in dashed circles. A large, bright yellow wavy banner cuts across the middle of the image, serving as a background for the text.

Living the Paleo Lifestyle

When you live the Paleo lifestyle you have more energy, look younger, lose weight, get stronger, and sleep more soundly. In short, you enjoy your life more.



First Three Days: What You Can't Eat

You've probably heard a lot of names for what we call living Paleo: the Paleo lifestyle, the caveman diet, eating primal, and the real food diet. All these terms describe roughly the same way of eating. It's nutrition based on the idea that for optimal health, both mentally and physically, people should try to eat like our hunter-gatherer ancestors. In practical terms, that means focusing on whole foods that are processed as little as possible and avoiding foods like grains and dairy, which cause inflammation inside your body.

Living Paleo isn't a "diet" in the traditional sense, though we do ask you to give up certain foods. Living Paleo takes the mystery out of eating. It's simplicity at its finest, which is one of the reasons eating Paleo foods works well for so many. When you eat simply (but deliciously), you get results.

Paleo no-nos: Watching out for foods on the "no" list

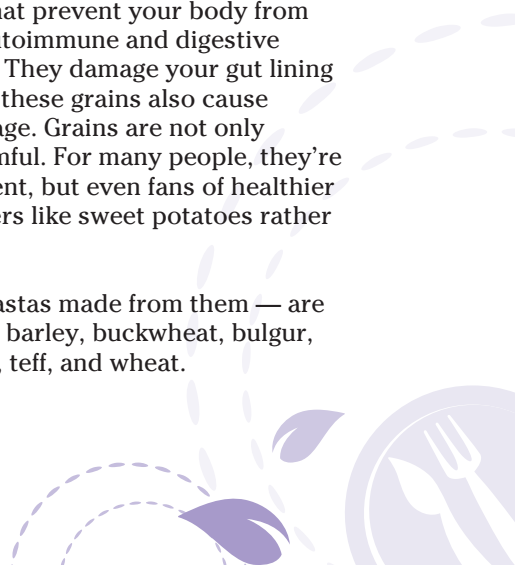
In the Paleolithic era, no industrialized foods or planting crops existed. Our ancestors didn't have access to grains, sugars, starches, legumes, dairy, processed foods, or oils — and autopsies show that they were better for it.

They may not have had the convenience of a one-minute meal, but our ancestors had far higher levels of health and didn't suffer from the modern-day diseases we do today. The foods on the "no" list can wreak havoc on your health and sabotage your weight-loss goals. They create hormonal imbalances, trigger inflammation, and make you age more quickly.

Say "goodbye" to grains and gluten

Grains contain toxic antinutrients — substances that prevent your body from absorbing the nutrients it needs and that create autoimmune and digestive irritation — and inflammatory proteins like gluten. They damage your gut lining and cause irritation throughout the body. Many of these grains also cause the body to release insulin, which triggers fat storage. Grains are not only nutritionally unnecessary but even downright harmful. For many people, they're also problematic for their high carbohydrate content, but even fans of healthier starches generally recommend eating starchy tubers like sweet potatoes rather than grains.

So all grains — and the baked goods, flours, and pastas made from them — are at the top of the "no" list. These include amaranth, barley, buckwheat, bulgur, corn, millet, oats, quinoa, rice, rye, sorghum, spelt, teff, and wheat.



Pitch the processed foods

Foods that come in brightly colored boxes or crinkly, vacuum-sealed bags are generally not Paleo-approved. Candy, baked goods, junk food, and prepackaged meals are usually loaded with chemicals, additives, sugar, and other ingredients you'll find on the Paleo "no" list. Eating Paleo means eating real, natural food, so foods produced in a lab or a factory are out.

Let go of the legumes

Although beans have a reputation for being healthful, they contain many of the same antinutrients that grains do. Even with pre-soaking, sprouting, or fermenting, beans are a high-carbohydrate food that triggers insulin release and are difficult for your body to digest. Keep away from black beans, broad beans, garbanzo beans (chickpeas), lentils, lima beans, mung beans, navy beans, peanuts and peanut butter, peas, pinto beans, soybeans (including tofu, tempeh, natto, soy sauce, miso, edamame, and soy milk), and white beans.

