

*Hundreds of Primal Enthusiasts Share Their Challenges,
Solutions and Practical Tips for How to Get and Stay Primal*

PRIMAL LIVING IN THE REAL WORLD



By: Mark's Daily Apple Readers

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INTRODUCTION

On September 21, 2011 I asked Mark's Daily Apple readers to share their infinite wisdom and experiences leading a Primal lifestyle. I received 1500 emails in just a few hours. Now that's the power of the Mark's Daily Apple community! In the following pages you will find answers to common stumbling blocks, and practical tips that will help you get and stay Primal for life. Still new to the Primal Blueprint and just trying to figure out the basics? Or, have you ever wondered what everyone else in the community is eating for breakfast? Or perhaps you could use some helpful dining tips or a new workout routine. Answers and insights to all these and more can be found in this exclusive eBook. Enjoy and Grok on!



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It is quite simple when you break it down. Take the processed crap out of your diet and return to a more natural and whole way of eating. Taking your workouts to a new intensity level so that you are more effective in a shorter amount of time. Get outside. Enjoy every day.

A template for rebooting your entire life -- to switch the quality of your being on the planet from not just merely existing, but to actually thriving. When you fix your "machine",... even if your day is bad or hard, you'll have the confidence in knowing that your body, mind, capability, mood and (balanced) chemistry will help you make it through anything.

Primal eating is eating the way people did before food processing existed. Natural foods in their natural states.

Eat only what you can hunt, fish, dig from the ground or pick from a tree or bush

The Primal Blueprint is a lifestyle designed to create the best possible natural expression of your genetics primarily through nutrition and fitness. Its 10 Primal Laws create the boundaries for this healthy environment.

Primal Blueprint is eating what our bodies were designed to eat.

The primal blueprint is about eating whole, fresh, healthy foods, managing stress, sleeping well, and having a healthy happy life.

The primal blueprint is a lifestyle based plan to re-align your body with its genetic potential, including loss of body fat, increase in muscle and a renewed source of energy; all using our "primal" history as a guide.

The primal blueprint is all about getting back to our roots as humans. It's about living the way we are meant to as our 10,000 year old genes want us to. It's about delicious meat and veggies with lots of fruit and berries thrown in. It's about breaking into an all out run for no reason. It's about ultimate Frisbee with friends on a Saturday morning. It's about living.

I like to explain the Primal Blueprint as a no B.S. look at life. It takes all the things that we take for granted and points out the flaws in standard American diets and exercises and makes us realize how we never really understood them and then it shows us how to use that knowledge to make our lives easier and better.

The PB is a guidebook to stripping away all the mass marketed, prepackaged, mega corporate junk, and living your life as it was intended to be lived - natural, energetic, and healthy, and fun.

Eat whole foods as close to their natural state as possible, but no grains or beans. Walk a lot, run a little, lift/carry heavy things when possible. Sleep lots and well. Enjoy life!

Don't eat things with a label on them. Prefer real, whole foods that are nutrient dense - foods like animal protein and eggs, vegetables, nuts, seeds and healthy fats. Quit "working out" and play instead. Move your body in ways that are healthy and fun. I, personally, like swimming, dancing, walking my dog and playing on the playground equipment. Others prefer ice skating, hockey, flag football, surfing, paddle boarding, group games like that. Find something you enjoy and look forward to doing - then do it.

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In as few words as possible, how would you explain the Primal Blueprint to someone new to the concept?

The PB is a mindfulness, a set of choices, and a way of life that has left me feeling and looking better in my 40's than I ever did in my 20's! Plus, my food has never tasted more delicious.

Basically, you eat only stuff that humans didn't invent. We're cool, but not that cool.

The Primal Blueprint is a holistic way of living life for getting back to the basics.

Don't eat crap. Move around and enjoy life.

The primal blueprint is a plan to eat, sleep, exercise and play in a way that we were intended to do. Doing so will naturally gravitate our body and mind towards optimum health.

Eat like a caveman did; Grass fed meats, organic vegetables, nuts, and a little fruit. Keep active, get adequate sleep, enjoy some sunshine and play!

Primal Blueprint is a framework for healthy living. Think of it as a way to build the perfect house just for you. All strong houses have certain essential elements like a strong foundation, walls for protection and a roof to keep you dry. PB gives you the tools to build these (healthy nutrition, exercise and life-style choice guidelines) and you get to tailor the plan from there. So you can build an igloo or a yurt or whatever works for your life.

My script for a Primal Blueprint infomercial: 'Tasty food! Better body! No more counting calories! No more flab! Tired of your life? Have the life you always wanted instead of the life you've always had with The Primal Blueprint!'

Seriously, the Primal Blueprint is a lifestyle that emphasizes living in tune with our biology and the cycles of the earth as our ancestors once did. Nothing more, nothing less. Eat good quality food such as grass-fed meats, wild game, wild caught fish, organic and/or homegrown vegetables and fruit that are in season, lots of healthy fats, and the occasional treat such as dark chocolate. Move more, start walking, lifting heavy things, enjoying the simple day to day motions of life. Go barefoot when you can, feel the ground with your toes. Sleep when it's dark, wake up when it's light. Stop stressing about things you can't change. Live, love, laugh and get on with your life. And for Pete's sake, stay away from donuts and beer...

The Primal Blueprint is about living naturally and healthfully to get the most out of life. You can start with eating real foods, getting enough sleep, and moving around every once in a while. A big part of the PB is remembering to enjoy what you're doing. Play time is important, as is making time for your hobbies. It's all about taking control of your life and your health.

The Primal Blueprint is about eating and living the way our pre-agricultural ancestors did. Because that's what our genes expect and are equipped for, it causes optimal gene expression.

