



Hello and welcome.

If you're reading this guide then chances are you're ready to kiss goodbye to your scrawny little man boy arms, and say hello to a set of guns that would make Arnold Schwarzenegger proud.

If you know as much about healthy nutrition, as I do about advanced particle physics (not very much), then you're probably scratching your head and wondering exactly what the concept actually consists of and what it's all about. If that is indeed the case, then don't worry your pretty selves because we've got you covered.

Contained within this guide, you'll find absolutely everything you'll ever need to know about the the nutrition concept and by following the advice we give you, will soon find yourselves in the best shape of your life.

You don't have to adapt everything we teach you in this guide. It's no problem to make small changes sometimes, but we recommend that you stick to our concept in most cases (around 80%) and train with our 12 weeks training program to make progress!

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Part 1: History of the nutrition concept

Our story begins many, many thousands of years ago, when Dinosaurs ruled the earth, and men dressed in wild animal clothing used to work in quarries and carry large clubs around in the town of Bedrock, oh wait that's the Flintstones. Whilst the Flintstones reference is ever so slightly relevant to our story, as they were technically cavemen and women, you can pretty much discount the rest of what we just said. No, truth be told, our story actually begins back in the stone age, in the paleolithic era. Back then, we human beings weren't quite as evolved as we are now, (although if you look at some celebrities in the media, you could argue that case) and used to behave pretty uncivilised and un-gentleman like to say the very least. If we wanted food, we didn't jump in the car and head to the nearest grocery store, or pick up the phone and order a pizza, oh no. If we wanted food, we had to go out into the wild, and forage, gather, hunt and kill our food in order to survive. Think something along the lines of Bear Grylls, but with less urine drinking. Men would go out at all hours into the wild, brave the elements, and hopefully track down and kill some form of wild animal that would be consumed that same day with a side helping of berries of plant leaves perhaps.

Fast forward several thousand years to the present day, and famous Gastroenterologist Walter L. Voegtlin was one of the very first experts to suggest that perhaps by following a diet that was quite similar to one which was followed back in the paleolithic era, our health would actually be improved. His explanation was something along the lines of human beings being carnivorous animal hunters, which meant that their diets were mainly based around fats and proteins, with trace amounts of carbohydrates. He argued that as that's what our ancestors used to eat on a weekly basis, our digestive systems are still not evolved enough to process the many forms of mainly junk and processed foods that we have readily available for us now. Irritable bowel syndrome, indigestion, diverticulitis, Crohn's disease, and colitis, are all pretty common problems that people suffer from in this day and age. When treating his patients, Walter L. Voegtlin actually prescribed them with a diet based around high protein foods which contained natural fats. To many people's astonishment, within a few months, his patients actually began to notice that their symptoms were now disappearing, and gradually appeared to be reducing.

If this sounds like total utter nonsense to you, then think about this for a minute. We've been evolving for millions upon millions of years. Back in the stone age, when our caveman ancestors were following this natural food diet, they had to make do with the same foods, consumed in the same ways, for literally, millions of years. As with all things, the more things we have, the more our bodies become used to these things, and build up a type of immunity. Take caffeine, many of you probably roll out of bed in a morning, feeling like one of the cavemen we've just been talking about, until you have your morning cup of coffee. The caffeine in the coffee acts as pick me up, due to the stimulants. What you may also have noticed, is, as the months or even years went by, your coffee gradually had to become stronger and stronger, for you to feel the effects. That's because the more you have, the more your body gets used to it, and eventually, builds up immunity to it. If we lived for millions of years, and drank coffee every day, eventually our great, great, great, great, great, great, etc grandchildren's bodies would not be able to function without the stimulants contained in coffee, and they'd literally need it to survive. That's how evolution works. Now, to get back on topic, if our ancestors were eating the same foods for millions of years, their bodies would have eventually

gotten used to it, and accepted these types of food as the norm. We've actually only been eating grains for around 10,000 years, which pales in comparison to the millions of years that we've been stumbling around this little blue planet we call Earth. Because of this, there is a theory that our bodies aren't quite adapted enough to process these different types of food. Many people have wheat and gluten allergies for instance, and eventually, the longer we eat these foods, these allergies will simply not exist anymore.

To put it simply, the longer we have something, the more our bodies adapt to it. Our ancestral caveman relatives ate the same types of foods for millions of years, yet we've only been eating grains and cooked and processed foods for a few thousand years. Which of the two do you think your body is most familiar with?

Part 2: What is the actual "diet" itself?

Picture the scene. You're out having dinner with friends or family. It's a celebration. You'd be rude to not go along. You sit down at the table, everybody else orders their deep fried animal carcasses, encased in a stodgy layer of flour and bread crumbs, with a side order of deep fried vegetables, and when you order your bleu steak, with a side order of fresh salad leaves, everybody looks at you as if you asked the waiter to defecate on your plate, and charge you fifty bucks for the experience. Then comes the awkward part you've been dreading. The question that you knew was inevitably going to rear its ugly head at some point during the dinner. "Why are you ordering that? You know the steak comes with fries and onion rings right!?" There's always that one ignorant person that assumes you're too dumb to read a menu, and who cannot possibly fathom the fact that, just because they can't understand the fact that people could possibly enjoy their food served in that way, that it's alien and some concept that originated from another world. You know the type of person. Their idea of a vacation is getting in their RV and driving a few hundred miles to some dank looking camp site, whilst eating deep-fried everything they can lay their hands on and drinking warm beer from the can every night. Despite this, you knew this ignorant moron was going to be coming for dinner, so you prepared yourself for this type of moronic question. You sip your water, prepare yourself for even more ignorant nonsense, but calmly and politely respond with; "Yes I was aware that the steak I ordered does come with onion rings and fries, but I'm dieting unfortunately".

Next comes the tricky and often infuriating part, the ignoramus' response; "You doing Atkins or something? You know, that diet's bad for you right"?

You reply "I have heard some people claim that, but even so, I'm not doing Atkins no".

"So what kinda' diet are you doing"?

"It's called Paleo, or the Evolutionary diet, it's extremely popular and effective".

The moron has never heard of the new lifestyle, he's intimidated, you know something he doesn't, he doesn't like that. He likes to know everything, and can never be wrong. He's a bit put out that he hasn't heard of the diet, he gets defensive.

"That seems like a strange diet to me, I spent years working out with a trained fitness nutritionist (Playing golf once a week with his friend Merle, who had his basic food hygiene certificate) and he never told me about no fancy soundin' paleo diet".

You politely smile and hope somebody else at the table will butt in and stop this train wreck conversation. Nobody does. They're either all too interested in hearing great uncle ignoramus' views on diet and exercise (despite the fact he's 100lbs overweight, and is about as active as an elderly, overweight Sloth), or are too busy updating their Facebook status', or just talking amongst themselves. He pauses to cram a few handfuls of heavily buttered bread into his mouth. You hope he's finished. He hasn't of course.

"If y'all want to lose weight, you need to drink milk, and do weights for 10 hours a day, once a week. I had a friend a few years back (he didn't, he's lying) who lost nearly 200lbs of fat, and built 100lbs of muscle in six weeks by doing that. That's what you need to be doing. If you add me on Facebook I can email you a good diet, none of this fancy evolutionary mumbo jumbo. Evolution's what the scientists want you to believe, so you buy their fancy books and DVD's. Everybody knows the world's only a few thousand years old".

By now you've heard enough and are praying that he'll just shut his stupid, annoying, ignorant, fat mouth, and just leave it.

"Thanks", you tell him, "but I'm going to stick with my diet for a few weeks and see what happens".

"Suit yourself" he snorts with derision and contempt "don't blame me when you end up 20lbs heavier, with worms living inside your body".

Now, the above scenario could be slightly exaggerated, but even so, the fact is that most people will look at you like you're the craziest person in the world when you order and eat your food in that way, and then have to explain what the diet is all about. Some people are a lot more open minded than great uncle ignoramus, and once you've explained the theory behind the diet, will agree that in actual fact, it makes perfect sense. To help you explain to people who are not as close-minded as great uncle ignoramus, we'll now discuss exactly what the nutrition concept is all about.

To put it as simply as is humanly possible, the evolutionary diet is arguably, the absolute healthiest way to eat your food, because logically, it is how evolution intended for us to eat our food. It's a way of going back to our roots, and eating food the way our ancestors did, in a cave somewhere, next to a lake perhaps. If our caveman ancestors could eat a specific food, then neither can we. If it wasn't hunted, tracked, picked, foraged, scavenged, or killed, then it wouldn't be suitable. Meats, fish, berries, seeds, nuts etc are all on the menu, whilst flour based breads and pizzas, unfortunately have to say bye, bye. A real added bonus of the evolutionary diet, is that when you follow it, you don't have to count your calories, or worry about going over your daily allowance. There has been a debate raging fiercely for decades in the fitness community. They argue that as long as you get your daily macros in (daily allowance) you can still lose weight, no matter what it is that you're eating. Now, I don't care what people say, the simple fact is that 500 calories worth of Chocolate, will not affect your body in the same way as 500 calories worth of fruit, nuts, or vegetables.

People will argue that we're more than capable of adapting to a diet of processed, fatty, and sugary foods, and that it doesn't do us any harm in the slightest, despite the fact that illness and conditions relating to foods; such as diabetes or high cholesterol, are rising every single year. Surely, if our bodies were that adapted to foods of that quality, we'd be more than capable of digesting them, and processing them naturally, without gaining too much weight, or developing illnesses and medical conditions as a result of what we eat.

Diabetes is a prime example. Diabetes is caused by a person having abnormally large amounts of sugar in their blood. We all absorb sugars into our bloodstreams when we eat sugary foods, or foods which are broken down into sugars as a result of being high in carbohydrates. But the only difference is, that a person who does not suffer from diabetes will be able to break these blood sugars down, because of a simple substance produced by our bodies, known as insulin.