TIP



Snow peas, sugar snap peas, and green beans are the exception to the no beans rule because those vegetables are green and are more pod than pea.

Ditch the dairy

Cow's milk is designed to help calves grow quickly so they can sprint away from predators, not for humans to consume throughout their lives. In addition, processed cow's milk contains growth hormones, bacteria, and antibiotics and also produces a strong insulin response. Paleo practitioners don't "got milk."

One exception to the no-dairy rule is clarified butter from a cow that's organically and grass-fed. This type of butter is an excellent source of healthy fat.

Wipe out white potatoes

White potatoes are like the useless, black sheep of the vegetable family, and they deserve a shady reputation. Because of their high sugar and starch content, they produce a big insulin response, and they also contain antinutrients that can cause intestinal distress.

Say "no" to added sugar

Eliminating all sugar from your diet is impossible. After all, the carbohydrates in healthy vegetables and fruits are, essentially, sugar. For optimal health and weight loss, you need to eliminate added sugars from your diet, including sugar in all its (deliciously sweet) forms and artificial sweeteners. Avoid all packaged, boxed, or packets of artificial sugars, including agave, aspartame (NutraSweet or Equal), brown sugar, corn syrup, high-fructose corn syrup, maltodextrin, maple syrup, molasses, raw sugar, rice syrup, sucralose (Splenda), sugar cane, stevia, and white sugar.





Sugar is sugar is sugar, but after your 30-Day Reset, you can enjoy organic, raw honey from time to time. All types of sugar, including high quality honey, produce an insulin response in your body. But once in a while, a little honey can be a sweet treat as part of a healthy Paleo diet.

Avoid the industrial and seed oils

These oils are often billed as “healthy,” but they’re not naturally occurring fats, so they require significant processing to become edible. They’re prone to turning rancid and creating free radicals in your body, making them very inflammatory. You can’t eat canola oil, corn oil, cottonseed oil, margarine, palm kernel oil, partially hydrogenated oil, peanut oil, safflower oil, soybean oil, sunflower oil, trans fats, or vegetable shortening.

Avoid (most) alcoholic beverages

Common sense tells you that drinking alcohol, particularly spirits or beer that contain gluten, isn’t going to make you healthier. So generally speaking, alcohol is on the “no” list.

We don’t recommend drinking alcohol on a regular basis. To celebrate on special occasions, feel free to choose one of these: potato vodka, red wine, rum, sparkling wine, tequila, or white wine.





First Week: What You Can Eat

The Paleo “yes” list is made up of nutrient-dense foods — proteins, vegetables, fruits, and fats — that any human, at any time in human history, would recognize as food. With these four basic nutrients, you can power your body with all the healthy fats, vitamins, and minerals it needs to be lean, strong, and healthy. To kick these Paleo foods up a notch, a handful of staples and pantry items can make preparing Paleo foods easy, fun, versatile, and absolutely delicious. We also clue you in on some Paleo-approved drinks that will keep you healthy and keep the sugar demon away.

Paleo proteins and why animals matter

The Paleo diet is a meat-eater’s dream. For modern cave men and women, we recommend that you invest in the highest-quality protein sources you can afford. Here are a few helpful tips:

- ✓ Happy animals are healthy animals. And eating healthy animals makes you healthier. As much as possible, choose lean, grass-fed, and free range meat. You earn bonus points for good health if it’s also organic, and it should always be free of antibiotics and other fillers. Other good sources:

- Beef
- Buffalo
- Game
- Lamb
- Goat
- Turkey
- Chicken
- Fish/seafood.

- ✓ Conventional can be okay, too. If a tight budget means you need to buy store-bought, conventional meat, you can still vastly improve your health. Choose lean cuts and trim visible fat before cooking, and then drain as much of the released fat as you can after cooking.



