

QuickLoss Paleo

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Food List for Weight Loss in Adults

No matter what else you do – your greatest chance for success will be dependent upon one thing:

Always, always, always EAT a Paleo food from this list

If you take one bite of a non-paleo food it will take another 6 weeks for your gut to heal from the inflammation it will cause. Inflammation is the reason some of us gain weight easily, can't lose weight, have gut issues, and autoimmune diseases. Eating a bite here and there of non-Paleo foods will cause you to fail. It's not worth it.

Drinks

- Water
- Mineral Water
- Tea
- Coffee – no artificial flavors

Alcohol

- Limit and avoid drinking with a meal
 - ❖ preferably 2 hours before or after a meal
 - ❖ affects blood sugar less without food
- Clear liquor 1-2 oz.
- Dry Wine 1 glass
- NO beer – loaded with gluten

Sweeteners

- If you have to - Stevia may be used
 - ❖ Sweet leaf Stevia is best – no sugar attached to it
 - ❖ NO artificially sweetened or flavored drinks. NO diet drinks
- NO honey – sorry – it will affect your weight loss and weight loss success

Spices

All - Spice it up and add flavor!

Condiments

- Balsamic Vinegar
- Dijon Mustard – no sugar added
- Horseradish – no sugar added

Meat & Eggs

3-8 ounces per meal

- How much depends on what you weigh. The more you weigh the more you need to eat. The less you weigh, and as you lose weight, you need to eat less.
- You want to figure out how much protein to eat and lose about 2 pounds/week.
 - One example: person weighing 250 pounds = 6-8 ounces of protein per meal
 - Second example: person weighing 150 pounds = 3-5 ounces of protein per meal
- Eat approximately the same amount of protein at each meal.
 - It is ok to vary the amount by 1-2 ounces.
 - Most people need to eat more protein at breakfast and lunch and less at supper. This is the opposite of what most people do.
- You need to eat 3 servings of protein/day
 - All adult humans should be eating a minimum of 3 ounces of protein per meal/3 meals/day.
 - This is the minimum you should eat to maintain your weight loss.

Cooking

When cooking: skin, fat, and bones make meat much more delicious and nutritious. Buy meat, as much as you can, with bones, fat and skin and cook without cutting or trimming. Add Celtic Sea Salt. You will be amazed at how much yummier it is! You will love it.

Choices

Poultry - Any: breast, thigh, leg, etc.; on or off the bone; skin on or off

*Chicken *Turkey *Duck *Goose

Beef - Any Cut

*Steak *Hamburger *Ribs *Roast *Stew Meat

Seafood/Fish - Any Kind

*Flounder *Scallops *Snapper *Shrimp *Trout *Lobster *Halibut *Crab *Mackerel *Oysters *Bass
*Clams *Salmon *Crayfish *Tilapia *Mussels *Cod *Abalone *Tuna *Octopus *Grouper *Squid *Haddock
*Eel *Orange Roughy *Shark *Rockfish *Walleye *Anchovies

Pork - Any Cut

*Loin *Chops *Ribs *Roast *Ground
*Ham (must be cured, without sugar)
*Sausage (without sugar added)
*Bacon (cured without sugar) !!!! NO turkey bacon – it's not a real food !!!!

Lamb/Goat - Any Cut

*Chops *Rack *Leg of Lamb *Shanks *Ground

Wild

*Deer/Venison *Buffalo/Bison *Elk *Cornish Game Hen *Rabbit *Pheasant *Quail *Exotic i.e. rattlesnake!

Jerky

All meat jerky is ok if there is no added sugar, gluten, soy, soy sauce

Eggs

- None for the first month
 - Seriously
 - This is very important. Too important to chance it.
 - You can do it. Just think about the people who are allergic to them – they manage. This is just one month.
- After 1 month eat eggs and eat lots of them to see how you feel
 - If you feel great and continue to lose weight eat plenty of eggs ☺
 - If you stop losing weight, negative mood, can't sleep, swelling, or other negative symptoms you are sensitive to eggs and shouldn't eat them – sorry ☹
- 1 egg = 1 ounce
- Eggs are a great economical source of protein
- You can start making your own mayonnaise – how exciting!

Vegetables

Servings

Number of veggie servings per meal:

- Breakfast - 1
- Lunch - 2
- Supper - 2

One serving equals:

- 1 cup raw
- ¾ cup whole cooked
- ½ cup diced
- ¼ cup mashed, cooked

Cooking

However you want – raw, steamed, sautéed, roasted, grilled, stewed, stir fry

Use oils, Celtic Sea Salt, and spices to make them yummy and delicious.