Insulin is made in, and secreted by the pancreas, one of our body's major organs. But when blood sugar levels become too high, the pancreas stops producing the insulin. Think of the pancreas like a machine, every time you eat sugary foods, the pancreas needs to be switched on, in order to secrete the insulin needed to regulate the sugar levels. When we eat too much sugar for too long, the pancreas goes into overdrive from having to work so hard to secrete the insulin, until, BOOM! Ok not boom, it doesn't explode, but it does stop producing insulin because it's been overworked for so long. As a result of this happening, we now have to control our blood sugar levels by either swallow a pill after each meal, or even by injecting ourselves with a hypodermic needle containing insulin (an experience that not many of you will ever wish to experience I'm sure).

Now, if we were so adapted to these junk foods, wouldn't we be able to by now, eat as much sugar as we wanted, without running the risk of having one of our major organs failing on us, and possibly even killing ourselves as a result? You'd think so wouldn't you? The fact that we still suffer from these conditions, tells us that we aren't adapted to these foods, and that our bodies still cannot process them in the ways that they're supposed to. Back then in the paleolithic era, there was no sugar, no honey, no candy, no sugar fields, and as a result, no diabetes. Diabetes is only an example, there are many other severe cases linked with what we eat, but in order to address them all, this book would have to become a novel.

Now that we've hopefully gotten your attention, we'll be learning much more about this diet, and how you can put it into practice, as part of your day to day life.

If you're worried about the diet possibly becoming boring, then don't worry because we'll be telling you exactly what you can and can't eat, and providing a few ways to make the food taste delicious, whilst still allowing you to lose weight, and live a healthier lifestyle. The diet also has a whole heap of numerous health benefits, which we'll also be discussing a little later on in the book.

So, now that you know what the diet is and what it's all about, it's time you learnt exactly why you should be following the diet, which you'll discover in the next chapter of our book.

Part 3: Why should I be following this concept?

There are a number of different reasons why people decide to go on diets. They could be forced to do so as a result of health problems or medical advice, they could be doing it purely for vanity reasons in an attempt to drop a few pounds to impress the attractive new neighbour that moved in next door, or they could be doing it because they've finally decided that they need a change in their life, and a new diet could be the way to go about this. Whatever their reasons, hundreds upon thousands of people start new diets every single week, and if truth be told, many of them break their diets and give up after another two weeks or so. The reason for this is usually quite simple; the tiny portions of food generally taste about as interesting as an insurance salesman at a train spotting meeting. Rice cakes, boiled chicken, steamed vegetables and glasses of tepid tap water are usually

what's on offer, so it's no wonder that after a few weeks many people give up. Who'd want to eat that every day for weeks and weeks on end? Not me that's for sure. I'd rather eat soggy cardboard as it'd probably taste better.

If you read the above, and are thinking to yourself "well I've heard of loads of different diets and none of the ones I've read about sound anything like that one". Then fair enough, although there's also a very strong chance that you will have read about another kind of faddy diet, in some gossip women's magazine, that seem to force talentless nobodies down our throats in an attempt to make us like them. Honestly, who really cares what so and so had to eat at a restaurant the other day, or what her great aunty Flo is calling her new dog!? More importantly, who honestly believes that a diet based on drinking water all day every day, rather than eating, or one based on cold cabbage soup, is a healthy and doable diet for the average person? "Oh well I'm trying the new raw onion diet, because Nikki Minaj lost 2lbs in six weeks on it, so it must be good". If that's your type of mindset, or somebody that you knows' mindset, then please, come back down to Earth, snap back to reality, and find a diet that's healthy, balanced, and nutritious for you, and won't make your breath smell like you've just ate last weeks' garbage for breakfast.

You can probably see where we're going with this, but just to be clear. No we're not talking about the Atkins diet, we're not talking about the boiled cabbage diet, we're certainly not talking about the Chocolate diet (yes there really is a chocolate diet, but don't get excited, the only thing you can expect to lose on a diet similar to that one, is your quality of life). No, we are instead talking about none other, than our good old faithful, evolutionary diet (shock horror).

If you're serious about finding a diet that allows you to eat great tasting food, that actually agrees with your digestive system, that also allows you to lose weight and build lean muscle, then check out the Evolutionary diet now! Still not convinced? Ok let's look at some of the reasons why you should try this fantastic diet.

As you know by now, the evolutionary diet, also known as the paleolithic diet, or "paleo" for short, is a diet which is inspired by our Neanderthal ancestors, who roamed the wilds way back in the paleolithic age. The diet is best described as a hunter gatherer's diet, meaning that if it couldn't be hunted or gathered, it wouldn't be eaten. We've explained the premise for this diet, and why it makes sense for us to be following a similar diet, earlier in the book, so we won't go over it again. Instead, we'll look at the many reasons why this diet could be ideal for you, or anybody looking to lose weight and live a healthy life.

Do you suffer from embarrassing conditions such as diarrhea, trapped wind, flatulence, or even constipation? If you do, and I'm guessing that most of you reading this will suffer from at least one of these conditions, then there's a very, very strong chance that it's a direct result of your diet. With our evolutionary diet, these problems will soon become things of the past, and you'll wish you'd started sooner. As well as being extremely effective at getting rid of embarrassing bowel related conditions, the evolutionary diet also has the following advantages and benefits to offer you:

Improved levels of weight loss – This diet consists of nothing more than all natural foods and ingredients, which means there's no processed foods, no artificial flavoured junk foods, no candy, no chocolate, no pizzas, no burgers, and no saturated, artery clogging fats! Instead you get to

enjoy all natural meats, berries, nuts and foliage, served the way nature intended. The diet emphasises foods which naturally contain “good” fats, and because of this, you also feel fuller and more satisfied for longer. Result!

Gains in lean muscle mass – Make no mistake about it, this caveman diet, is only about the foods. You don’t need to start wearing a loin cloth, and clubbing women over the head and dragging them back to your cave. You eat the foods the way your caveman ancestors did, and that’s it. You still live your life like a regular Joe. That means you can still enjoy the internet, DVD’s, driving to the gym etc. Whilst we’re on the subject of the gym, if any of you happen to workout, you’ll be pleased to know that, as this diet is based on high protein meats; such as Bison, Venison, etc, if you continue to work out and lift weights, you’re likely to see an increase in the amounts of lean muscle on your frame. This is because of the high protein diet, which as you may or may not know, is vital for the growth and repair of muscle tissue. People don’t call the amino acids contained in protein, “The building blocks for muscle” for nothing you know.

Better digestive system – Here’s where this diet really shines and comes into its own. As many of the foods contained in this diet are in their raw forms, they can be absorbed, processed, and broken down by our digestive systems, much, much easier. This is down to the fact that there’s, no nasty additives, or preservatives for the digestive enzymes to have to battle through before they can begin breaking down our food. Once we swallow it, our stomachs get to work on digesting the food almost immediately. This means that our bodies aren’t working as hard in digesting our foods, and all of our vital organs get a well earned rest from not being overworked (remember what we said about the pancreas and insulin)?

Reduced risk of diabetes – Recent studies have shown that we actually obtain nearly 80% of our total energy levels from foods such as grains, cereals, and wheat. All of which have extremely high Glycemic indexes (GI). The evolutionary diet consists of foods with low GI’s, making them much more beneficial for sufferers of diabetes, or just for helping to prevent diabetes from occurring. The reason for this is because the low GI foods help to keep our blood sugar levels stable and under control.

Less allergies and adverse reactions – Technically this doesn’t apply to people with nut allergies, although they could simply not include nuts in their diet, but for most, the evolutionary diet is especially effective when helping to combat the detrimental effects of allergies and intolerances. Lactose intolerance for instance, needn’t be an issue because there was no dairy produce back in the paleolithic age. Wheat allergies, oat allergies, these are all very common, and are also proof that we’re not yet evolved enough to be eating these kinds of foods. The evolutionary diet consists of foods which many of us can cheerfully eat to our hearts content, without fear of feeling like there’s a balloon being inflated in our stomachs, or breaking wind so much, that people think the towns sewage works are playing up.

Increased energy levels – Ever had a day when you simply cannot be bothered to be alive? You just want to lie on the couch all day and do absolutely nothing. Now, there could be a perfectly

logical explanation for your lethargy. You could have had a poor night's sleep the night before. You could have had a few too many drinks the day before. Or, more probably, it could be down to the fact that your diet absolutely sucks! Ever wondered why all of these so-called "energy" drinks have become so popular over the last few years? You can't walk into a shop without a "Monster" or a "Rockstar" staring back at you. For starters these energy drinks are nothing more than fruit juice, caffeine, and sugar, but more importantly, the reason these drinks have become so popular, is because so many people's diets seem to be so awful. With the evolutionary diet, you need not worry about these sorts of problems. This diet allows you to eat foods which are naturally full of energy, which also help to boost your metabolism. This means you can go for longer, and feel great in the process.

You will be much less bloated and gassy – We touched upon this subject earlier, but here we'll look at it in a little more detail. Being bloated and gassy, can either be hilarious, or deeply embarrassing, depending on where you are, who you're with, and whether or not you find farts, and fart jokes funny. Even if you're of the latter, and find them hilarious, chances are that you don't find it hilarious when your stomach feels like there's somebody inside it making balloon animals out of your intestines. There are many reasons for feeling bloated and gassy, nearly all of which are a direct result of your diets and what you have to eat and drink. Allergies for example, which we touched upon earlier, can be brought on by what we eat. Many people suffer from wheat allergies, which literally make them feel, as if their stomachs are going to explode. With the evolutionary diet, you can say goodbye to your bloated, gassy stomach. The diet provides a large quantity of natural fibre, which, combined with plenty of water, and a reduced amount of sodium (salt), ensures that those horrible bloated feelings become a thing of the past. On top of that, as the diet helps to improve the gut flora, your digestive system is much more efficient.