Living the Paleo Lifestyle

When you “live the Paleo Lifestyle,” you remove inflammatory foods from your meals. When you remove these inflammatory foods from your diet, you reduce your risk for diseases of civilization, such as heart disease, diabetes, and cancers. When you live the Paleo lifestyle you have more energy, look younger, lose weight, get stronger, and sleep more soundly. In short, you enjoy your life more.

- ✔ Go fishing! Another valuable protein source to pile on your plate is wild-caught, sustainable fish. Your best bets are fattier, cold-water fish like salmon, sardines, mackerel, cod, and herring. Tuna packed in olive oil is also a good choice. Check out the Monterey Bay Aquarium Seafood Watch (www.montereybayaquarium.org/cr/seafoodwatch.aspx) for more recommendations and a helpful mobile app.
- ✔ Scramble up some eggs. Eggs are a Paleo protein powerhouse. Rich in many key nutrients, especially fat-soluble vitamins A and D, egg yolk is also loaded with a B vitamin that's super brain food. Look for organic, pastured eggs with omega-3 for the best fatty acid profile. (Eggs are one food where you shouldn't settle for conventional production methods.)
- ✔ Get wild! Wild animal meat — venison, rabbit, bear, wild-caught fish, even wild boar — is an excellent choice. It's very lean and full of healthy omega-3 fats. If you're going to splurge a bit on your food bill — or really imitate hunter-gatherers and do the hunting yourself — choosing wild animal meat is a wise way to do it.

Complex carbs and why they're king

You can eat almost any plant on the Paleo diet, barring a few that are noted in the “First Three Days” section of this guide. The best carbohydrate sources are local, organically grown fruit and vegetables. Choose fruits and non-starchy vegetables in all the colors of the rainbow to cover the full spectrum of nutrients. Dark-colored fruits, such as blackberries and blueberries, are packed with antioxidants, and deeply colored veggies, like carrots and kale, are loaded with vitamins and minerals.

Friendly fats and why they're essential

When we talk about essential fats, we refer to fats that your body can't produce on its own. The two essential fats are known as omega-3 and omega-6 fatty acids. These fats, important for all systems of the body, must be obtained through the food you eat. Your skin, heart, lungs, nervous systems, brain, and all internal organs are improved and maintained by eating fatty acids. Plus, fats make food taste good and help you feel satisfied. What's friendlier than that?

Fats you can eat on the Paleo diet include:

- ✔ Avocado
- ✔ Clarified butter (organic, grass-fed only)
- ✔ Coconut, (butter, fresh, flakes, oil, and milk)
- ✔ Nuts and nut butters (almonds, Brazil nuts, cashews, chestnuts, hazelnuts, macadamia nuts, pecans, pistachios, and walnuts)
- ✔ Olives and olive oil, seeds (pumpkin, sesame, sunflower, and pine nuts)

Pantry powerhouses for extra flavor

Herbs and spices add zing to your meals and can take you on a world tour of cuisines. All herbs and spices are Paleo-approved; just be sure to check labels for problematic ingredients — you want pure spices and extracts with no added sugars or chemicals. Here are more Paleo-approved flavorings to keep in your pantry:

- ☐ Almond meal
- ☐ Broth and stock (beef, chicken, seafood, and vegetable)
- ☐ Canned tomatoes and tomato paste
- ☐ Coconut aminos (replacement for soy sauce)
- ☐ Coconut flour
- ☐ Curry paste

Paleo-approved liquids for hydration

Here's the "yes" list of Paleo-approved drinks:

- ☐ Water (preferably filtered)
- ☐ Black coffee
- ☐ Tea (black, herbal, green, and white — check labels for added sugars)





First Month: 30-Day Reset

Trying anything new isn't easy. The very first step in your Paleo life is to work on a reprogramming system for your body we call the 30-Day Reset. It's like giving your body a super good cleaning. You get healthier, stronger, and leaner. During these 30 days, you begin to break unhealthy food habits. How much you eat, what you choose to eat, and the pleasure you connect with food is often times an end result of a habit you've created. You may not even realize that what you're doing isn't healthy or isn't getting you to where you want to be. These 30 days help you address these concerns and begin to reprogram your habits.

