

The Nutrition Life of a Modern Day Hunter-Gatherer

What to eat, and what not to eat.

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This information will serve as the basics to give you an understanding of what a Paleolithic style diet is like. It's the basic precepts of a system of eating that will change your nutritional life forever and the way you currently look at food will dissolve as a distant memory.

Here's brief, concise description from Dr. Loren Cordain, PhD. Author of The Paleo Diet.

With readily available modern foods, The Paleo Diet mimics the types of foods every single person on the planet ate prior to the Agricultural Revolution (a mere 500 generations ago). These foods (fresh fruits, vegetables, lean meats, and seafood) are high in the beneficial nutrients (soluble fiber, antioxidant vitamins, phytochemicals, omega-3 and monounsaturated fats, and low-glycemic carbohydrates) that promote good health and are low in the foods and nutrients (refined sugars and grains, saturated and trans fats, salt, high-glycemic carbohydrates, and processed foods) that frequently may cause weight gain, cardiovascular disease, diabetes, and numerous other health problems.

Make sense? Point is that you are not a slave to your addictions. You are in control. Some people approach me and say things like "But I thought grains were good for you?" or "They say Milk does a body good? What about calcium?"

First, your body requires zero grains to perform at peak efficiency. Plus, all grains will elicit an insulin spike which will shut down the fat burning mechanism and wreak havoc in your body. Also, gluten, grains and dairy are responsible for most inflammation issues such as joint pain, etc. along with a variety of food related allergies as well as acne! To control body fat, you must first control insulin. By skipping the grains, gluten, and starchy carbs, we will tap into our stored fat for energy, limit insulin spikes, and become a far more efficient machine.

Although grains, at first glance seem like a brilliant food source, grains also contain what are called antinutrients, lectins and gluten, all which have negative traits.

The main anti-nutrient found in grains is called Phytates, which bind to vitamins, minerals and enzymes to make them unavailable to the body. The main minerals Phytates target include calcium, magnesium, iron, copper and zinc, which interestingly are also the main minerals found in grains itself, preventing full absorption of the nutrients present along with taking them out of the body to later cause, with consistent consumption of grains, possible nutrient deficiency in

those areas and/or more. Phytates will also attack enzymes which are needed for digestion and other bodily functions and will assist in inhibiting protein digestion. Not good.

What about dairy? Here's one. Name one other living creature that continues to consume milk once they are weaned off of their mother's milk? The answer: NONE!

When the hunter-gatherer of 10,000 years ago hunted down a cow, goat, etc... they didn't wrestle it down and milk it! They killed it, and cooked it's very healthy meat over an open flame. You can get all the calcium you need through vegetable sources. Dairy contains the dairy sugar lactose, and the protein from dairy, unlike animal protein, will cause an insulin spike as well. Dairy has also been found to cause GI tract distress as well as leaky-gut syndrome. Avoid dairy and watch your weight drop and your health and performance soar.

Eating is in our makeup. It's encoded in our DNA. A Paleo nutrition plan has no weighing and measuring, or counting calories. Simply choose the right foods and eat till full. Eliminate processed, milled, and pre-packed food. Avoid inflammation and bad stuff by activating your genes. Drop body fat easily through consumption. Calorie restriction is not required. Throw away your scale!! Eat for health, and look stunning as a side effect. Hard training requires more adherences. Health wellness and disease elimination comes from what we put into our bodies and how we eliminate stress.

Some ground rules:

- Eat 5 times a day
- Drink at least 12oz of water with each meal. More is better.
- Supplement with vitamin D, magnesium, and use coconut oil or CapTri (from Parrillo Performance) for cooking or added to shakes.
- Protein powders (non-dairy) are fine too.
- Keep cheating to 10% or less of your intake.
- Restrict alcohol intake to a glass of red wine occasionally.
- Get out in the sun 30 minutes a day.
- Get adequate sleep in a dark room (cave).
- Play a lot and avoid stress.
- Lift weights
- Become a modern day Hunter-Gatherer!

The Food.