Choices

- *Leafy Greens/Lettuce – all: Mescaline, Chard, Dandelion Greens, Turnip Greens, Spinach
- *Cabbage – all *Parsley *Seaweed *Watercress *Collard Greens *Asparagus *Artichoke Hearts
- *Brussel Sprouts *Celery *Kale *Broccoli *Bok Choy *Radishes *Cauliflower
- *Green Onion (small amount = 1 teaspoon) *Rhubarb *Fennel root *Celery Root *Kohlrabi *Turnips
- *Squash - Spaghetti Squash, Patty Pan, Summer, Zucchini, Zucchini Flowers
- *Peppers – Red, Yellow, Green
- *Cucumber *Dill Pickles – make sure there is no added sugar or artificial sweeteners
- *Avocado
- *Mushrooms
 - NO Green Beans – they're a member of the legume/bean family

Fats

- Servings:
 - Unlimited
- Serving Size:
 - Unlimited - You cannot eat too much fat if you follow the correct portions for meats/egg/vegetables.
 - If you eat more meat/eggs/vegetables than the portions listed here then some of you would also be eating too much fat.
 - ❖ You can only put so much olive oil on 2 cups of lettuce – right?
- Homemade Mayonnaise after you add eggs

Cooking

Use a variety of the oils listed both in cooking and pouring over your meat and vegetables.

You will figure out which oils you like better and how you like to use them by using and trying different ones.

Choices

Olive Oil & Olives

Coconut Oil

Toasted Sesame Oil

Roasted Hazelnut Oil

Flaxseed Oil

Walnut Oil

Almond Oil

Red Palm Fruit Oil

Lard

Bacon Grease

Avocado Oil

Duck Fat

Tallow

Coconut Milk – fresh or canned

- ❖ Boxed and pop-tab coconut milk options usually contain added sugar and should be avoided
- ❖ NO Peanut Oil – member of the legume family

Fruit

NONE

Seriously – none

It's OK if it's an emergency and fruit is the only Paleo option available – eat the fruit

Nuts

NONE

Seriously – none

It's OK if it's an emergency and nuts are the only Paleo option available – eat the nuts

Snacks

None

Seriously – none

If you have to have a snack:

- It has to be 4 hours since you last ate
- You have to wait another 4 hours to eat again
- Limit the snack to 1-2 ounces meat or 1-2 eggs
- Limit the snack to 1 vegetable serving

HOW OFTEN CAN YOU EAT?

When you finish a meal do not eat anything again until it has been 4 hours or more , unless you feel faint/clammy/sweaty/dizzy

If that happens eat meat 1-2 ounces, fruit – tiny piece, nuts – 5-10, dried fruit – 2-3 pieces

THAT'S IT!

- This is how you lose weight the QuickLoss Paleo way.
- I know it doesn't look like much food, but it is enough. You won't starve. It may be miserable the first two weeks, but then you should be getting results. After a while it really does get easier and it really does look and feel like enough to eat. Hang in there. This time is different, if you do it, it will work.
- It will be really hard at first but if you are determined you will be successful!
- Good Luck!

FOODS TO ADD for MAINTENANCE or EMERGENCY

Emergency Situations:

- You feel hypoglycemic
- Your stomach is growling, it's been 4 or more hours since you last ate, and you don't have meat or a vegetable

Maintenance

- Congratulations!!!
- You've made it to your weight loss goals and you're ready to live your Paleo Food lifestyle.
- You can now add fruit, nuts and additional vegetables.
- You will need to monitor your response to these foods.
- Things to watch include: weight, sleep, mood, swelling, bowel movements/bloating

Portions

- Some of you will be able to eat all you want as long as it's a Paleo food and you will no longer gain weight.
- Some of you will still need to monitor your portions and choices to maintain your weight loss.
- You'll figure it out by trying and seeing what works best for you.
- All of you should eat all the Paleo foods you want at holidays, special occasions and on vacation.
- As long as you only eat Paleo foods you will find any weight gain to be minimal and easy to lose.

Additional Vegetables

*Acorn Squash *Chili Peppers *Beets *Butternut Squash *Eggplant *Pumpkin *Tomatoes
 *Carrots *Parsnips *Rutabaga *Onions *Sweet Potato/Yams

Fruit

Berries	Citrus & Melons	Other	Fresh Fruit HIGH IN SUGAR	Dried Fruit EXTREMELY HIGH IN SUGAR
Blackberries Blueberries Boysenberries Gooseberries Raspberries Strawberries Cranberries Mulberries	Lemon Lime Grapefruit Nectarine Orange Tangerine Cantaloupe Honeydew Watermelon	Apricot Papaya Persimmon Plums Pomegranate Rhubarb Cherimoya Guava Kiwi Cassava Melon Lychee Star Fruit	Grapes Banana Mango Cherries Apple Peaches Pears Pineapple Purple Passion	<i>Avoid added sugar</i> Mango Raisins Dates Figs Papaya Pears Peaches Prunes Apricots Coconut Flakes

Nuts

Nuts	Seeds	Nut Butters
Almonds Cashews Macadamia Pecans Chestnuts Hazelnuts Pistachios Walnuts	Pine Nuts Pumpkin Seeds Sesame Seeds Sunflower Seeds	Almond Butter Cashew Butter Hazelnut Butter <i>NO Peanuts or Peanut Butter – they're a legume</i>

Sweeteners

- Honey
- Agave
- Pure Maple Syrup