



**READY STATE**  
**FITNESS**



**EVOKING HUMAN POTENTIAL**

*Intro to the Paleo/Primal Diet & Lifestyle*

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# Shopping List



## Ideally Meats from **Wild Fish & Grass-Fed Animals.**

|                   |               |           |          |
|-------------------|---------------|-----------|----------|
| Chuck/Rump Roast  | Bone Broth    | Salmon    | Oysters  |
| Rotisserie        | C-breasts     | Tuna      | Sardines |
| Tenderloin        | Turkey        | Shrimp    | Clams    |
| Ground Beef/Bison | C-sausage     | Tilapia   | Crab     |
| Mackerel          | Deli chicken  | Mahi Mahi | Lobster  |
| Flank Steak       | Deli turkey   | Scallops  | Jerky    |
| Roast beef        | Chicken liver | Mussels   | Bacon    |
| Mackerel          | Halibut       | Cod       | Sardines |

## Ideally **Fruits & Vegetables** are Local & Seasonal

Limit potatoes/corn/bananas, peas are legumes. Vary your food selection.



|                |                 |           |           |          |
|----------------|-----------------|-----------|-----------|----------|
| Broccoli       | Chard           | Peppers   |           |          |
| Carrots        | Kale            | Shallots  |           |          |
| Sweet Potatoes | Spinach         | Onions    |           |          |
| Artichoke      | Celery          | Asparagus | Tomatoes  | Celery   |
| Squash         | Brussel Sprouts | Collards  | Eggplant  | Beets    |
| Sea Vegetables | Cabbage         | Bok Choy  | Arugula   | Turnip   |
| Zucchini       | Cucumber        | Radish    | Mushrooms | Shallots |



|             |            |            |              |             |
|-------------|------------|------------|--------------|-------------|
| Lemons      | Pineapple  | Pears      | Strawberries | Apples      |
| Limes       | Watermelon | Plums      | Blueberries  | Kiwi        |
| Oranges     | Mango      | Peaches    | Raspberries  | Cherries    |
| Grapefruits | Cantaloupe | Nectarines | Blackberries | Cranberries |
| Tangerines  | Honeydew   | Grapes     | Persimmons   | Dates       |



|                 |                         |             |
|-----------------|-------------------------|-------------|
| Walnuts         | Pecans                  | Pistachios  |
| Macadamia       | Cashews                 | Pine Nuts   |
| Brazil          | Hazelnuts               | Nut Butters |
| Almond          | Sesame Seeds            |             |
| Marcona Almonds | Pumpkin/Sunflower Seeds |             |

Costco has a good selection/price. Bulk bins at Sprouts, Sunflower. Trader Joes has the best Almond Butter. Whole Foods has a good nut butter selection overall. Avoid peanuts.

### Healthy Fats

|                  |                    |
|------------------|--------------------|
| Avocado          | Avocado Oil        |
| Coconut Milk     | Pastured Butter    |
| Coconut Oil      | Lard/Tallow        |
| Coconut Butter   | Pesto              |
| Olives/Olive Oil | Ghee               |
| Gucamole         | Rendered Bacon Fat |
| Sesame Oil       | Palm Oil           |



No need to use in moderation. Combine olive oil with vinegar for homemade dressings.

### Herbs & Spices



|                    |             |                 |
|--------------------|-------------|-----------------|
| Allspice           | Cinnamon    | Basil           |
| Garlic             | Thyme       | Garam Masala    |
| Ginger             | Rosemary    | Yellow Curry    |
| Nutmeg             | Dill        | Cajun Cumin     |
| Parsley            | Zaatar      | Tumeric         |
| Cloves             | Cayenne     | Paprika         |
| Red Pepper         | Oregano     | Red Curry       |
| White Pepper       | Green Curry | Lemon-Pepper    |
| Mint               | Vindaloo    | Tandoori        |
| Mustard Seed       | Fennel      | Fenugreek       |
| Coriander          | Cardamom    | Chinese 5 Spice |
| Saffron            | Lemon Grass | BBQ             |
| Galangal           | Chili       | Cilantro        |
| Herbes de Provence |             | Sea Salt        |

Penzy's ships all over the US and has a great selection (very fresh). Spices should be replaced no longer than every two years. Fresh Herbs are easy to grow in a garden and are also available at supermarkets and farmers markets. Some health stores have bulk bins at a great price. Experiment!!