Here are the recommended proteins:

Meats

Lean beef (trimmed of visible fat)
Flank steak
Top sirloin steak
Extra-lean hamburger (no more than 7% fat, extra fat drained off)
London broil
Chuck steak
Lean veal
Any other lean cut
Lean pork (trimmed of visible fat)
Pork loin
Pork chops
Any other lean cut

Lean poultry (white meat, skin removed)

Chicken breast
Turkey breast
Game hen breasts

Eggs

Chicken (go for the enriched omega 3 variety)

Shellfish

Abalone
Clams
Crab
Crayfish
Lobster
Mussels
Oysters
Scallops
Shrimp

Fish

Bass
Bluefish
Cod
Drum
Eel
Flatfish
Grouper
Haddock
Halibut
Herring
Mackerel
Northern pike
Orange roughy
Perch
Red snapper
Rockfish

Salmon
Striped bass
Sunfish
Tilapia
Trout
Tuna
Any other commercially available fish

Your Carbs:

Sweet potatoes (OK post workout for hard-training athletes)
Yams (OK post workout for hard-training athletes)

Vegetables (as your main carbohydrate source)

Artichoke
Asparagus
Beet Greens
Beets
Peppers
Broccoli
Brussels Sprouts
Cabbage
Cauliflower
Celery
Collards
Cucumber
Eggplant
Green Onions
Kale
Lettuce
Mushrooms
Onions
Parsley
Radish
Seaweed Spinach
Spaghetti Squash

Fruits:

Try to consume fruit as your carb no more than 10% of the time if your goal is fat loss.
Choose water dense seasonal fruits like berries, cantaloupe, apples, etc. Use Bananas, dried fruits, and watermelon sparingly.

Good fats:

Don't be afraid to of these extremely healthy fats that will boost performance, improve health, and HELP remove unwanted body fat!

Nuts and Seeds

Walnuts (1/4 cup yields 98% of your daily Omega-3 intake!!)
Almonds
Brazil nuts
Chestnuts
Hazelnuts (filberts)
Macadamia nuts

Pecans
Pine nuts
Pistachios (unsalted)
Pumpkin seeds
Sesame seeds
Sunflower seeds

Okay, Now the Avoid LIST!!!

Dairy Foods

All processed foods made with any dairy products
Butter
Cheese
Cream
Dairy spreads
Frozen yogurt
Ice cream
Ice milk
Low-fat milk
Nonfat dairy creamer
Powdered milk
Skim milk
Whole milk
Yogurt

Cereal Grains

Barley (barley soup, barley bread, and all processed foods made with barley)
Corn (corn on the cob, corn tortillas, corn chips, corn starch, and corn syrup)
Millet
Oats (steel-cut oats, rolled oats, and all processed foods made with oats)
Rice (brown rice, white rice, top ramen, rice noodles, basmati rice, rice cakes, Rice flour (all processed foods made with rice))
Rye (rye bread, rye crackers, and all processed foods made with rye)
Sorghum
Wheat (bread, rolls, muffins, noodles, crackers, cookies, cake, doughnuts, pancakes, waffles, pasta, spaghetti, lasagna, wheat tortillas, pizza, pita bread, flat bread, and all processed foods made with wheat or wheat flour)
Wild rice

Cereal Grain like Seeds

Amaranth
Buckwheat
Quinoa

Soft Drinks and Fruit Juices

All sugary soft drinks
Canned, bottled, and freshly squeezed fruit drinks (which lack the fiber of fresh fruit and have a much higher glycemic index)

Sweets

Candy
Honey
Sugars

Legumes

All beans (adzuki beans, black beans, broad beans, fava beans, field beans, garbanzo beans, horse beans, kidney beans, lima beans, mung beans, navy beans, pinto beans, red beans, string beans, white beans)

Black-eyed peas

Chickpeas

Lentils

Peas

Miso

Peanut butter

Peanuts

Snowpeas

Sugar snap peas

Soybeans and all soybean products, including tofu

Starchy Vegetables

Starchy tubers

Cassava root

Manioc

Tapioca pudding

Potatoes and all potato products (French fries, potato chips, etc.)

Sweet potatoes (OK post workout for hard-training athletes)

Yams (OK post workout for hard-training athletes)

I certainly hope this brief overview helps. Continue to research and investigate and I'm sure you'll begin to open up a whole new world of vibrant health and a lean hard body.

Next up... the workout.