Another vitally important objective of the 30-day reset is to diminish food cravings and food addictions. During these 30 days, you train your mind, body, and senses to approach food in a way that's most beneficial to you.



To reap the rewards of living Paleo, you don't need to be perfect. In fact, if you follow the Paleo guidelines 80 to 90 percent of the time, you'll enjoy the majority of the benefits and vastly improve your health. However, during the 30-Day Reset, you need to follow the Paleo guidelines stringently. To put it in plain language: There's no cheating during the 30-Day Reset. To really detox and heal your body, you need to grit your teeth and get through the 30 days with no slip-ups, no compromises, no excuses, and no gray areas. Doing so isn't always easy, but you're tougher than any loaf of bread or bowl of pasta.

The rules

Ready to jump in? Here are the guidelines for your 30-day immersion into living Paleo:

- ✔ Omit the foods on the “no” list. The purpose of the 30-Day Reset is to remove inflammatory foods from your plate, which means you need to avoid consuming processed foods, all grains, vegetable and seed oils, soy, legumes, added sugars, dairy, and alcohol.
- ✔ Embrace the foods on the “yes” list. The good news is that you can eat until you're satisfied from these food groups: all animal proteins, vegetables, fruits, and naturally occurring fats.

- ✔ Stay hydrated. Your body needs water to help you detox, and drinking plenty of water can also help you manage your appetite. Get yourself a BPA-free water bottle and commit to drinking fresh water throughout the day. You'll feel more energetic, your skin will look refreshed, and you'll quickly figure out how to distinguish between thirst and hunger.
- ✔ Get moving! The 30-Day Reset is an excellent time to add movement to your routine. Even 30 minutes of walking every day can make a remarkable difference in your metabolism, your stress level, and your mood.
- ✔ Record your “before” you. Although you may be tempted to weigh yourself during your 30-Day Reset, we don't recommend doing that. Instead, take your measurements or weigh yourself before starting the 30 days, and then forget about results and keep your focus on how you feel along the way. The 30-Day Reset is a liberating experience that helps you create healthy new habits and may very well change your relationship with the food you eat. Banish the scale for a month and free yourself to learn and grow.

Encouragement during your 30-day paleo reset

Your first week on the Paleo diet may be a bit of a roller coaster; you may be cranky and filled with cravings. Right around the ten-day mark, you should notice some celebration-worthy effects: renewed energy, a buoyant mood, and looser fitting clothes. If you have longstanding health issues, you should notice them starting to alleviate. By the third week, you should really be feeling like a champ. For the most part, your cravings have been kicked to the curb. This week is key because during these seven days is when your new behaviors that you've been honing since the beginning of the 30-Day Reset really start to become concrete habits. Once you hit the fourth week, you're probably feeling great. After you finish, it's up to you to decide how closely you want to follow the Paleo rules. Your body is healed and your habits are reset, so you have an opportunity to decide how often you'll stray from “perfect Paleo,” what your treats will be, and how you'll move forward with eating, exercise, and rest to create your optimal lifestyle.



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Recipes

One of the biggest concerns people have when switching to the Paleo diet is whether they'll still be able to eat some of their favorite dishes. You may not be able to eat them in exactly the same way, but we've included recipes that make great substitutes for some of your old standbys.

Pumpkin Pancakes

Make these great Paleo pancakes in advance and freeze for quick breakfasts and snacks. Just cook and cool the pancakes, and then stack them with pieces of cooking parchment in between them to prevent sticking. Wrap tightly in plastic wrap and pop into the freezer.