# LEVEL 1: FIVE FOODS TO AVOID

Some nutritionists advocate a thirty days of a strict Paleo-Diet as a detox, during which all Neolithic foods are eliminated: all grains, legumes and dairy. During this phase meals consist of meat/seafood and vegetables, along with some fruits and healthy fats. There is a clinical reason for this approach in that it does three things: allows for the gut lining to heal (because of absence of irritating foods like gluten), reduces inflammation (especially by eliminating processed and omega-6 rich foods) and restores insulin sensitivity (moves people towards under 150grams carbohydrate and eliminates grains that elevate blood sugar even in small amounts).

However this approach does not work for everyone and can be considered extreme, that being said, here is a simpler way to start a healthy eating routine: follow these five steps.

## **Five Steps: Omega-6, Gluten, Sugar/Fructose, Processed Soy, Low-Fat Dairy**

### **Step 1: Rebalance Omega-3/6 Ratio**

Reduce/Eliminate omega-6 oils: corn/soybean/canola/safflower, as well as commercial salad dressings, fake butters (smart-balance) and processed foods containing these and replace with olive oil/vinegar for salads and coconut oil, lard, tallow or pastured butter for cooking. Read labels at home and while shopping and notice if canola oil or soybean oil is a listed ingredient.

### **Step 2: Eliminate Wheat & Gluten containing grains**

The easiest way for some is to just eliminate grains all together, but if you are consuming gluten-free grains like oatmeal, soak overnight in an acid medium (tablespoon of lemon juice) and hot water. When purchasing gluten-free grains stick to white-rice, sprouted breads and sourdough breads or buckwheat. "Nourishing Traditions" covers soaking and sprouting and is a great cookbook. Adequate fiber from the diet can be obtained from fruits and vegetables, there is no need for fiber supplements or grains which often contain gluten and upset the intestinal tract.

### **Step 3: Reduce/Eliminate Dietary Sugar**

Sodas and fruit juices provide an unnatural amount of sugar in the diet. Processed foods often contain sugar and high-fructose corn syrup which should also be avoided. Fructose is a naturally occurring type of sugar (found in fruits) but is not tolerated well above 50grams daily. For that reason agave and other fructose containing products should be avoided. Acceptable sweeteners are honey, maple syrup and stevia, avoid artificial sweeteners: aspartame and sucralose.

### **Step 4: Eliminate Processed Soy**

Eliminate processed soy: soy milk, soy protein powders, imitation meat products: tofurky, garden/boca-burgers. Tofu in small amounts if fine, tamari is a wheat-free soy sauce.

### **Step 5: Eliminate Low-Fat Dairy**

Avoid commercial milk (even organic), allow only full-fat cheese on occasion, Greek yogurt, pastured butter and heavy cream. Unsweetened coconut or almond milks should be used.

# Recipes

## Eggs, Salsa & Avocado

Scramble **4 eggs** in shaker or using whisk before pouring into a cast-iron skillet heavily coated with **coconut oil**. Pour **salsa** over eggs and place sliced **avocado** on side.

Alternative options include placing **sliced tomatoes** covered in **olive oil** on the side or using mashed **avocado** (guacamole) instead of slices. If salsa is not poured over eggs, you may want to season the eggs more with **fresh herbs** (cilantro, basil, oregano) and **spices** (cayenne pepper, sea salt, red pepper, cumin, or curry blend). For lunch another option would be chicken, salsa and avocado, buy pre-cooked chicken to add to the guacamole.

## Eggs & Veggies

First cook **green peppers, mushrooms** and **onions** in the cast-iron skillet (heavily coated with **coconut oil** or **butter**) before adding **4 eggs** (pre-scrambled) and **spices**. Serve **fruit** on the side (kiwi, strawberries or blueberries) and/or **nuts** (walnuts, macadamia, brazil).

Alternative options include scrambling **greens** like spinach, kale or chard with the eggs, the **eggs** should be seasoned for flavor use different **spice** combinations (curry blend, mint/lime/ginger, cayenne/cilantro/cumin, basil/red pepper). Nitrate free bacon/sausage can be served on the side.

## Curries

Start by warming one or two cans of full-fat **coconut milk** (canned) in a large saucepan. Cut-up chicken or beef, then add to saucepan for the milk to cook the meat. Then prep **spices** (cumin/red pepper/basil/ginger) and slice up desired **vegetables** (carrots, bok choy, mushrooms). Add veggies and spices and stir, simmer on low for ½ hour or longer.

## Laraballs: Nuts & Fruit

This recipe is simplified by using a food processor. Combine a variety of **nuts** (no peanuts), with **dates** or dried fruit (apricots) and spices in the processor. Add **coconut oil** and form into balls, honey can be used and different **spice** combinations. Let refrigerate for a while to harden. One option is combining unsweetened chocolate powder, coffee ground and coconut flakes; another is to use cinnamon, nutmeg and clove with the apricots (instead of dates).