It's full of healthy fats – People sometimes tend to read the fat content levels on the packs of food that they're buying, and base their decisions solely on how high the fat content tends to be. The truth is however, that high fat content doesn't always equal unhealthy. You've probably heard of omega 3 fatty acids, and how important these compounds are, well where do you think they come from? They're not man made in a lab somewhere, they occur naturally in many different food sources, especially oily fish such as Salmon or Mackerel. These fatty acids are so, so beneficial for us, and can help our bodies to function much more efficiently. These fats help maintain our heart, brain, and bone health, as well as actually helping to keep our cholesterol levels low and under control. The great news is that the evolutionary diet is full of foods which are rich in what are known as "healthy fats". Foods such as meat, fish, seafood, fruits, nuts, oils etc, all of these, when consumed in sensible quantities, can help ensure that you stay healthy and in shape, for longer.

Part 4: How the "diet" works

By now you probably have a rough idea of what the diet is all about, as well as how you can benefit from it, but if you're still having any doubts about how effective the diet may be, or how it can actually benefit you, then this chapter should put your minds at rest, once and for all.

You want to know how the evolutionary diet works? Well then, if you're sitting comfortably, we'll begin.

By now you've probably picked up on the fact that we're erm, shall we say, not great fans of "celebrity" endorsed diets, or supplements. The reason for this is because they're usually either:

- a. Utter garbage
- b. Unhealthy
- c. Disgusting tasting

Many of those diets don't work because what the magazine won't tell you, is that Lindsay Lohan, or whichever celebrity it is that's trying to get their life together after being caught drunk driving, actually has an army of personal trainers, chefs, nutritionists, and god knows what else, at their beck and call, in order to enable them to lose the few pounds they may have gained whilst in prison. Us regular folk don't have the luxury of all of those things, so we have to make do with what we do have. Not only that, but the diets that these talentless celebrities happen to be endorsing, are almost certainly foul tasting, and probably do you more harm than good in the long run. You'll be pleased to know that this diet existed long before Hollywood, long before those annoying and tedious gossip magazines, and the only celebrities that could possibly claim to endorse this diet, would be the Flintstones, or possibly captain Caveman.

You see, as you read about earlier, our ancient ancestors roaming the land, thrived on being hunter gatherers. They knew little more than to hunt food, and then eat said food that they hunted, or foraged.

Through various scientific methods of finding evidence, as well as from looking at fossilised remains and such like, scientists have been able to get a rough idea at how our ancestors may have looked. Yes, they may have been slightly hunched over, with protruding brows once upon a time, but there's no mistaking the fact that these Neanderthals were lean, muscular, athletic, and extremely versatile, and were able to adapt to even the most, harshest of surroundings. They had no central heating systems back then, no double glazing, no umbrellas, and no comfy double beds. In the winter they were able to survive in the harshest of conditions, and were still able to hunt and forage on a daily basis. The average human being nowadays has a beer belly, is out of shape, moans about feeling cold in the summer time, spends most of their free time on the internet, and actually kills and harms themselves, due to a number of preventable illnesses and diseases as a result of their diet. Something definitely went extremely wrong at some point in history. Our ancestors would be turning in their caves if they could see us now.

So where did things start to go wrong?

Things began to take a turn for the worse, around 10,000 years ago, when agriculture was born, and we discovered farming. Now, the only farming many people are aware of nowadays is what takes place on Facebook, with Farmville, and other nonsense. But back then, 10,000 or so years ago, boy did we human beings go to town and make a go of the whole farming thing. The agricultural revolution took off in a big way, and we've seemingly never looked back since. Instead of stalking our food, or gathering what we could find in the wild, we instead grew our foods, and harvested them each year. Rather than stalking a wild animal, we fed it, found it a mate, and encouraged it to

breed so we could eat its young, or extract the milk that it would use to feed its young. The caveman era, was seemingly dead, and the human race became seemingly more civilised, and more self sufficient than ever before...

Why grains are not the solution

The key element that we need to take into consideration today, is that we simply are not adapted enough, to be eating what we're eating. Foods these days are heavily based on grains, wheat, and such like. Back in the paleolithic era, grains were not a staple part of our diets. You see, the problem with grains, is that they're composed of carbohydrates. Carbohydrates are then broken down by the body, and converted into glucose. Glucose is a type of sugar, in fact it's the same type of sugar which is contained in certain types of so-called "sports energy drinks". Once these carbohydrates are converted into glucose, our body then uses this glucose for fuel and energy. That's why people tend to go a bit loopy and hyperactive after eating excess amounts of sugar. If any of you happen to have kids, you'll know that once they spend a day with grandma and grandpa, they'll come home loaded up with sugar, and bouncing off the walls. The reason for this is because their bodies have so much energy as a result of the sugar. Once this sugar has all been used up however, many people then tend to experience what is known as a "sugar crash".

Now, in theory, this sounds great right? If you want lots of energy, just eat lots of sugar. The problem is, that the body can only use so much glucose for energy at a time. Any remaining glucose which isn't used as energy, will then be stored as fat instead!

Another reason that helps show us that grains are not the solution, is that they contain gluten, and lectins. If you're wondering why this is such a bad, then just hear us out and see if you still feel the same way.

Gluten for instance, is a special type of protein, which is found in foods such as wheat, or barley. Chances are that you, or somebody you know, has some form of intolerance towards gluten. Ever notice that your grocery stores are stocking more and more products, which are now "Gluten-free"? This is because the human race's stomachs are simply not adapted enough to cope with this ingredient. People that are gluten intolerant, also have an increased risk of developing a large amount of medical conditions in the future. All of which are either directly, or indirectly linked to their intolerance of gluten; acid reflux, joint problems, reproductive problems, dermatitis, and many more, are just some of the more common conditions that can be linked back to a gluten intolerance. It just doesn't make sense does it? We destroy ourselves and our bodies, just to eat a stodgy bit of bread with a slab of processed meat inside it.

How about lectins? Well, this is perhaps the biggest paradox of all. Lectins...get this, are actually natural toxins, contained within grains, to help defend and protect themselves against being eaten and consumed. That's right, even a simple grain is more evolved than the human race! The fact that a food has had to evolve to produce toxins to stop us from eating them, surely tells us that we probably shouldn't be eating them? But no, in all of our infinite wisdom, we human beings continue to think we know best, and continue to hurt ourselves in the process. Lectins affect our gastrointestinal tracts, and can stop them from repairing themselves correctly from normal everyday wear and tear. This can eventually lead to very serious conditions, and even death in some instances.

So, many of these grains encourage the production of sugar, make us feel bloated, make us gain fat, oh, and can actually kill us. Yet we still continue to eat them? We're a clever bunch aren't we? At least a few more brainier soles are finally wising up to the problems at hand, and are switching to the paleolithic inspired evolutionary diet. The diet almost completely cuts sugar out of the equation, making it especially handy for diabetics, or people with pancreatic problems. Unless the sugar comes from fruit, in the form of a naturally occurring fruit, then you won't be getting any I'm afraid.

Where do we get our energy from?

If you're already turning your noses up at the idea of a low carb diet, then again, don't be so quick to judge. How do you think our ancient ancestors mustered the energy to stalk and chase prey for miles and miles through the wilderness? They didn't have energy drinks, or candy bars to keep them going. They found the energy, because their bodies, like ours, are actually genetically designed to function on low amounts of carbohydrates. It's only because we've been so dependent on carbs for last 10,000 years or so, that we think we need them to function. If any of you have tried a keto based diet (high fat, high protein, very, very low carbs), you'll know that for the first three days or so, once your body uses up the last of the carbs in your system, you feel like hell. You're tired, you're dizzy, you cannot function, you have a headache, and finally, to flush the last remnants of glucose out of your system, you suffer from diarrhea. After three days or so, once there is no trace of these carbs, or glucose in your body, you tend to have increased levels of energy. Well that's pretty much exactly what happens with our evolutionary diet, once there is no remains of glucose in our bodies, our body panics and looks for energy from elsewhere. Guess where it gets the energy from? Yep, from our body fat. This process is called ketosis, and is an extremely effective way of losing weight.

Before you get the wrong idea, although it would sound like it, we're not actually saying that all carbohydrates are bad. No, carbohydrates still naturally occur in plenty of foods; fruits and vegetables for example, so if you're adamant that you can't go without your carbs, you can still have them with this diet. The reason that you're permitted to get your carbohydrates in this way, is because they're found naturally in these foods, which can be eaten as they are. No processing stages have to take place, as opposed to grains, which undergo an extensive processing stage. If you do consider yourself a carb junkie, then go ahead, fill your boots. Eat as many vegetables as need be. That's the great thing about vegetables, they're packed full of natural vitamins, minerals, antioxidants, and other goodness, and can be consumed in vast quantities without fear of gaining weight.

The great debate – dairy – Yay or nay?

This one is a tricky one, and has been the topic of many a heated debate amongst paleolithic inspired dieters. Some claim dairy is fine, whilst other swear that it's the devil incarnate himself. We'll be going into more detail about why dairy is such a heated subject, in our next chapter, but for the meantime, just mull over this. The diet is designed to mimic the eating habits and patterns of our caveman ancestors, centuries upon centuries ago. They hunted animals. These animals produced young, and were therefore able to produce milk to feed their young. Who's to say that cavemen

didn't consume milk themselves? Also, as milk was technically around at the same time as these cavemen, and could very well have been consumed by then, is it not safe to say that milk can then be consumed on this diet? Obviously, these hunter gatherers didn't have a cow on standby, ready to produce some milk if he was thirsty, or fancied mixed berry smoothie, but they could still have consumed milk on the odd occasion. As we stated, we'll be looking at this topic in more detail in the next chapter. You don't want to miss it, because the subject really does tend to rile people up, and I kid you not, people have actually threatened to physically harm, and even murder one another, all because of a row over whether or not milk can be consumed on this diet. I sometimes think there really is no hope for the human race.

So what's stopping you from getting fat?

