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## HIGH HISTAMINE FOODS

↳ Alcohol	↳ Tomatoes
↳ Fermented foods or beverages	↳ Shellfish
↳ Smoked meats and deli meats	↳ Cheese
↳ Citrus fruits	↳ Beans
↳ Bananas	↳ Soy products
↳ Dried fruits	↳ Chocolate
↳ Papaya	↳ Pickles
↳ Pineapple	↳ Food dyes, preservatives, and additives
↳ Strawberries	↳ Black tea
↳ Peanuts	↳ Green tea
↳ Eggs	↳ Yerba mate tea
↳ Nuts	↳ Energy drinks
↳ Avocado	↳ Frozen, salted, or canned fish
↳ Eggplant	↳ Vinegar
↳ Spinach	↳ Ketchup

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
B: Bacon & Egg Cups L: Coconut Milk Yogurt Parfait D: Baked Chicken, Sweet Potatoes & Kale M: Make meat stock	B: Sweet Potato Pancakes L: Cobb Salad D: Baked Salmon, Roasted Veggies M: Make ranch & coconut milk	B: Poached Eggs w/ Veggies L: Stuffed Sweet Potatoes D: Taco Salad M: Make pickles & sauerkraut	B: Smoothie L: Nut Butter Roll-Ups & Apple D: Pizza M: Make butternut squash soup	B: Biscuits & Gravy L: Butternut Squash Soup D: Mahi Mahi w/ Cucumber Cilantro Sauce M: Make granola & kale chips	B: Yogurt & Granola L: Salami, Kale Chips & Avocado D: Steak & Salad
Day 7	Day 8	Day 9	Day 10	Day 11	Day 12
B: Egg Muffins L: Salmon Salad D: Stuffed Chicken Breast & Green Beans M: Make Pate	B: Pumpkin Porridge L: Plantains w/ Pate & Sauerkraut D: Grilled Halibut w/Cilantro Cauli- Rice M: Marinate lamb	B: Spinach Scramble L: Granola w/ Coconut Milk D: Lamb Kebobs & Walnut Salad M: Make sausage	B: Sausage & Avocado L: Lemony Kale Salad D: Stuffed Bell Pepper M: Marinate jerky M: Soak lentils	B: Omelet L: Smoothie & Trail Mix D: Asian Salmon w/ Lentils & Sauerkraut M: Make ranch M: Dehydrate jerky	B: Pumpkin Pancakes L: Jerky, Veggies w/ Dip D: Summer Stir Fry
Day 13	Day 14	Day 15	Day 16	Day 17	Day 18
B: Summer Squash Scramble L: BBQ Chicken Lettuce Wraps D: Grilled Steak, Artichokes & Aioli M: Make BBQ sauce	B: Fried Eggs & Sweet Potato Hash L: Bell Pepper Sandwich D: Cucumber Soup	B: Frittata L: BBQ Chicken Salad D: Steak Roll w/ Creamed Spinach M: Make coconut flour bread	B: Banana Pancakes L: Bruschetta D: Chicken Thighs w/ Steamed Veggies	B: Blueberry Nut Balls L: Deviled Eggs over Arugula D: Red Snapper w/ Asparagus	B: Quiche L: Sausage Sammies D: Beef Brisket w/ Slaw
Day 19	Day 20	Day 21	Day 22	Day 23	Day 24
B: Poached Eggs w/ Tomato & Basil L: Spinach Salad D: Fish Tacos w/ Butternut Squash Fries	B: BLTA L: Greek Salad D: Burgers	B: Green Eggs & Chicken Sausage L: Fried Rice D: Hot wings w/ Raw Veggies	B: Smoked Salmon & Eggs L: Bacon Avocado Sammies D: Fish Sticks	B: Asparagus Frittata L: Sliders D: Lamb Shanks & Grilled Vegetables M: Make bread	B: Stir-fried Kale & Bacon L: Avocado Sandwich D: Coconut Curry M: Make tortillas 2x
Day 25	Day 26	Day 27	Day 28	Day 29	Day 30
B: Hard Boiled Eggs & Sliders L: Nut butter Rollups, Berries D: Shrimp Skillet & Kale Salad	B: Breakfast Pizza L: Dolmas D: Stuffed Acorn Squash M: Make broth	B: Blueberry Muffins L: Spinach Tomato Tart D: Chicken Enchiladas	B: Breakfast Burrito L: Smoothie Pops D: Ratatouille	B: Crustless Quiche L: Zoodles w/ Butter Sauce D: Salmon Burgers w/ Tomato Salad M: Bake chicken	B: Sausage & Sautéed Spinach L: Chicken Salad D: Lamb Roast & Fried Okra