## Guacamole

Cut 1-4 **avocados** in half and use knife to remove pit. Use spoon to remove from shell and mash in bowl with fork. Add lemon or **lime juice, red pepper, sea-salt,** and **cayenne pepper** or jalapenos to taste. Fresh chopped cilantro and cumin are optional.

## Crock-Pot

Add root vegetables (parsnip, yucca, jicama) or squash (butternut, yellow, green) to crock-pot, then add chuck or rump roast on top, pour ½ cup water to moisten and add spices before cooking on low for 6-7 hours, set it before bed if you can to wake up to 6-7 meals!!

## **Kale & Chard 2 ways**

Both kale and chard are great additions to the diet and replacements for grains. Both however are generally better digested and enjoyed cooked either simmered in coconut oil or in a vinegar. For a warm **chard** salad, warm **coconut oil** in a saucepan and cook **onions**, when onions brown add chard to saucepan to lightly steam, adding **spices** (turmeric/cayenne/red pepper) before putting on lid. Sprinkle on **slivered almonds** and serve.

For a cold **kale** salad, marinate kale in **vinegar** (apple cider, balsamic or white) and **olive oil**. Herbes de Providence is a good **spice blend** for salads you can add. Then add **nuts**, orange slices, dried cranberries, strawberries or **vegetables** (peppers, radishes, beets).

## **Grain-Free Granola**

Remove **coconut milk** from can and get coconut meat and water to recombine (shake in closed drink container). Pour in bowl and add variety of **nuts** (walnuts, slivered almonds, pecans) and **berries** (strawberries, blueberries, blackberries). This can be a portable breakfast, since the coconut milk doesn't need refrigeration before opening, the nuts are dry and a little dried fruit (cranberries) can be substituted for fresh.

## **Vegetable Salad**

Cut up yellow and orange **peppers, tomatoes** and **cucumbers** and add to pitted kalamata **olives**. Then add dressing: **olive oil, vinegar, turmeric** and **dill**.

## **Corned-Beef & Cabbage**

Sear corned-beef on each side in aluminum sauce-pan with coconut oil or lard. Then place in oven at 100degrees overnight, you will want to use a Pyrex dish, where you lay the corned beef down and cover with foil with no water added. The next day cook pre-cut green cabbage in coconut oil or butter with garlic and onion, add beef (then sliced) to same pan to warm.

## **KITCHEN ESSENTIALS**

### Cutting

- Chef's Knife
- Sharpener (Sharpen knives a minimum of weekly, if not daily)
- Bamboo Cutting Board
- Pairing Knife/Vegetable Peeler

### Cooking

- Bamboo Utensils
- Cast-Iron Skillet/Stainless Steel Skillet
- Sauce Pan
- Food Processor
- CrockPot

### Storing

- Tupperware/Ziplock Bags
- Salad Dressing Mixer
- Fruit Bowl/Salad Spinner

# Resources

## BOOKS

The Paleo Solution by Robb Wolf  
The Vegetarian Myth by Lierre Keith  
Nutrition and Physical Degeneration by Weston A. Price  
Nourishing Traditions by Sally Fallon  
The Primal Blueprint by Mark Sisson

## MEDICAL JOURNALS

What if it's all Been a Big Fat Lie? Gary Taubes  
Hyperinsulinemic Diseases of Civilization: More than Syndrome X (Loren Cordain)  
Cereal Grains Humanities Double Edged Sword (Loren Cordain)  
Origins and Evolution of the Western Diet (Loren Cordain)  
The Clinical Importance of Vitamin D (John Cannell)  
Beneficial Effects of a Paleolithic Diet on Cardiovascular Risk Factors in Type 2 Diabetes  
In the Face of Contradictory Evidence: Report of the Dietary Guidelines for Americans  
Alterations in Intestinal Permeability (Meddings)  
Modulation of Immune Function by Dietary Lectins in Rheumatoid Arthritis (Cordain)

## ADDITIONAL

Vitamin D Council  
Paleo Physician Network  
Latest in Paleo Podcast

# NUTRITIONAL COUNSELING



Foundational science behind the Paleo Diet  
Cooking and shopping tips, recipes and meal planning  
Lifestyle advice: exercise, sleep and supplementation

Reclaim optimal health; eliminating or better controlling modern diseases like heart disease, obesity, diabetes, joint pain, indigestion and thyroid/adrenal related problems