The whole point of a diet is to help you lose weight, and stay in shape right? So where's the logic in eating a high protein, pretty high fat diet? Surely a high fat diet will cause you to gain weight right? Wrong! The great thing about the Evolutionary diet, is that, as the foods are so rich tasting, nutritionally balanced, delicious, and filling, it's near enough impossible to over eat and consume more calories than you're burning off. Because that's all any diet really comes down to, yes you can get fancy and talk about macro's and protein synthesis, cellular fat, glycemic indexes etc, but the fact is, that if you eat more calories than your body can burn off and convert to energy, you're going to gain weight and put on fat, it's that simple. Eat slightly less calories than your body requires, you'll lose weight, hey presto. Now, here's where this diet really comes into its own. As with most other diets, you'll find that a great deal of the time, you're pretty darn hungry, so hungry in fact, that you find yourself dreaming about junk foods in the night, and wake yourself up by attempting to chew your own arm off in your sleep. Any diet where you find yourself constantly hungry is just not practical or effective. When you starve yourself, your body soon begins to crave, rich, sugary, fatty junk foods. Before long, you'll find yourselves crying yourselves to sleep, whilst cradling a half eaten gallon of Ice cream or a bucket of fried chicken in your arms.

Hunger is not the answer, in fact, if you ever feel yourselves hungry, that's a sign of catabolism, and catabolism, is something which we want to avoid at all costs. In simple terms, catabolism is where your body finds itself starved of energy, and rather than turning to your fat stores, as we all hope, it instead turns to your muscle tissue, and begins to eat away at your muscles, as these are a quicker source of energy for the body. So not only will you not lose fat, you'll instead lose muscle, which is certainly not something that we want. Who wants to walk around with a scrawny pigeon chest, spaghetti arms, and a big fat bloated stomach? A crazy person, that's who!

So, being as starvation is not the answer, what is? It's really quite simple. With the evolutionary diet, you eat when you want to eat (which should be little and often, in order to keep your metabolism running at full speed), and you eat rich, nutritious and delicious meals. As these meals are so well balanced and well rounded, they keep you full for hours, supplying your body with a constant supply of steady released energy, meaning that you're literally a walking fat burning machine. Say you ate a bag of chips or fries as a main meal. One or two wouldn't be enough to satisfy your hunger, in fact, one or two GIANT bags would probably only just be enough. In those one or two GIANT bags, you would probably have consumed more calories than two full sized meals on this diet, and you'd still probably have room for more. Eating foods which are laden in carbs and sugar is just not an

acceptable way to live your life, not when you consider the fact that an average sized plate of veggies, meats, and perhaps a few nuts, would provide you with enough energy to keep you going for a good few hours, whilst not feeling hungry in the slightest.

If you just do not have the will power or the determination to give up your wheat and processed carbohydrates, such as pasta, bagels, bread etc, then the evolutionary diet is unfortunately not for you. We can't force you to broaden your horizons and step out of your comfort zones to try something new, but we can encourage you to do so, and that's exactly what we're trying to do now. If you're entirely happy with how you look, or feel that you can lose weight and get in shape with an alternative diet, then by all means follow your own plan, and do what makes you happy. BUT! If you're not entirely happy with how you look, have struggled with diets in the past, suffer from food allergies, and find yourself willing to make a few lifestyle changes, then the rewards you reap will be plentiful, and will become apparent within a matter of weeks, sometimes even sooner.

If you're especially stubborn, or strong minded, as stubborn people like to call it, and refuse to cut processed foods out of your diets completely, then there is an alternative. Rather than just cutting these foods out of your diet completely, how about you try gradually weaning yourself off these foods, and reducing the amounts you eat each day. Scientific studies have shown that slow, steady, and gradual transitions over time, have been a lot easier to follow and adapt to in the long run. Try cutting back on the amounts of pasta you eat each day, or rather than a sandwich, try a chicken and pine nut salad perhaps instead? These may not sound like extreme changes, but if you constantly work on them, and cut back on the amount of processed foods you eat, before long you won't even notice they're missing, and as a result, you won't miss or crave them in the slightest.

Part 5: Arguments and common myths

As with all things in life, there will be hate mongers and negative naysayers, looking to stick their ore in, and tell you exactly why they know better than highly trained and highly skilled nutritionists and scientists, as well as millions of years of evolution itself. You know the sort, like great uncle ignoramus that we spoke about earlier in the book. They'll be quick to judge you, and tell you why the diet won't work, without producing a single shred of evidence to back up their outrageous claims. We've heard it all over the last few years; Muscle turns to fat if you stop training, fat turns to muscle if you start training, protein shakes are like steroids, eating nothing but saturated fat is perfectly safe and healthy, as long as you keep your calories below a certain level. We could go on and on. You'll also notice that the people making these claims always seem to be bitter, and angry at the world for their past failures in life. They also take great pleasure in other people's misfortune. If they'd have been around millions of years ago, we'd have simply clubbed them over the head with a dinosaur bone, and cooked them over an open fire. By the way, I'm kidding about the dinosaur bone part, so please don't take it too seriously. Dinosaurs and cavemen were separated by millions upon millions of years. Anyways, history lesson over, let's get back on track. Ah yes, negative people. These people seem to take pleasure in other people's misfortune, and are just generally not nice to be around. Hey, if a negative person makes a claim, and backs it up with scientific proof, then by all means, feel free to call us every name under the sun, but so far, when it comes to the Evolutionary diet, all people have been able to come up with, is a load of incoherent nonsense, and a few

sentences they read in the latest “People” magazine. Also, if somebody tries to give you nutritional or training advice, take a look at their physique first. There’s generally two types of people in this instance. One is a guy that spends hours upon hours in the gym every single day, yet doesn’t quite know what he’s doing. He may have a half decent physique, but if he truly knew what he was doing, and knew what he should and shouldn’t be eating, he could look great. The second is like great uncle ignoramus. He’s fat basically. He’s very, very fat. He likes to think he’s stocky, like a power lifter perhaps, but the truth is, he’s just fat. He does very little physical exercise, is afraid to try new things, but is quick to criticize other people for broadening their horizons and trying something new. He watches, “The Biggest Loser” and bases all of his claims and theories on reality programs of that nature. People like that are stubborn, and will not be corrected, so it’s best to just avoid them at all costs. It’s people like that, that are responsible for some of the more common myths and criticisms associated with the Evolutionary diet. Here, we’ll take a look at some of the more common examples, and will tell you why they’re basically just a load of BS.

“The Evolutionary diet is just the Atkins diet, which isn’t healthy!” – WRONG!

Do these people know nothing about nutrition? For a start, the Evolutionary diet encourages people to consume fruits, and other foods which naturally contain sugars, and not only that, a large number of vegetables naturally high in Carbohydrates can also be eaten, whereas these foods are definite NO, NO’s on Atkins. The Atkins diet also encourages you to eat a number of processed foods, such as burger cheese omelettes...Yuck! The Evolutionary diet is 100% natural, and preferably, 100% organic. With the Atkins diet, it’s difficult to find foods which contain high doses of natural vitamins and minerals, with the Evolutionary diet, you can eat foods which contain all of that natural goodness, plus much more, to your heart’s content. Nice try, great uncle ignoramus, but you’ll have to do better than that if you want to put us off!

“You eat fat with this diet. You’ll gain weight and have a heart attack”! –

Wrong again! The fats you eat on this diet are all natural, found from natural sources, and haven’t been played or tampered with, in any way, shape or form. Saturated fats found in foods packed full of additives and preservatives are what are to blame for gaining weight and suffering from health related issues as a result, not fats which are naturally found in foods such as avocados or oily fish. If you want to get in shape with this diet, then natural fats are your friend.

“The food on this diet is way too expensive for me”! – Again, this is total nonsense.

Yes certain ingredients on this diet can be pretty pricey, but if you shop smartly, and take your time, you can make some real impressive savings. If you generally used to buy, processed frozen ready meals, packed full of saturated fat, sugar, and other garbage, then yes, certain foods may be a little more expensive. However, if you also used to enjoy sugary treats and snacks, then chances are that you went for expensive brand names, rather than cheaper alternatives, That’s the advertisers for you, reeling you in and making you feel like you have no other alternatives to their foods. These brand names are generally pretty expensive, so how about you swap your weekly pack of biscuits, for a pack of nuts instead? Similar price, yet a massive nutritional advantage. The foods you buy with this diet will also go way further than junk food. Yes a pack of meat may cost more than a frozen ready meal, but where that ready meal would provide you with one single meal, the pack of meat, when bulked out with other healthy veggies etc, will provide you with two or three meals on

average. The best way to make this diet work for you, is to take advantage of any offers you may come across, and most importantly of all. Buy in bulk! Many people are put off from buying in bulk, due to the fact that it takes longer, and they're having, to spend so much money in one go. Because of this, they decide to go to the shops three or four times a week, which in actual fact, is costing them an absolute fortune, and way more than if they'd bought everything in one go. A chest freezer or a spare freezer comes in especially handy, as you can freeze all of your meat and fish, which will keep for up to a year on average. You fill your freezers full of frozen garbage, in the form of readymade microwavable meals, so how about you fill them full of meat and natural veggies instead?

“Didn't Cavemen die young? Oh my god, that means it was because of their diets”!

– Yes Cavemen did have a shorter life expectancy than what we do now, but that certainly wasn't because of their diets. The truth is, that if they were shovelling the same garbage down their throats, as we are now, then they'd have been lucky to make it into their late teen years. The truth is that many Cavemen died from simple infections and diseases, which we would simply consider to be slightly annoying these days. Say for example, Captain Caveman, was out tracking a wild animal through the forest, when suddenly, he cuts his leg on a sharp tree branch or stick. Captain Caveman doesn't have antiseptic wipes or even access to super clean water, and as a result, his cut becomes infected. As time goes by, the infection spreads more and more, until finally...he dies. These days, all he would have done, was gotten home as quickly as he could, wiped the cut with a good antiseptic wipe, put a bandage or plaster on the cut, and gone about his day as usual, whilst cut gradually healed itself. We've made a fair few mistakes over the last few years, and some of our dietary choices can be considered questionable at best, but there's no denying the fact that our medicinal discoveries have been nothing short of amazing. If cavemen had access to the medicines, equipment, and knowledge that we have today, then they'd probably have outlived our very own grandparents. The foods that these cavemen consumed, were not to blame for their slightly shorter life expectancy, which by the way, was between 70 and 80, but instead simple infections and common bacteria. So again, if you come across your very own great uncle ignoramus, and he tries to throw that claim into your face, make sure you set him straight about the true reasons that cavemen don't quite live as long as we do in this day and age.