# FREE PRINTABLE STOCK YOUR PANTRY

cook *eat* paleo®

## SHOPPING LIST

**TIPS:**

- Remember to read the ingredient list on all packaged foods. Don't buy it if it contains gluten, grains, dairy, soy, legumes, sugar or other processed food chemicals.
- Produce items on the dirty dozen list for pesticides are indicated with an asterisk (\*). Look for organic on these items.
- For fresh items, just buy what you need for the next few days.
- For long-lasting shelf stable and freezer items, stock up when they're on sale.
- Amazon is a great resource for hard to find items. See links on [cookeatpaleo.com/paleo-kitchen-ingredients-tools](http://cookeatpaleo.com/paleo-kitchen-ingredients-tools)

### **Sample Menu for 1200 calorie healthy eating plan**

	Breakfast	Lunch	Snack	Dinner	Snack
Mon	½ c bran flakes 8oz skim milk 1 small banana	2c. lettuce with 1 tbsp salad dressing, 2oz. Chicken 1 large dinner roll	1 small apple 1 Tbsp peanut butter	3 oz. pork loin chop 1/2c. broccoli 6oz baked potato 1 tsp tub margarine	6 oz nonfat yogurt 1/4c. granola
Tues	2 slices wheat toast 1tbsp. Peanut butter 1 1/4c fresh strawberries	2 eggs, scrambled in 1 tsp canola oil, with 1c fresh vegetables, such as mushrooms, peppers and onions 1 6-inch tortilla 1/2c. tropical fruit	8oz. skim milk	3 oz. chicken breast 2/3 c. brown rice with 6 almonds and 1/2c. water chestnuts 1 c. sliced tomato	8oz. skim milk 2/3 c Wheaties
Wed	1 4-in. pancake 1 Tbsp. peanut butter 2 tsp light jelly 1 c. apricots	Roast beef sandwich made with 2 oz meat, 2 slices bread ketchup/mustard 1c. sliced cucumber	8oz choc milk -mix sugar-free powder with skim milk	3oz. round steak 1c boiled potato 1 tsp margarine 1 c. cooked carrots	3c. popcorn popped in 1 tsp. canola oil 8 oz. skim milk
Thur	½ c. prepared oatmeal 8oz. skim/soy milk 1 small orange	2 tacos, each with ½ oz grd beef, ½ oz cheddar cheese, lettuce, tomato, green pepper, salsa 1/3 c. rice	6 oz. nonfat yogurt	Spaghetti; 2/3 c. pasta 1/2c red sauce 3 meatballs (golf ball size) ½ c. carrot/broc blend	Trail mix: 1 Tbsp sunflower seeds 2 Tbsp raisins 3/4c Cheerios
Fri	2 slices cinnamon toast-with total 1 tsp margarine 8 oz. skim milk	1/2c beef and bean chili 2-in square corn bread 1c. carrots/ celery 2 Tbsp peanut butter	17 grapes	3oz. fish 6oz. baked potato 1tsp margarine 2c. sliced tomato/cucumber	1 small nectarine 8 oz skim/soy milk
Sat	1 slice French toast 4 pecan halves 2 Tbsp sugar-free syrup 8oz skim/soy milk	Shish kabob- 2 oz cubed chicken 1c. grilled pepper, onion, mushroom 1/2c grilled pineapple 2/3 c. brown and wild rice	3 graham cracker squares 8oz. skim/soy milk	3oz ground beef patty whole wheat bun 1c lettuce, radishes, peppers 1 Tbsp salad dressing	1/4c cottage cheese 1/2c peaches
Sun	1 scrambled egg 1c. hash browns 1 tsp canola oil(for frying) ½ c. orange juice	Taco salad -1 1/2c lettuce, 1/4c tomato, 1/4c peppers ½ c black beans, ¼ c corn, ¼ c salsa, 2oz cheddar cheese 7 tortilla chips	Sugar-free gelatin with 1/2c banana	3oz turkey tender 1/2c sweet potato 1/2c green beans 1 tsp margarine 8oz. skim/soy milk	8oz skim/soy milk 1 cookie (made with canola oil)

