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Paleo



Diet

CHALLENGE

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Change is difficult. It's a challenge to change our ingrained habits, whether we are going from a sedentary lifestyle to exercising daily, or going from gorging on chips and ice cream in front of the couch or grabbing whatever food we want on the go and going from that to the Paleo lifestyle.

But there are things you can do to help yourself change out bad habits for good ones.

If you are reading this report, you want to make a change so congratulations on making that decision! In a society that is becoming more and more sedentary and gets by on processed junk foods, this puts you in an elite group and you should be proud of that fact.

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Changing your eating and exercise habits are two of the most difficult challenges to face. Our society revolves around comfort and convenience - remote controls for everything, fast food drive thrus, etc. In addition, food is a centerpiece around which social gatherings revolve. It's tough to swim against that tide.

Changing your nutrition and exercise habits can make it easier to make other changes in your life. I think all positive changes flow from the positive change of your nutrition and exercise habits. You get so much more than just a body that looks good at the beach (although that's fun, too).

You develop self esteem, confidence, great health, discipline, and the ability to set and achieve goals.

All of these things flow into your personal and professional relationships and you'll suddenly find positive changes throughout all aspects of you life.

This is about the Paleo diet and lifestyle but let's talk about exercise for a moment (don't just eat Paleo, get active).

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If you already work out, you may have noticed an interesting phenomenon. The vast majority of the members at your gym look the same year in and year out and never improve their bodies. Talk about banging your head against the wall.

These people are on autopilot. They are just going through the motions of a fitness lifestyle. Working out has just become another thing that they do.

You also may have noticed that your gym is absolutely packed with people in January. By mid-February most of those new people have packed it in and gone back to the couch.

Don't let this happen to you.

Let's take a look at some ideas and strategies that can help you integrate the Paleo diet into your life so that you are able to stick with it over the long term.

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I realize this may be boring to a lot of you. I can hear the groans and feel the rolling eyes but please hang in there. If you embrace it, the following can do a lot for you, and not just with a Paleo diet, but with any goal you have or positive change you may want to make in your life.

Think on paper: Only about 3 percent of adults have clear, written goals. These people accomplish five and ten times as much as people without written goals.

Step 1: Decide Exactly What You Want.

This will allow you to prioritize so that you are spending the most time on high value tasks that move you closer to your goals. If your goal is to add 20 pounds of muscle, there isn't much point in using up a lot of your training time by jogging 5 miles a day, doing high volume low intensity work or focusing on the so-called "shaping" exercises.

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If you want to stick to the Paleo diet and lose some body fat, there is no point in keeping boxes and bags of bagels, potato chips, or ice cream in your kitchen.

Step 2: Write It Down.

Again, think on paper. Written goals are a powerful thing. They have an energy behind them that helps you move toward them that unwritten goals just don't have. In fact, you'd do even better by writing down your goals every day. Yes, every day. It will only take a few moments and will help you tremendously. A great way to do this is right before bed at night or first thing in the morning, do a quick review for that day.

Step 3: Set A Deadline On Your Goal.

Create a sense of urgency and positive pressure. Without a deadline you will procrastinate and do the little things that may damage your short term goals. If you are trying to lose twenty pounds and are having "after" pictures taken in three weeks then

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you are much less likely to swallow that bag of popcorn, than if you are just getting in shape...eventually.

This is why physique competitors get in such fantastic shape. When they enter a contest, they have a hard deadline looming in the future. They don't want to be embarrassed by showing up on stage out of shape.

Could you imagine an Olympic swimmer not training for the two months leading up to the Games? Hardly! And that includes sticking to their nutrition plan.

If you don't have a deadline, you will have no sense of urgency. If you don't have a sense of urgency, you are more likely to sabotage your goals. Let's look at an example.

You're eating Paleo but it's still pretty new. You've been working out. You've dropped a few pounds. But you didn't set a specific goal and you didn't give yourself a deadline. You're at a family gathering but you've prepared yourself by bringing your own

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nutritious meals. Some of your favorite high calorie meals with no nutritious value are being devoured by your family.

In this scenario, it's likely that you may give in and sabotage your efforts.

Now, what if your goal was to lose 20 pounds of fat by May 1st, which is only 12 weeks away and it included eating strictly Paleo for all 84 days (12 weeks)? Do you think you would be as likely to sabotage your efforts the way you might have in the previous example?

Probably not.

Step 4: Make a list of everything you will need to do to help you achieve your goal.

Leave nothing to chance. The more planning you do ahead of time, the more likely you will stick to the plan and achieve your

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goals. The more prepared you are, the more success you will experience.

Step 5: Organize the list into a plan.

Organize your list by priority and sequence.

Step 6: Take action on your plan immediately.

Do something. Get started. Start building positive reinforcement and momentum RIGHT NOW.

With the Paleo diet this could be as simple as throwing out that bag of potato chips sitting on the kitchen counter.

Step 7: Resolve to do something every single day that moves you toward your major goal.

If you continue to focus on and perform these 7 steps, you'll be amazed at the results you'll see, whether it's the Paleo diet, your new exercise program, or getting things accomplished at work.