“Red meat's bad for you and can kill you” – This is one of the most common myths associated with the evolutionary diet, and it's also complete nonsense. That's what's so annoying about people in the so-called “digital age”, is that they hear something on the TV, or their great uncle ignoramus tells them something, and before you know it, they're tweeting it, they're sharing it, they're snap chatting a non credible article to their friends, and before you know it, everybody's hearing about whatever nonsense they've been told, or they've heard, and everybody's believing it themselves. People tend to be like sheep, just trying to blend into the flock, and do as the shepherd tells them, so if you hear something that you believe sounds suspicious, then unless whomever told it you, can back up their claims with evidence, then take what you heard with a pinch of salt. That's exactly how this next myth came about. Somewhere, somebody heard somebody else, mention the fact that red meat is bad for you, and so shouldn't be eaten. Yes, there is evidence to suggest that eating too much red meat can have negative side effects, but the same could be said for somebody who ate too many carrots, or too many lettuce leaves. If you sit down and eat the best part of an

entire cow, then that is obviously going to cause you a few problems, but if you eat the recommended sized serving of red meat, which is around 6 – 8 oz, then all you're going to be getting from that, is a heap of vitamins, and minerals, including zinc and iron, which many people are actually lacking in their bodies without realising. There have been numerous studies carried out by scientists and nutritionists, which proven that normal amounts of red meat as part of your everyday diet, can be extremely beneficial indeed. To counter balance that, there have been "observational" studies carried out which have shown red meat consumption in a negative way. Before you read anymore, you need to first realise that an "observational" study, is one which holds no scientific, technological, or medical merit, and is literally just a study, in which people observe, the health of an individual who eats excessive amounts of red meat. Other factors aren't considered, so whether the individual is overweight, underweight, healthy, unhealthy, a smoker, a non smoker etc, it really doesn't matter to the people conducting the tests, as long as he's eating red meat, who cares what else he's doing in his spare time. Compare this to the scientific research being strenuously performed by trained professionals, under strict guidelines, which prove that red meat, when consumed sensibly, can be extremely healthy, then I'm sure you'll agree which tests you should be paying attention too. If somebody can't back up their claims, you shouldn't pay them any true attention. If everybody followed this general rule of thumb, then the world would be a much less dumb place to live.

"This diet is a high protein diet, that isn't healthy"! - Before you read any further, yes, a diet which is high in unnatural amounts of protein is not a healthy diet, and can be quite dangerous. The reason for this is because it puts a heavier strain on your kidneys, and can overtime, lead to renal failure. However...the evolutionary diet is **NOT** a high protein diet! The Evolutionary diet should provide a stable balance of protein, fats, carbohydrates, vitamins, and minerals, which as you know, is perfectly healthy and beneficial for your body. Yes, meat is the most basic prehistoric form of food, and is what each meal is generally based around, but nowhere in the evolutionary diet plan, will you find a diet plan telling you to eat as much meat as you possibly can. A portion of meat with a portion of veggies and perhaps some fruit or nuts, is what you're likely to be recommended, which will provide you with a whole bucket load full of healthy vitamins and minerals.

"My genetics won't allow me to eat that kind of food and lose weight" – Again, this is nonsense, and just not true. Many people use this excuse as a cop out, and a way of getting out of trying something new, beyond their own comfort zones. Say that diabetes runs in their family. Their father and grandfather both suffered from diabetes, so they convince themselves that they will too. This isn't the case, just because it runs in their family, doesn't mean they're destined to suffer from the same condition. If they take the right steps, and make the necessary changes to their diets, I.E. staying away from sugar and junk food, then they can go through their lives without picking up the condition at all. Well, the same can be said for people who happen to find it harder to lose weight. Take people with underactive thyroids, their genetic disposition makes it easier for them to gain weight, and harder for them to lose weight, so they wallow in self pity, feeling sorry for themselves, eat a whole heap of junk food and just thing "what's the point"? When in actual fact, if they're willing to put in a little extra work, and make the necessary changes to their diets and lifestyles, then they could still get slimmer, fitter, and healthier, just like everybody else. They may need to work a little harder, but anything worth having doesn't come easy. The same can be said for

people who believe they can't eat fat, or can't go without their wheat products. They believe they can't succeed, so they're doomed to fail before they've even begun. If they actually had an open mind and tried the diet for a while, they'd notice the differences it was making, and would be kicking themselves for being so stubborn, and not trying it sooner.

“Oh, but this is only a diet” – If you have this mentality, then perhaps the evolutionary diet isn't for you. Yes, it is called the evolutionary **DIET**, but that doesn't mean you should it literally. The diet part actually refers to a way of life. For example, with animals, carnivores' diets mainly involve eating large amounts of meat, yet they don't sit around counting calories, or stop eating meat once they lose weight. It literally means that they entire diets consist of mainly meat. A diet is by no means, just a way of losing weight. It is actually a way of life, and a lifestyle decision. If you choose to follow the evolutionary diet, you are committing yourself to a whole new way of life, and some pretty strong lifestyle choices and changes. This is no bad thing however, and you know what people say, “change is sometimes for the best”, and this statement has never rang truer than in this particular instance. This may sound drastic but in actual fact it really isn't. Once you're familiar with what you can and can't eat, and have discovered a few delicious evolutionary diet recipes, you'll wonder what all of the fuss was about.

People on diets tend to become irritable, moody, tired, lethargic, and just generally unwell. The reason for this is because they're simply eating foods which they don't enjoy, drinking things they don't enjoy, not eating enough food in the first place, and are just generally making themselves miserable as a result. Because of this, they may manage a few weeks, possibly even months, of being super strict and denying their bodies what they need, but sooner or later, they're going to say “enough is enough” and will just have a massive blow out, resulting in them binge eating, and before they know it, they're back to square one. The evolutionary diet allows them to eat wholesome delicious foods whenever they want, which provides them with nutrients, and other essential ingredients, as well as heaps and heaps of energy. Even things like their skin and hair look healthier as a result, it's really quite amazing. As it's considered a lifestyle change, any behaviour which was possibly typical of somebody on a diet, just becomes a thing of the past. You'll live a happy and enjoyable life, whilst eating fresher healthier ingredients, and getting into better shape as you go along. Boiled cabbage soup diet? No thank you! we'll stick with a big juicy steak and some fresh steamed veggies if it's all the same to you.

Part 6: What you can and can't eat

By now you probably get the idea about what you should be eating on this diet, but in this chapter we'll be making things absolutely crystal clear. Make no mistake about it, if you're like great uncle ignoramus, you'll generally laze around on the sofa, drink cans of warm beer, and eat foods which would be more at home in a dumpster. Cakes, pizzas, cheese burgers, pastas, candy, soda etc, all taste pretty nice we have to admit, but guess what? So do hundreds upon hundreds of evolutionary diet recipes too. That's what's wrong with many people these days, they develop a taste for something, and they're too stubborn to try something new. They might go to a restaurant for a celebration, and every time they go, they'll order the exact same thing as they always do. Change is

good, and change is what helps keep things fresh. The key to making the evolutionary diet succeed, is keeping an open mind, and being willing to experiment, and try new things. If you eat the same things day in and day out, eventually you'll get bored or will simply grow sloppy and may cheat here and there, and that's when problems can develop.

Things to be wary of with the evolutionary diet

This diet works unbelievably well, there's no denying that fact. However, in order for the diet to work, you must be strict, and you must not cheat! I can't tell you how many times I've come across people who, whilst getting their monthly evaluation, have admitted that they've not been following the diet plan down to the T. They get on the scales, get their body fat measured, and are dumbfounded when they learn that they've actually gained weight. Naturally, their first response is to go on the defensive, spouting nonsense such as "This wouldn't have happened on the water and dust diet that I read about last week!" Or, "I've done exactly as I was supposed to do, the diet mustn't work me!" That's rubbish for a start, because this diet works for EVERYONE. It's only when we start digging a little deeper, that the reasons for these people's weight gain become apparent. You'll ask them "are you sure you've followed the plan EXACTLY?" Their response is usually something like "Yes exactly, APART FROM a small biscuit after my dinner because I've been doing so well". Or "I've been eating what you've said, except I've been adding a small amount of Pasta as well, because I like pasta". I mean seriously? People like cake, but they don't eat it when they're trying to lose weight, and the same goes for the Pasta. These people don't seem to fathom the fact that they must stick to the program 100% if they want to maximise their results. Once you point this out to them they still get defensive and argue that it was only a small amount. The size doesn't make a difference, it's how it is digested and broken down what matters. After you tell them this, they'll usually either storm off, muttering about how other diets would allow them to eat pasta, or they'll smile, thank you for your advice, and promise to stick to the diet plan 100% afterwards. Some people are just beyond help, whilst other welcome advice and criticism as it is what helps us to grow, adapt, and better ourselves in the long run. The bottom line is that if you're going to follow this diet plan, you must not cheat...ever... even if it's only a little bit. When a caveman was out hunting a large wild animal, if he was lucky enough to catch and kill it, he didn't have the added luxury of adding a little pasta to his meat, or having a small biscuit or cake afterwards, as he'd been "doing so well" over the last few weeks. Come on people, get real.

So what foods can we eat?