\*\*Consider MVI and calcium supplement per dietitian recommendations\*\*

DietingDigest.com

If you want access to all of our training sessions, equipment and races, plus exclusive training plans, full photos, event discounts and GPS apps, subscribe to External+. It is free of grains, processed sugars, and starches, but the Paleo diet has benefits for athletes. After Nell Stevenson became infested with the parasite during the 2014 Ironman race, she took her prescription meds but felt worse for months. Despite always eating healthy, Stevenson turned out to develop an intolerance to gluten and stomach problems. Stevenson decided to try the Paleo diet, a diet that mimics what humans ate naturally during the Paleolithic period before the agricultural revolution. "After three days, I felt better," says trainer and nutrition coach Stevenson, who currently runs the popular Paleoist knowledge blog and publishes a book of the same name. Paleo is becoming more and more popular with the general public. However, its core principles are at odds with those of overworked traditional runners and endurance athletes. Paleo recommends a diet that includes only lean proteins, healthy fats, and fresh fruits and vegetables. We avoid dairy products, grains, legumes, and refined and processed foods altogether. Related: Should you eat like a beer garden? While most athletes eat (or at least know they should) eat lean proteins, fresh fruit and vegetables, many still eat grains, processed sugars and starches. But Joe Friel, an American Olympic triathlon coach and author of Biblical Triathlon Basic Cycling Training, says athletes can benefit from a paleo diet with just a few simple changes. "[Paleo] offers better long-term recovery with more micronutrients than [a standard starch and sugar diet] and allows athletes to train with more stress," Friel said. Friel and Lauren Kors, Ph.D., have written an authoritative book on the subject: The Paleo Diet for Athletes, which outlines a series of changes athletes need to overcome the basic Paleo diet. Friel said that the main thing is to divide the nutrition of the athlete into stages. Most athletes should follow paleo, but some changes can be made before and immediately after training. About two hours before a long or hard workout or race, an athlete should eat a low to medium glycemic index, low fiber meal. Most athletes participate in a longer sporting event or competition. They need fast processed carbohydrates in the form of sports drinks or gels. Otherwise, even Stephenson, who eats 100 percent paleo, admits she has to use carb gels in Ironman races and that her husband used them in ultra marathons. However, during short competitions that last less than an hour, the athlete can only drink water. Ultimately, an athlete who eats a low-carb diet will train more fat stores for working muscles, which are more efficient and can balance blood sugar. Friel was reported to experience this physical change about six to eight weeks after following the Paleo diet. Immediately after intense or prolonged training, the athlete should drink a recovery drink containing 4-5: 1 carbohydrates and proteins. A few hours after a difficult workout, it's time to focus on carbohydrates, because the recovery process requires a large amount of glucose and perhaps by eating disturbed meals such as a baguette or pasta. As Friel said, ideal healing foods are raisins, potatoes and seeds. A lot of the problems that paleo athletes experience are because they don't understand their diets, they don't plan and they don't listen to their bodies. Most importantly, Paleo isn't a low-calorie or restricted diet — a mistake Stephenson said he's seen in top athletes. Related: Nate Helming's Imagined Ideal Diet Tried San Francisco CrossFit and Triathlon Paleo for about eight months, but tried eating the right dinner for sustained endurance. The focus is on sweet potatoes, mashed potatoes and energy bars. Athletes eat the following effects: more vitamins and antioxidants to maintain a strong immune system; Increasing fat oxidation, which contributes to long-term endurance; Balanced pH level; and better preserved and regenerated muscles. All of this makes you faster in the long run. "My body is functioning optimally," Stephenson noted. \*\*\*

**About the Author:** Kelly Oâ Mara is a journalist/reporter and recovering professional triathlete. He lives in the San Francisco Bay Area and writes for several magazines, newspapers, and online news sites. And he eats a lot of cookies. Get the latest training, gear, nutrition and triathlon news straight to your inbox. Subscribe to the triathlon newsletter.