Prep time: 5 min • **Cook time:** 10 minutes • **Yield:** 4 servings

Ingredients

4 large eggs
1 cup (245 g) canned pumpkin
 $\frac{2}{3}$ cup (165 g) almond butter
1 teaspoon (5 mL) ground cinnamon
 $\frac{1}{2}$ teaspoon (2.5 mL) pure vanilla extract
 $\frac{1}{4}$ teaspoon nutmeg (1.25 mL)
2 to 3 tablespoons (30-45 mL) coconut oil, divided

Directions

- 1** Place eggs, pumpkin, and almond butter in a large bowl and beat with a wire whisk until smooth. Add the cinnamon, vanilla, and nutmeg, and then whisk again to incorporate the seasonings.
- 2** Place $\frac{1}{2}$ tablespoon (7.5 mL) coconut oil in a nonstick skillet and heat over medium-high heat until the oil is melted and shimmers. Swivel the pan to coat the bottom.
- 3** Drop $\frac{1}{4}$ -cup (50 g) servings of batter into the pan, making sure they don't touch. Cook until bubbles begin to appear and the edges are set, about 2 minutes. Flip gently and cook the other side until golden, about 2 minutes.
- 4** Cook in batches, adding more coconut oil to the pan as necessary. Serve hot with Paleo-friendly sausage or eggs and a small amount of honey or pure maple syrup.

Vary It! Replace the canned pumpkin with 1 cup unsweetened applesauce for another tasty treat.

Per serving: Calories 462 (From Fat 358); Fat 40g (Saturated 12g); Cholesterol 185mg; Sodium 71mg; Carbohydrate 18g; Dietary Fiber 6g; Protein 14g.



Breakfast Sausage Scramble

Prep time: 10 min • **Cook time:** 20 min • **Yield:** 6 servings

1 pound ground pork

½ cup (118 mL) unsweetened applesauce

¼ teaspoon (1.25 mL) ground marjoram

½ teaspoon (2.5 mL) dried thyme leaves

¼ teaspoon (1.25 mL) ground nutmeg

¼ teaspoon (1.25 mL) ground ginger

¼ teaspoon (1.25 mL) cayenne pepper

¼ teaspoon (1.25 mL) salt

¼ teaspoon (1.25 mL) ground black pepper

⅛ teaspoon (.75 mL) allspice

1 tablespoon (15 mL) coconut oil

1 medium onion, diced

1 large red bell pepper, diced

10 large eggs, scrambled

Salt and ground black pepper to taste

1 Place pork in a large mixing bowl and add the applesauce, marjoram, thyme, nutmeg, ginger, cayenne pepper, salt, black pepper, and allspice. Knead with your hands until combined.

2 Heat a large skillet over medium-high heat and add the coconut oil. When it's melted, crumble the pork into the pan, using a wooden spoon to break up large clumps. Sauté the pork until it's browned and cooked through, about 10 minutes. Remove the pork to a bowl with a slotted spoon; set aside.

3 Drain all but 1 tablespoon (15 mL) of fat from the pan. Add the onion and sauté until translucent, about 5 minutes. Add the bell pepper and cook until tender, about 5 minutes.

4 Add the pork back to the pan and stir to combine. Pour in the eggs and cook, stirring frequently, until set. Season with salt and pepper to taste. Serve immediately.

Vary It! Substitute ground turkey or chicken for the pork.

Tip: This sausage works great as patties, too. Just form 2-inch patties with the pork and cook in a hot skillet until evenly browned. They're an excellent accompaniment for Pumpkin Pancakes.

Per serving: Calories 301 (From Fat 182); Fat 20g (Saturated 8g); Cholesterol 299mg; Sodium 319mg; Carbohydrate 6g; Dietary Fiber 1g; Protein 23g.

Mashed Cauliflower

If you're missing mashed potatoes on your Paleo diet, try Mashed Cauliflower instead. You can use fresh cauliflower for this recipe, but frozen cauliflower packs the same nutritional punch and reaches a creamy texture faster and easier than fresh.