Now, let's take this a little further and really get smart about this goal setting and motivation thing. I'm not sure who was creative enough to make the acronym work, but work it does and it can fit in quite nicely with your goals.

Get SMART

Not sure who was creative enough to make the acronym work, but work it does and it can fit in quite nicely with any goals you set. If you want to succeed you need to get SMART about your goals.

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If you want to succeed you need to get SMART about your goals.

The S stands for specific. Be specific about the goals you want to achieve. Forget things like, "I want to get in shape", "I want to get big", or "I want to lose weight", or "I want to increase my bench press."

Instead try things like "I want to run a 6 minute mile", "I want to add 10 pounds of muscle", "I want to lose 20 pounds of fat", or "I want to add 40 pounds to my best bench press", or "I want to eat 100% Paleo in fourteen days."

The M stands for measurable. This ties in very well with specific. You can't measure 'getting in shape', but you sure can measure 'running a 6 minute mile' or 'bench 3 plates'.

With a pair of trusty skin fold calipers, you can also measure pretty accurately adding 10 pounds of muscle or losing 20 pounds of fat. And of course, you can easily measure the poundage increase on your best bench press.

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The specific and measurable aspect can be broken down even more to bring you closer to achieving your goals. For example, if you want to add 10 pounds of muscle, what other specific and measurable things must you do to reach your goal?

One could be that you must eat three meals and two snacks a day that are 100% Paleo.

You must train with weights three days per week.

You must add weight to your exercises at least every other workout.

Every 14 days you eliminate another non-Paleo food from your diet until you are 100% Paleo.

All of these are specific and measurable.

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You can make a list of your daily, weekly, and monthly goals that you must do in order to meet your top goal.. Each day, place a check mark next to each measurable and specific goal you achieved that will help you conquer your most important goal. Obviously, the more checks you have, the more likely that you will achieve your goal.

In addition to specific and measurable, your goals must be A, or attainable. The R stands for realistic.

It's important to set challenging goals.

Challenging, but attainable, that is.

Obviously, weight loss is on the minds of many people, which is why so many fall victim to promises like "lose 30 pounds in 30 days without getting hungry and without exercising."

You most likely know that the above is neither timely nor realistic. But many people do fall for such things because they

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want results NOW! They are setting themselves up for failure before they even start. Please don't join them.

The T stands for Timely. If you do everything previously mentioned, it's still not enough. You must give yourself a deadline to achieve your goal. More importantly, if your goal is attainable and realistic, but also long term, break it up into smaller goals.

If you wish to lose 75 pounds, start with losing just 10 pounds in 2 months. Reaching that goal will motivate you further and before you know it, enough time has passed that you've lost the 75 pounds.

But if you focus solely on losing the 75 pounds, which could take a year or more to accomplish, your motivation and discipline could wane, and you could fail to follow through on what you need to do to make your goal a reality.

Making goals timely holds you accountable and creates a positive sense of urgency. You may think twice about eating that piece of

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cake when you know you are having a body composition test and pictures to be taken in 2 weeks.

In addition to getting smart, celebrate your successes. And I don't mean that you should allow yourself to dust off a gallon of ice cream in one sitting because you lost 10 pounds, or because you just marked off the 100th straight day you've eaten Paleo.. That would be self defeating.

But you could treat yourself to a movie, or a pair of jeans you've had your eye on, or an extra hour of sleeping in on the weekend. Don't sabotage your wonderful efforts by giving yourself destructive rewards for accomplishing your goals.

Let's take a look at a goals challenge specific to the Paleo diet.

No matter what type of nutrition or diet plan people choose, a lot of times they never really get started. Or it lasts a matter of days. This is because many people change absolutely everything at once and they just can't adhere to all that change at one time. It's overwhelming. So don't do it!

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It's true that for some people, going full bore with big changes is what works. For many people, it's just a way to sabotage themselves. For others, gradual changes are the way to go.

If you think that going from your normal eating habits one day to 100% Paleo the next day is going to be very tough for you, then don't do it. Instead, map out a two week or one month plan that gradually moves you from the way you eat now, to a Paleo way of eating.

You could start by eliminating one type of food for a week, such as all breads, or all pastas. Or cut out desserts or candy, etc. Maybe even pick something you eat regularly but isn't necessarily a 'must have' food for you. This could help make the transition easier for you.

Whether you go gradually and start by eliminating a certain food or food group, or you go 100% Paleo from day one, be sure and get rid of those foods you won't be eating. If you are starting

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with bread, don't have any bread in your kitchen! It's too easy to slip up.

You also might want to skip restaurants for awhile, until you know you won't give into temptation when you look at all those yummy foods on the menu.

If absolutely necessary (you have to be honest with yourself), if it's going to help long term, for a little while you can include a cheat meal or cheat day once a week. This will work wonders on your mind, which may panic when you tell it that it can never have <insert your favorite food here> ever again!

Look, at the end of the day, don't get overwhelmed or overcomplicate things when it comes to a Paleo lifestyle. In simple words, eat real food. Or, put another way, if man made it, don't eat it. Yes, it is a little more complicated than that, but it's a really, really good start on your way to a Paleo lifestyle