The co-author of these articles was Dr. hab. Dr. Lauren Cordain and Joe Friel. The Paleo Diet for Athletes was published in October 2005 by Rodale Press. The book was written by Dr. Lauren Cordain, author of The Paleo Diet, and Joe Friel, M.S., author of many successful books on the extreme demands of endurance athletes. Training for serious endurance sports. Even though we live in the 21st century, athletes still have Stone Age (Paleolithic) bodies. The human genome has not changed significantly in the last 10,000 years. Physiologically speaking, we are still Paleolithic athletes. Paleo Dr. Diet Cordain Research's underlying assumption in paleolithic nutritional research is that some foods are optimal for humans while others are suboptimal. Optimal foods are the foods we have eaten the most on Earth for over 4 million years. In just the last 10,000 years, in the blink of an eye compared to the existence of our species, we have eaten suboptimal food. Unfortunately, these foods make up the bulk of what Western society eats today, and include items such as grains, dairy products, and legumes. Because our bodies haven't changed, we're simply not adapted to these sub-optimal foods and moderate peak health and performance. On the other hand, we have been eating optimal foods for hundreds of thousands of years - lean vegetables, fruits and protein - and we are perfectly suited for it. Science tells us that these foods best meet our nutritional needs. Eat them and you will prosper. Avoid or limit them and your health and performance will be at risk. Before, during, and after your workout, you need to break the rules of the paleo diet a bit, because we place demands on the body that weren't common for our Stone Age ancestors. Hour after hour of constant recharging and the need for quick relaxation are the unique needs of a serious athlete. It requires a certain volume to use optimal food in limited quantities. The exceptions are best described by explaining the 5 Phases of the 5 Day Diet for Athletes when it comes to training. Stage I: Eating before training for a short time, athletes for long training or cycling are recommended at least two hours before hard or low to medium carbohydrates with a glycemic index. This food may also contain fat and protein. All foods should be low in fiber. Consume 200-300 calories for each hour remaining before your workout. If it's not possible to eat two hours before, eat about 200 calories 10 minutes before starting a workout or race. Here are some Paleo breakfast options. Level II: Meals during training during long or intense training sessions and races should generally consume high glycemic index carbohydrates in the form of liquids. Sports drinks are good for this. Find one you like and want to drink. Read how many carbohydrates and protein in a 4-5:1:1 ratio for the first 30 minutes after your workout (but only after a long workout and/or very intense) and after the race. You can purchase a commercial product such as Ultrafit Recovery™ (www.ultrafit.com). Alternatively, you can make your own paleo recovery smoothie 16 oz of fruit juice with a banana, 3 to 5 tablespoons of glucose (as Carboros) depending on body size, about 3 tablespoons of protein powder, preferably from egg or whey sources, mix in two pinches of salt. This 30-minute window is critical for recovery. It should be their top priority after a tough workout or race. Level IV: Eat longer to rest a few more hours (if previous vigorous exercise was lasted) and continue to focus on carbohydrates, especially medium to high glycemic load 4-5: 1 carb with protein: protein. Time to eat suboptimal foods like pasta, bread, baguette, rice, corn, and other glucose-controlled foods that contribute to the necessary carbohydrate recovery process. Perhaps perfect for stage IV are bananas, potatoes, sweet potatoes, and sweet potatoes. Phase V: Return to a paleo diet that focuses on eating optimally for the rest of the day or until the rest of the day for extended recovery. For more information on the Paleo diet, visit www.thepaleodiet.com or read The Paleo Diet by Loren Cordain, Ph.D. How much protein, carbs, and fat should I eat? Macroba's needs vary depending on the time requirements of the training, so should be regular training. We recommend that athletes maintain a very consistent protein intake throughout the year. As a percentage of total calories, this is usually between 20 and 25% for athletes. This is at the bottom of our Stone Age ancestors, as the ones from I to IV increased the absorption of protein-diluted carbohydrates as a percentage of daily calories. On the other hand, the nutritional period causes large contradictory fluctuations in the fat and carbohydrate intake of athletes. In the main (general) period, the diet decreases, the consumption of carbohydrates changes in the direction of increased fat burning. During this time of the season, if training is to promote the use of body fat as fuel, healthier fats, which make up 30% of total calories and carbohydrates, are consumed at around 50%. During the period of growth and peak value (specific preparation), the intensity of training increases and increases the demand for carbohydrates as fuel for movement. This past season, levels III and IV are becoming increasingly important to an athlete's recovery. Accordingly, carbohydrate intake increases to approximately 60% of total calories, while fat intake decreases to approximately 20%. During periods of severe training restriction (summit/recruit and transition), the athlete should restrict calorie intake to avoid unwanted weight gain. Why is the paleo diet good for you? Health and vitality are not synonymous. Unfortunately, many athletes are fit but unhealthy. Common illnesses, injuries, and overtraining reduce the potential for results. For athletes, the Paleo diet provides significant long-term health benefits. Compared to generally unrecognized athletes, the Paleo Diet: Increases the consumption of amino acids of a large chain (BCAA). Advantages of muscle development and anabolic function. It also neutralizes the immunosuppression of the features of athletes on durability after intense load. Omega-6 ratio: omega-3. This reduces the inflammation of athletes in characteristic tissues and contributes to healing. This may include asthma that are common in athletes. The body's acidity. This stimulates the synthesis of the muscle protein by reducing the catabolic effect of acidosis on bones and muscles. With age, this becomes increasingly more important. It contains many nutrients. After physical exercises, vitamins and minerals are required for optimal health and long-term healing. Intensive dishes consist of vegetables and seafood. Middle vegetables have almost twice as many nutrients. Paleo - Diet - Korkak, Bicycle, Triathlon, Rowing, Swimming and Cross Folding Expert in Sports Training in the Field of Plain Folding. During difficult training, the athlete is almost continuously in the stage of healing. Optimal restoration switches are sleep and diet. Although we advise everyone to accept a diet similar to our ancestors, we admit that a large athlete should be on a diet between 10 to 35 or more hours a week for exercises. Rapid recovery is the biggest problem that such an athlete faces. Although it was impossible to heal after such educational burdens after a strict Paleo diet, it healed faster. Paleo diet, which transforms the diet before hard exercises, provides two advantages for all athletes: a rapid recovery for the next training and perfect health for the rest of their lives. Life.