Prep time: 5 min • **Cook time:** 5 min • **Yield:** 2–4 servings

Ingredients

2 garlic cloves
One 16-ounce bag frozen cauliflower florets
1½ tablespoons (20 mL) coconut oil
½ cup (118 mL) coconut milk
2 teaspoons (10 mL) dried thyme leaves
Salt and ground black pepper to taste

Directions

- 1** Peel the garlic and cook along with the cauliflower, following the package directions, until the cauliflower is very soft but not waterlogged.
- 2** In a microwave-safe bowl or small saucepan, heat the coconut oil, coconut milk, thyme, salt, and pepper about 1 minute.
- 3** Meanwhile, purée the cauliflower in a food processor, scraping down the sides. Add the coconut milk and process about 10 seconds. Taste and adjust seasonings.

Note: You can use fresh cauliflower for this recipe, but frozen cauliflower packs the same nutritional punch and reaches a creamy texture faster and easier than fresh.

Vary It! Try substituting parsley or chives for the dried thyme. You may also use chicken broth in place of the coconut milk.

Per serving: Calories 289 (From Fat 227); Fat 25g (Saturated 22g); Cholesterol 0mg; Sodium 356mg; Carbohydrate 16g; Dietary Fiber 7g; Protein 6g.



Zucchini Noodles

Not exactly traditional pasta, but if you're craving a big bowl of noodles, these Paleo-friendly Zucchini Noodles should satisfy. Sweating the zucchini noodles with salt is essential in this Paleo recipe so they don't become watery and limp during cooking. If you use this technique, the result is zucchini noodles with the texture of al dente pasta.

Prep time: 35 min • **Cook time:** 3 min • **Yield:** 4 servings

Ingredients

6 medium zucchini, sliced with a julienne peeler (about 6 cups)

2 tablespoons (30 mL) extra-virgin olive oil

1 clove garlic, minced (about 2 teaspoons or 10 mL)

Salt and ground black pepper to taste

Directions

- 1 Place the julienned zucchini in a colander or wire strainer and toss generously with salt until the strands are lightly coated. Allow the zucchini to sit for 20 to 30 minutes. Rinse with running water, drain well, and squeeze dry in a clean dish towel.
- 2 Heat a large skillet over medium-high heat. Sauté the zucchini noodles in the dry pan until they're just tender, stirring them constantly with a wooden spoon, about 2 minutes. Push the noodles to the side of the pan, and reduce the heat to low.
- 3 Add the olive oil and garlic to the pan, stirring with a wooden spoon until the garlic is fragrant, about 20 seconds. Push the zucchini noodles into the oil and stir gently until they're coated. Turn off the heat and season the noodles with salt and pepper.

Note: "Sweating" the zucchini noodles with salt is essential so they don't become watery and limp during cooking. If you use this technique, the result is zucchini noodles with the texture of al dente pasta.

Tip: Add fresh herbs to the noodles and enjoy as a side dish with grilled or roasted meats and seafood. You can also put Zucchini Noodles in a deep bowl with cooked protein and cover with hot broth for a quick soup.

Per serving: Calories 102 (From Fat 65); Fat 7g (Saturated 1g); Cholesterol 0mg; Sodium 154mg; Carbohydrate 9g; Dietary Fiber 4g; Protein 4g.



Leafy Tacos

This Paleo-friendly recipe for Leafy Tacos is easy to double. Use leftovers tossed in a taco salad, spooned into a baked sweet potato, or scrambled into eggs.

Prep time: 2 min • **Cook time:** 20 min • **Yield:** 4 servings

Ingredients

2 teaspoons (10 mL) coconut oil
1 small onion, minced
3 cloves garlic, minced
2 tablespoons (30 mL) chili powder
1 teaspoon (5 mL) ground cumin
1 teaspoon (5 mL) ground coriander
½ teaspoon (2.5 mL) dried oregano leaves
¼ teaspoon (1.25) ground cayenne pepper
½ teaspoon (2.5 mL) salt
1 pound ground beef
2 tablespoons (30 mL) tomato paste
½ cup (118 mL) chicken broth
2 teaspoons (10 mL) cider vinegar
1 large head lettuce (butter, romaine, or leaf)
Garnishes: diced avocado, onion, tomato, jalapeño; minced cilantro