Promise you're going to be good, and not cheat by rewarding yourself with junk food, no matter how small or insignificant the portion size may be? If so then take a look here at some of the delicious foods that you can enjoy on a regular basis as part of this diet.

What you can eat and drink:

- Meat from grass-fed animals
- Fish and other seafood
- Fresh fruits and vegetables
- Eggs
- Healthy fats such as Olive oil, walnut oil, flaxseed oil, avocado oil and coconut oil
- Seeds and certain nuts
- Water
- Natural fruit juice

What you can't eat and drink:

- Dairy
- Refined sugar
- Processed foods
- Salt (although a little bit for seasoning won't hurt, as salt is millions upon millions of years old, and is naturally found in most seafood.)
- Potatoes
- Legumes
- Refined vegetable oils
- Cereals and grains (including pasta and rice)
- Sodas
- Beer
- Alcohol

The above is only a rough guide, and shortly we'll be providing you with a list of absolutely everything you're allowed to eat and drink on this diet, as well as things that you aren't allowed (some of which you'll find extremely surprising indeed).

Meats

By definition, almost all forms of meat can be considered safe for the evolutionary diet. However, there are exceptions, and meats which you must be wary of. For example, sausages. Many companies tend to bulk their sausages out with wheat and cereal, which of course is a general NO, NO. On top of this, you should do everything in your power to stay away from processed meats which are high in saturated fat (spam, hot dogs, luncheon meat, low quality meat slices etc), although why would you want to eat them anyways, most of what goes into them wouldn't ordinarily be deemed fit for animal consumption. The general rule of thumb however, is that if it was once an animal grazing on grass in the wilderness, then you may eat it. This includes cows, so a nice juicy T-bone steak is most certainly on the menu with this diet.

Still not sure exactly which types of meat you can and cannot eat on this diet? Never fear because we'll make it crystal clear for you right now. Aren't we good to you?

Evolutionary Diet meats you **CAN** consume:

The evolutionary diet allows you to consume pretty generous amounts of meat, so isn't that great news! Well, not if you're vegetarian, but even if you are then there's still plenty of tasty delicious foods for you to take your pick from. Anyways, we'll get to the veggies later, but right now, let's take a look at meat. Oh and by the way, just so we're clear. Unless you feel so inclined to do so, unlike our caveman ancestors, who actually paved the way for this diet, you don't have to stalk your meat through the vast wilderness, before skinning, gutting, and cooking it, so that'll save you a good few hours at least. Here's a list of various meats that are perfectly fine to consume on the evolutionary diet:

- Turkey
- Poultry
- Chicken breasts
- Chicken thighs
- Pork chops
- Pork tenderloin
- Veal
- Pheasant
- Bacon (Yay, Bacon!)
- Ground beef
- Minced beef
- Grass fed beef
- Chicken legs
- Kangaroo
- Wild Boar
- Duck
- Goose
- Emu
- Rattlesnake
- Alligator
- Ostrich
- Reindeer
- Turtle
- Goat
- Elk
- Lamb
- Mutton
- Beef jerky (Great source of quick protein)

- Chuck steak
- Sirloin steak
- Ribeye steak
- Rump steak
- T-Bone steak
- Ribs
- Bison
- Buffalo
- Rabbit
- Duck, chicken or goose eggs
- Quail
- Quail eggs
- Pigeon
- Ox tail
- Ox
- Gammon
- Kobe beef steak (double yum)
- Pork
- 100% meat sausages (check the ingredients, or better yet, make your own. It isn't as difficult as you might think).
- 100% meat burgers. Again, check the ingredients, or make your own instead.

Wow! Just look at all of those delicious sounding meats. The problem with people nowadays is that the only meats they seem to eat are pork, chicken, beef, turkey, and possibly lamb. The truth is that there's so much more to choose from, and many of these different meats are actually much cheaper than you might think. Take Bison, or Wild Boar. These dark meats are naturally lean, and have such an intense flavour that you'll be hooked from the first bite. People seem to be obsessed with Chicken these days, when in actual fact, it's pretty darn bland. On top of that, they usually just roast it in their oven until it resembles a leathery piece of chicken scented rubber, that's dryer than a desert. Variety is the spice of life, and tasting even some of the meats listed above, you're essentially ensuring that the evolutionary diet is one of the most enjoyable experiences of your lives. The meats taste delicious, and when you take a look at some of our evolutionary diet recipes, you'll simply be blown away! Now, how about we take a look at seafood!

Evolutionary diet seafood which you **CAN** consume:

All of that meat got your mouths watering right? Well, probably not if you're a vegetarian, but don't worry, we still haven't forgotten about you. All of that meat got you in the mood for some great tasting food? How about we take a look at seafood now? From mussels to Scallops, to everything in between, once you've found out exactly what seafood you're allowed on this diet, you'll be thinking up your very own tasty surf and turf combos, and we wouldn't blame you in the slightest. Take a look at this tasty selection of seafood allowed on the evolutionary diet:

- Crawfish
- Scallop
- Lobster
- Shrimp
- Prawn
- Langoustine
- Oysters
- Crayfish
- Mussels
- Octopus
- Squid
- Clams

Not a bad selection huh? That's just the seafood, now we'll take a look at the actual fish you're allowed to consume on this diet.

Evolutionary diet fish that you **CAN** consume:

Fancy a change from delicious steaks, Bacon, Oysters, Clams, and Scallops? How about trying some tasty and extremely healthy fish instead? Fish should be a staple part of everybody's diet as it's naturally low in saturated fat, contains minerals, antioxidants, and omega 3 fatty acids. Here we'll take a look at the fish you're allowed on this diet:

- Bass
- Tilapia
- Lemon Sole
- Dover Sole
- Mackerel
- Sardines
- Red Snapper
- Halibut
- Salmon
- Tuna
- Trout
- Shark
- Sunfish
- Walleye
- Swordfish
- Hake
- Haddock
- Cod
- Sardines
- Anchovies

- Plaice
- Skate
- Catfish

If we've left any fish out, then apologies, but there's so many that it's tough to keep up. Again, if there's a certain type of fish you'd like, which isn't on the list, then ensure that it's 100% natural, with no additives or extra ingredients. Now, let's take a look at some of the vegetables you can eat.

Evolutionary diet vegetables which you **CAN** consume:

Ah vegetables, love them or hate them, there's no denying that they're packed full of natural goodness, goodness which can add years to your life expectancy, help to cure and prevent certain diseases and ailments, and goodness which generally makes you look and feel great both on the inside and out. Now, some people may claim they're pretty boring tasting, and some people would even go out of their way in order to avoid eating a carrot or a broccoli stalk, but the truth is that when it comes to taste, vegetables get a pretty bad rap, which is extremely unfair, and undeserved. Before you read on, it's worth noting that the good thing about vegetables and this diet, is that almost all vegetables are allowed. However, you need to be wary of vegetables with higher starch contents than others. Potatoes and squashes for example, have a pretty low nutritional value in regards to how much starch and sugars they contain. This doesn't make them bad, but it doesn't make them all that great either. For this reason, try not to consume vegetables with too high a starch content. As we said before, we'll be providing you with a number of delicious recipes later on in this book, which should help to convert you to the title of "vegetable lover" but for now, let's take a look at which specific vegetables you're actually allowed to consume on this diet:

- Avocado
- Asparagus
- Carrots
- Cabbage
- Potatoes
- Sweet potatoes
- All types of peppers (including chilli)
- Onions
- Zucchini
- Courgette
- Spinach
- Celery
- Brussels sprouts
- Artichoke hearts
- Parsley
- Eggplant
- Cauliflower
- Green beans

- Garlic
- Lettuce
- Mushrooms
- Cucumber
- Kale
- Squash
- Pumpkin

There we go, not a bad selection so far huh? Combine some of those veggies with some of the meats, and/or seafood we mentioned above, and you're well on your way to a tasty and delicious meal. Heck, just throwing a selection of those veggies into a pan of water and blitzing it all up will give you a tasty wholesome immune system boosting soup, which is sure to impress.

Evolutionary diet oils and fats which you **CAN** consume:

Now, let's get onto the slightly controversial subject of fats. The evolutionary diet is designed to help you lose weight, live a healthier and happy life, and get into shape at the same time. SO then, you'd think fat should be avoided. This is not the case, a little fat is not only ok, but actually good for you, and if you follow our advice, you can incorporate into your everyday evolutionary dieting life with no problems whatsoever. Here's what you can use:

- Olive oil
- Coconut oil
- Macadamia nut oil
- Avocado oil
- Ground nut oil
- 100% natural butter from grass fed cows

Not too bad huh? Obviously you need to go steady with the fats, so no deep fat frying, but if you limit yourself to one tablespoon per meal, perhaps two, then you shouldn't have any problems whatsoever. Ensure that you measure absolutely everything, and you should be fine. Be wary with fattier cuts of meat too. If you're using a fattier cut of steak, a ribeye for example, then you won't need as much fat as the meat naturally contains fat anyways. We'll cover all this in more detail a little further on so don't worry, it isn't difficult to get your heads round.

Evolutionary diet Fruit that you **CAN** consume:

Fruit tastes great, is full of vitamins, minerals, and antioxidants, and doesn't take any preparation. As this all sounds too good to be true, you're probably expecting to not be allowed any fruit on this diet, or only a grape a day perhaps. Well, the good news is that you're wrong. You may indulge your sweet tooth by consuming fruit, but again, be wary. Yes delicious fruit tastes, well, delicious really, due to the high amounts of sugar that it contains. Sugar contains fructose, which is healthier than fructose syrups and other artificial sugar, but it is still a form of sugar. So be wary. If you're looking to lose weight on this diet, watch that fruit intake! Never eat fruit before bed, and try to limit

yourselves to smaller portions, or perhaps as a treat now and then. Fruit is allowed on this diet, but it will slow down your weight loss results. Remember, this isn't just a diet to lose weight before you go back to eating junk. This is designed to help you live a healthier and happier lifestyle. Now that we've cleaned that up, let's take a look at some of the delicious fruits which you can eat on this diet:

- Apples
- Avocado
- Papaya
- Peaches
- Blackberries
- Blackcurrants
- Plums
- Grapes
- Lemons
- Oranges
- Limes
- Mango
- Passion fruit
- Dragon fruit
- Pomegranate
- Strawberries (yummy!)
- Bananas
- Figs
- Dates
- Raspberries
- Melons
- Guava
- Pineapple
- Tangerine
- Cherry
- Plums
- Pears
- Gooseberries
- Logan berries
- Blueberries
- Apricots
- Kiwi fruit
- Damsons

I bet your mouths are watering now aren't they? Thinking about a delicious fruit salad straight from the fridge? I bet you are now! Imagine being sat in the sun, tucking into that...heaven! Ok let's put it more realistically for you. Imagine being on your lunch break in a stuffy office, and eating that. It isn't paradise, but it will make your lunch break just that little bit more enjoyable and bearable.

Remember, if you're looking to primarily lose weight on this diet plan, then watch that fructose! If you're happy with your weight, and just want to maintain a healthy lifestyle because of this diet plan, then grab your nearest fruit bowl, and tuck in!

Evolutionary diet Nuts that you **CAN** consume on this diet:

Thought we'd finished? Heck no! We're just getting started! Everybody loves nuts right? (No dirty jokes please, we've heard them a hundred times and they really aren't that funny) Of course they do, they're one of the most popular snacks in the entire world. If you were worried you'd have to give up your beloved nuts (again, no laughing), then you're in for a very pleasant surprise shortly. Again, unfortunately, if you're looking to drop weight, then there's a catch. As with all things that taste great, some forms of nuts have a high fat content. Take cashew nuts for example ("aww but they're my favourite"! Yeah, ours too) but unfortunately, they have a high fat content. The fats that these nuts contain is what is known as good fat, that means, it's low in saturates, and contains natural goodness and some fatty acids. Good fats are good for us, as long as we don't have too many of them! So, if you're trying to shape up, then put the giant cashew nut mix bowl down, and instead grab yourself a health and controlled portion. A small handful should be sufficient enough. Here's a look at the nuts you're allowed (in moderation) on this diet:

- Almonds
- Cashews
- Hazelnuts
- Pecans
- Pine nuts
- Pumpkin seeds
- Sunflower seeds
- Walnuts
- Macadamia nuts

"But wait, what about peanuts"? Unfortunately, and surprisingly, peanuts aren't allowed on this diet. Don't worry we'll look at why a little further on. How's that for an impressive load of nuts though? (Stop laughing) In moderation and combined with other foods, you could have yourselves a delicious and tasty snack, which will not only help you to lose weight, it'll also help you to feel great in the process.

So there you go, an extremely impressive looking list of foods I'm sure you'll agree? Best of all, if you're still wondering what you can do with that entire list on ingredients, then as we mentioned, we'll be providing you with a number of delicious and nutritious evolutionary diet recipes, so you really won't have any excuse to not follow this amazing lifestyle plan. Anyways, we've looked at the foods which you can eat. Now let's look at the foods which you can't eat. Some of these will come as quite a surprise to you, but we'll explain why and put your minds at ease after each one.

Evolutionary diet foods which you **CAN'T** consume:

Knowing what you can't eat is just as important as knowing what you can eat. That way you're ensuring that you're never caught out, and you never eat the wrong thing, thinking that you're allowed to. This is a common problem on this diet, people get too cocky and start making assumptions, and creating their own meal plans, which use foods they're not supposed to. If you've got any of the following foods in your cupboards, our advice would be to throw them out, and stock your fridge, freezer, cupboards and shelves full of the foods which you are allowed. That way there's no chance of you "accidentally" eating a double dough pizza by mistake. Here's a list of foods you aren't allowed to eat on this diet:

Grains

Ah grains, the food source which started several lifetimes of irritable bowls and food intolerances, as well as a huge number of vastly expanded waistlines and overweight individuals. Think of it like this, does it contain grains? If yes, then grab the food item in question, run screaming towards the nearest ocean, and cast it in there for all eternity! Ok, slight over-exaggeration, especially if you don't happen to be fortunate enough to live near an ocean, but treat grains like your worst enemy, and avoid them at all costs! If you can't, or won't do this, then this diet probably isn't for you. If you can however, then read on for a few examples of more common grains for you to avoid like the plague.

- Bread
- Muffins
- Tea cakes
- Cereals
- Toast (technically bread, but some people may try to kid themselves that it's fine because it isn't on the list. Oh yes, some people actually do stoop to that level.)
- Sandwiches (see above)
- Crackers
- Oatmeal
- Wheat
- Corn
- Corn bread
- Corn syrup
- Pancakes
- Hash browns
- Pasta
- Spaghetti (pasta, but you know what people are like.)
- Biscuits

That covers grains. You'd be surprised by just how many products are actually made from something that grows in a field out in the countryside. Anyways, those are the grains you can't eat. Again sorry about the beer, unless you happen to dislike beer, in which case, woo! Great uncle Ignoramus would never cut it with this diet, as he always seems to be holding a tepid can of beer in his hand, that, and the fact that he just happens to be really, really fat and lazy of course.

Dairy

- Cheese
- Butter
- Cottage Cheese
- Ice cream
- Yoghurt
- Low fat milk
- Powdered Milk
- Pudding
- Dairy creamer
- Skimmed milk
- Semi-Skimmed Milk
- Whole milk (allowed in some instances in moderation)
- Cheese spreads
- Processed Cheese
- Cream Cheese
- Cream
- Whipped Cream
- Milk shakes

Soft drinks

These drinks are literally jam-packed full of sugar, artificial ingredients and flavourings, and corn syrups, and must not be consumed under any circumstances. Even the diet versions of these drinks should be avoided as they're full of nasty ingredients, including sweeteners such as aspartame. To list every single soft drink would take us forever as there's just so many, so instead, we'll give you a list of the most common drinks, just as a general guideline.

- Coca-Cola
- Pepsi
- Sprite
- Lilt
- Gatorade
- Mountain dew
- Tango
- Vimto
- Lemonade

- Root beer
- Ginger beer
- Cream soda

There's many, many more that you should avoid so read the labels of the bottles or cans, and use your common sense. Basically, we like to think of it like this. Back in the paleolithic era, there were no soft drinks. You wouldn't see a caveman laying next to the lake, sunning himself with a glass of ice cold cola in his hand. He was likely down on all fours, drinking muddy water from a lake like an animal. Having said that, we bet he still had better manners than some humans do in this day and age!

Fruit juice

If you'd been looking forward to drinking some of your favourite fruit juices, as you're allowed to eat fruit on this diet, then we're very, very sorry, but you're in for a bit of a disappointment. Alas, fruit juice is just not considered evolutionary diet friendly. The reason for this is because they're super high in natural sugar, also known as fructose, which behaves differently when it's found in liquid form. If you eat an apple, that's ok, the natural sugars are digested and broken down slower, meaning they don't all hit your system at once, however, if you drink apple juice, the sugar is absorbed almost immediately, and that is just not acceptable. Consuming fructose in this way, is a sure fire way of throwing your evolutionary diet progress off track for a good long while. The longer you're off track, the more likely you are to revert back to bad habits, and gain weight as a result. Here's some of the fruit juices you should unfortunately (if you enjoy fruit juice that is) steer well clear of:

- Apple juice
- Orange juice
- Pineapple juice
- Grape juice
- Passion-fruit juice
- Strawberry juice
- Mango juice
- Star-fruit juice
- Chinola juice
- Pomegranate juice
- Cranberry juice

Lemon and lime juice are the exceptions, assuming of course, that you're simply using them for cooking and seasoning your foods. Besides which, we wouldn't recommend you drinking them neat anyways, the sourness would literally shrivel your entire head up into nothing!

Legumes

“What the heck is a legume”? Good question, reader, and don’t worry, you’re not the only one to be confused about what exactly a legume is. Basically, the definition of a legume, is as follows: “A plant, fruit, or seed, in the fabaceae family which is grown primarily for its food grain seed”. Glad we cleared that one up then. Anyways, back to work, now that you kind of know what a legume is, let’s take a look at examples of what they are, and which ones you should avoid at all costs:

- Black beans
- Broad beans
- Butter beans
- Kidney beans
- Horse beans
- Fava beans
- Garbanzo beans
- Mung beans
- Lima beans
- Pinto beans
- Baked beans
- Green beans
- String beans
- Navy beans
- Adzuki beans
- Red beans
- White beans

(Whoa, now that’s a lot of beans, and bad news if you happen to enjoy eating beans. If you do then don’t worry, there’s still plenty for you to choose from.)

- Black eyed peas
- Chick peas
- Sugar snap peas
- Garden peas
- Mushy peas
- Snow peas
- Miso
- Peanuts
- Peanut butter
- Lentils
- Mesquite
- Tofu
- Soya beans
- Soy bean products

Bad news about the peanuts hey, but never mind, at least you know now, rather than after you start the diet. We don't know about you, but we never knew there were so many different varieties of bean out there. Bad news if you're a bean lover, great news if you're not so fond of those slippery little blighters.

Fatty cuts of meat

"Whoa, whoa, whoa, you said we could eat meat"! You can still eat meat so don't worry your pretty selves, you just need to be careful about which meat you choose to eat. Rather than opting for low quality cuts of meat, or meats which contain eyeballs, and such like, which you wouldn't feed your dog, to be quite honest, then think about going for a nice juicy rump steak, or some succulent chicken breasts instead. See, it's not all doom and gloom is it. Here's some of the low quality, fatty cuts of meat that you should avoid:

- Hot dogs (we're still not sure what's in them, but Drilldoggy most certainly isn't a fan.)
- Spam
- Salami
- Bologna
- Processed meats and meat slices
- Low quality meats (if you do insist n eating them, then only eat them in moderation, and certainly not on a regular basis.)