Directions

- 1** Heat coconut oil in skillet over medium heat until hot, about 2 minutes; add onion and cook until softened, about 4 minutes.
- 2** Add the garlic, chili powder, cumin, coriander, oregano, cayenne, and salt. Stir until fragrant, about 30 seconds.
- 3** Add the ground beef to the pan and cook, breaking up the meat with a wooden spoon until no longer pink, about 5 minutes.
- 4** Add tomato paste, chicken broth, and vinegar. Stir to combine and bring to a simmer. Reduce heat to medium-low and cook uncovered for 10 minutes, until the liquid has reduced and thickened. Taste and adjust seasonings with salt and pepper.
- 5** Spoon taco meat into individual lettuce leaves and top with garnishes.

Per serving: Calories 304 (From Fat 159); Fat 18g (Saturated 8g); Cholesterol 80mg; Sodium 548mg; Carbohydrate 10g; Dietary Fiber 5g; Protein 27g.



Classic Apple Crisp

Prep time: 15 min • **Cook time:** 40 min • **Yield:** 4–6 servings

Ingredients

1 pound apples, cut into half-moon slices (about 4 cups)
½ teaspoon (2.5 mL) lemon zest
½ tablespoon (7.5 mL) lemon juice
⅓ cup (80 mL) almond flour
4 dried dates, pitted
¼ teaspoon (1.25 mL) ground cinnamon
⅛ teaspoon (.75 mL) nutmeg
⅛ teaspoon (.75 mL) salt
1 tablespoon (15 mL) coconut oil, chilled until solid, then diced
¼ cup (50 mL) chopped walnuts or pecans

Directions

- 1** Preheat the oven to 350 degrees.
- 2** In a medium bowl, mix the apples, lemon zest, and lemon juice with a wooden spoon. Allow to rest at room temperature while you prepare the topping.
- 3** Place almond flour, dates, cinnamon, nutmeg, and salt in food processor. Pulse until combined.
- 4** Sprinkle the chilled coconut oil chunks over the flour mixture. Pulse about 10 times, and then process on high for 5 to 10 seconds until there are no more lumps. Pour the topping into a bowl and use a fork to mix in the chopped nuts.
- 5** Pour the fruit into an 8-inch square pan, pressing it gently into place with the back of a wooden spoon. Sprinkle the nut topping over the fruit, and lightly press it into the fruit with the back of the spoon.
- 6** Cover the crisp lightly with foil and bake for 30 minutes. Remove foil and bake 5 to 10 more minutes, until browned.

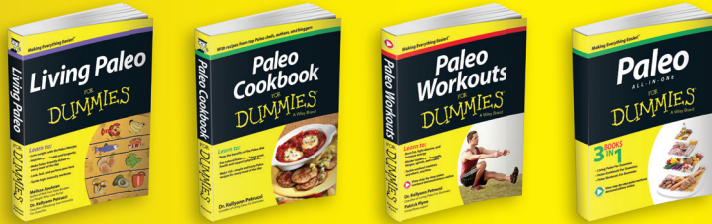
Vary It! Substitute pears for the apples and sliced almonds for the walnuts or pecans. For extra zing, add ½ teaspoon (2.5 mL) dried ginger along with the lemon juice to the pears.

Per serving: Calories 220 (From Fat 120); Fat 13g (Saturated 4g); Cholesterol 0mg; Sodium 77mg; Carbohydrate 24g; Dietary Fiber 5g; Protein 4g.



Other Resources

Paleo Resources



Books for Fitness

Paleo Workouts For Dummies
Fitness Walking For Dummies
Mind-Body Fitness For Dummies
Fit and Healthy For Dummies
Cross-Training For Dummies
Core Strength For Dummies
Pilates For Dummies
Exercise Balls For Dummies

Books for Nutrition and Diet

Living Wheat-Free For Dummies
Mediterranean Diet Cookbook For Dummies
Paleo Cookbook For Dummies
Celiac Disease For Dummies
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Macrobiotic For Dummies
Beating Sugar Addiction For Dummies
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