Snack foods and foods with a high salt content

Too much salt is bad for you, and can result in high blood pressure, kidney failure, and even a heart attack. Because of this, foods with a high salt content are off the menu. You can still season your food, so long as you do it in moderation. Here's some snack foods especially high in salt:

- French fries
- Ketchup
- Pretzels
- Ramen noodle soup sachets
- Sauces out of a jar (these foods are full of salt and quite frankly, can be recreated at home with healthier ingredients, which actually taste even nicer.)
- Chips
- Crisps
- Wheat thins
- Biscuits
- Chocolate bars
- Cookies
- Pastries
- Sun chips
- Instant noodles

The next time you find yourself craving a salty, fatty, and un-evolutionary diet friendly snack, then how about you opt for a healthy alternative instead. A piece of fruit, or a handful of cashew nuts perhaps?

Starchy vegetables

Ok, so a vegetable is still a vegetable, but these veggies aren't quite as friendly as you might think. They won't insult you, or ignore you, but they're still pretty un-friendly towards somebody who happens to be following the evolutionary diet. As you'd probably expect, it's the high starch content that you need to avoid. Vegetables are still perfectly healthy, but ones with, a high starch content, should be avoided. If you insist on eating starchy vegetables, then keep the amounts to an absolute minimum, and don't consume them on a regular basis. Unfortunately for you potato lovers out there, they are indeed classed as a starchy vegetable, so sorry about that. In any event, here's a list of some of the more common starchy vegetables that you're likely to come across:

- Sweet potatoes
- Potatoes
- Butternut squash
- Yams
- Beets
- Acorn squash
- Yucca
- Plantain
- Pumpkin
- Parsnips
- Green peas

Like we said before, if you do insist on eating a few of these starchy vegetables now and then, make sure that it is indeed, now and then, and that you only eat small amounts. It's no good having a giant plate of steak and mash, every other night. If you do that, you won't see the results that you're hoping for.

Surprising foods that you CAN'T eat on this diet:

Now, once you know how the evolutionary diet works, why it works, and what you should be eating, you'd think that things would be pretty straight forward from here on out. However, like the course of true love, things don't always run smoothly. You have a list of foods that you can and can't eat, and we've even been so nice, as to split them up into useful categories, and sub-categories. The odd food source could be missing from the list, and if it is, please accept our apologies. The list is only intended to cover some of the more common foods and drinks. Bulls' testicles for example, sometimes known as the much pleasanter sounding name "Rocky Mountain Oysters", are a staple food for some people, yet we haven't included them on the list. The reasoning for this, is that not many of you reading this will be eating them, or will ever contemplate eating them. People do, and apparently they taste quite nice, but the majority of people would much rather tuck into a juicy

sirloin, or T-bone steak instead. The point we're trying to make, is that there are exceptions, and we simply can't cater for everybody's needs. If it comes from an animal, and is still in its natural form, chances are you can eat it. However, this section is intended on showing you several foods which you'd almost certainly think you could eat on this diet, when in actual fact, you can't at all. There are some foods which have sparked many a debate when it comes to food you can eat on this diet, dark chocolate for example, completely raw, is one which causes a number of dieticians and trainers a real headache, but with the foods listed here, there is no discussion at all. They're just off-limits and that's it, unless you want to gain weight, and possibly upset your stomach in the process.

Peanuts – “But, that means, no...p...peanut butter!” Yes, again, I'm afraid it does, the good news however, (and you'll already know this if you've been paying attention and not skipping through the book) is that you can eat almond, and cashew nut butter in its place, which is just as nice, if not even nicer, than regular peanut butter, yay! You can also nibble on other nuts, such as cashews, if you're feeling especially nutty. Now, many of you are probably thinking “what's the difference between say, a cashew nut, and a peanut?” The answer, is that a peanut is actually technically classed as a legume. They contain certain lectins, and phytic acid, which have been linked with inflammatory diseases, such as gastrointestinal disease. The whole point of this diet, as well as getting in shape obviously, is to give your digestive system a break, and to allow it to go back to its roots. So, eating foods which can cause digestive diseases is not such a good idea. Anyways, peanuts are often flavoured or prepared with extra salt, making them taste nice, but not too healthy. Stick with your almonds and cashews instead.

Chickpeas – A lot of people seem to be under the impression that chickpeas are allowed on this diet. They aren't. Again, they're a legume, and legumes are not allowed! Hummus for example, is made of blended and processed chickpeas. Processed foods are not allowed. If you absolutely can't go without your hummus dish, (It is pretty nice, and very healthy when you dip raw carrot batons into it) then you could make similar dishes to hummus, out of egg-plants, or even cucumbers. See, it's not all doom and gloom now is it.

Fast food burgers – Now, I know what you're thinking, “we know we can't eat the bread bun or cheese on our burgers, but what about the meat, and lettuce?” Well the answer is still...No! People that follow this diet, sometimes make the mistake of throwing out the bun and cheese, and just eating the meat patty, and salad instead. In theory, they're absolutely right, however, the burgers and cheese are usually processed, and have extra ingredients added to them. To be honest, from seeing the state of some of the foods you can get from these burger joints, I wouldn't be surprised if they didn't deep fry and batter the salad too. Assuming your salad is indeed fat-free, the chances are that your burger is bulked out with bread crumbs or something similar, and that's certainly not acceptable. If you do fancy a burger, minus the bun, then make it yourself, and wrap it in a lettuce leaf instead. Delicious.

Part 7: Delicious evolutionary diet recipes

Like we've been saying throughout this book, this diet is about enjoying the food you eat, as well as enjoying life as a whole. It's about being able to order items from the menu if you're out for a meal, and it's about eating when you feel hungry. In order to make things especially easy for you to understand and follow, we'll be providing you with a few delicious evolutionary diet recipes, to help you bring a touch of the old caveman magic into your very own kitchens. The recipes aren't complex. They aren't expensive to or difficult to assemble, and most importantly of all, they taste amazing.

Breakfast recipes: Breakfast is the most important meal of the day, and when you take a look at these recipes, you'll never want it to end.

Scrambled eggs and ginger

Ingredients:

4 green chillies
2 tablespoons of coconut oil
2.5cm (1 inch) piece of fresh root ginger, finely diced and peeled
1 small peeled and finely chopped Onion
6 whole eggs
1/4 cup of coconut milk
1/4 teaspoon of salt

Method:

After removing the skins from the chillies, finely chop them.
Beat your eggs, coconut milk and salt together in a bowl and then set aside.
Heat the oil in a medium sized.
Stir-fry the ginger and onion together in the saucepan for around 5 minutes.
Reduce the heat to low and add your egg mixture to the saucepan and mix well.
Scatter the chopped chillies over the egg mixture.
Cook over a low heat until the eggs are cooked.
Enjoy!

Chorizo Con Huevos

Ingredients:

8 large whole eggs
1 Tablespoon of coconut oil
1 pound of fresh chorizo sausage
1 medium diced onion
2 Serrano chillies, very finely diced
A bunch of chopped fresh cilantro leaves
1 large mashed avocado
A dash of fresh tomato salsa

Method:

Heat the coconut oil in a large skillet over a medium heat.

Fry the chorizo until it is browned - break up the sausage with a fork as it cooks.

Add your diced onion and cook for about 2 minutes until it becomes soft and translucent. Add the fresh diced chillies and cook for another minute.

Beat the eggs until they become frothy and then add them to the chorizo. Give them a stir as if you were making scrambled eggs.

Fold the cilantro leaves in just before the eggs are completely firm. Serve with the fresh salsa, and your mashed avocado.

Salad: Great if you're looking for a light lunch, and very healthy and good for you too.

Antipasto Chef's Salad

Ingredients

1 cup chicken broth

1/2 cup olive oil

1 tsp. marjoram

1/2 tsp. dried oregano

1/4 tsp. dried thyme

1/2 tsp. honey

1/2 tsp. pepper

dash of cayenne

1/4 cup lemon juice (substituted for red wine vinegar)

Method:

Mix all of the above ingredients together in a large bowl to make the marinade

Add:

1 pound of skinless, boneless chicken breast strips

1/4 pound of smoked chopped ham

1 medium chopped red pepper

1 medium chopped green pepper

1 medium onion, cut in half and then very thinly sliced

Toss to coat with the marinade. Cover and then marinate at room temperature for a few hours, or refrigerate overnight.

To serve, drain marinated ingredients, making sure to save a 1/3 cup of marinade.

Toss the remaining marinade with torn lettuce leaves, Romaine works very well here

Put the coated lettuce in a large salad bowl, and place the marinated ingredients on top.

Garnish with a few Mediterranean olives.

Dinner: Fancy something tasty and substantial for dinner? Then take a look at this steak recipe.

Steaks with vegetables

Ingredients:

1 pound of round steak which has been cut to 1/2 inch thick
2 Tbsp of olive oil
1 medium sliced onion
1 medium sliced green bell pepper
A dash of garlic salt
1/4 cup of water
2 cups of shredded carrots

Method:

Cut your meat in half lengthwise with a sharp knife, and then once again crosswise into thin slices.
Brown the sliced meat in hot oil, then add your onion and pepper
Cook the steak and veg for around 1 or 2 minutes.
Stir in the water, and then sprinkle on garlic salt, and cook about 5 minutes, stirring constantly.
Serve placed on a bed of shredded carrots and enjoy.

So there you have it, those are just a few of the delicious recipes which you can create in your very own kitchen. There are 100 more meals in the Drilldoggy's recipe area for you to choose from, all of which will have you looking and feeling great as a result.

Thank you so much for checking out this book. Hopefully we've now opened your eyes to the importance of following a strict and healthy diet. The evolutionary diet is one of the most beneficial diets that you could ever hope to follow, and now, with any luck, things are much easier for you to understand. Good luck with all of your health and fitness goals, and remember out with the new, and in with the old.