Eat the foods that humans evolved to eat, exercise the way humans evolved to exercise, and have fun the way humans evolved to have fun.

It is a modern lifestyle of nourishing the human body in a way that is mindful of and complimentary to our natural evolved physiology.

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It's a science and research-based plan for eating and exercising according to how our bodies evolved to work.

The primal blueprint is about eating and moving in ways similar to the ways that supported human evolution. Essentially the entire premise is that intense cardio, and the consumption of grains have really only played a role in the human race for several thousand years and that the human body has not adapted to this way of life. The primal blueprint encourages meat, healthy fats, fruits and vegetables as the primary source of fuel, and discourages intense cardio due to the negative effects it can have on the body.

Living and eating how our ancestors did. I also sometimes say if pressed about the diet, 'meat and veggies.' I keep it simple and 'meat and veggies' seems to prevent arguments.

The Primal Blueprint is a way of living that focuses on foods that our ancestors could have gathered, think plants and animals. This moderates our insulin response and enhances health. In terms of physical activity, you get to slow down, speed up, and play!

Primal Blueprint addresses the way our body embraces the foods and activities of our ancestors and rejects unnatural modern constraints and processed foods.

The Primal Blueprint is not primarily about losing weight; it's about being healthy. Research has shown that grains, sugars, and vegetable oils are hazardous to our health, and that chronic cardio and sleep deprivation are counterproductive. If you want to have more energy, experience fewer mood swings, and just feel better overall, the Primal Blueprint is the way to go!

A life style that will change your life forever.

The primal blueprint is about discovering what really works for you and your body.

Primal Blueprint is a lifestyle that brings you a diet that makes your body feel great, a fitness regiment that makes sense, and a resource and community full of supportive knowledgeable people.

The Primal Blueprint is a road map to the new you! It outlines the key concepts (nutrition, exercise, sleep, sun exposure) that will result in a fun, fulfilling lifestyle and healthier, happier, more energetic version of yourself - the way you were always meant to be!

This is something I struggle with, because often people will catch on to the low-carb idea and comment that I don't need to lose weight. But if I say I try to only eat "fresh, healthy meats and fish, vegetables and nuts, sometimes fruit", people usually understand that it's a health-conscious decision in general and then I can step up the details gradually from there. I've found when I do it this way, people are more receptive to at least listen to what I have to say.

Freeing... freedom from the guilt, freedom from the tire (around your waist), freedom from routine, freedom to listen to you, your body, and your intuition about what your body needs.

I describe the Primal Blueprint as a guide for treating yourself the way you are meant to be treated.

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Don't eat grains or processed foods. Eat meat and vegetables. Conventional wisdom is usually wrong.

The Primal Blueprint suggests that it isn't fat that is making us fat, but grains and processed foods in unbridled quantities. Replace grains, processed food and sugars, with protein veggies and fat and you will look and feel better. The Primal Blueprint, is not only a diet but a concept that suggests we live within our evolutionary ideals. How we successfully evolved to eat, sleep, work, play and live are great models for how to feel good in a modern world.

The Primal Blueprint is a lifestyle, not a diet. Eat real food that your body has evolved to thrive on. Enjoy fresh and organic (and local if you can) meats, veggies, nuts, and occasional fruits. Cut out grains and embrace saturated fats as your main source of energy - your cells depend on it! Move slowly and move a lot, sprint all-out once in a while, and lift heavy things!

The PB is a lifestyle that helps your body to work the way it was designed to, it is not simply a diet or an exercise plan. It is a community that supports and promotes healthy living.

A set of principles that enable one to simply enjoy life more and take care of our body like it was designed to be treated.

Live your life to it's fullest by taking cues from evolution as to how we should eat, sleep, and move.

It's a lifestyle, not a diet, where you trade grains for good fats, fruits, veggies, and nuts, and where you drop your masochistic gym routine for exercises that feel natural, are fun, and actually work!

It's a diet of whole, natural foods that allows you to have cream in your coffee and bacon and eggs for breakfast, while seeing your health improve and your waistline get smaller!

It's a guide to living your life in the manner for it was designed; how to give your body what it has evolved to want; how to simplify your needs.

The modern American diet with all its processed foods and heavy emphasis on grains may be adequate for humans, but it is not optimal. You can do better for yourself by trying to emulate a pre-agricultural-revolution diet. After all, fully modern humans have had agriculture for only 10,000 of the last 200,000 or so years, and highly refined and processed foods for much less than that.

We humans are creatures that evolved having specific needs and a specific relationship to our environment. Part of the cost of our progress is that we've gotten away from a lot of the aspects of our environment that were there for thousands of years: the Primal Blueprint is about reexamining our modern environment and trying to mitigate the ways in which it is unhealthy for the animals we are.

A WAY OF LIFE (It's NOT a diet) that incorporates whole, nutritious foods that our ancestors ate.

A way of life that brings your body back into balance.

Our bodies are exquisitely adapted to a world that no longer exists. If we want to be happy, healthy, and strong beyond our wildest dreams, we need only make our lifestyles more like those of our ancestors.

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The Primal Blueprint is a set of simple guidelines that are meant to act as a framework for the ideal human lifestyle. This model for ideal living has been dubbed “Primal”, due to the fact that it attempts to allow us “modern humans” to live as much like our Paleolithic, hunter-gatherer ancestors as possible (these early humans may not have had modern medicine to save them from freak accidents, but any evolutionary biologist or anthropologist will tell you that they didn’t suffer from any of the horrible ailments that plague our society today, such as cancer, obesity, diabetes, and heart disease). The Primal Lifestyle is largely based on common sense principles designed to allow our bodies to function as naturally as possible: eat a grain-free diet rich in whole, natural, plant and animal based foods, stay active, get plenty of sleep, and get out in the sun once in a while to do some things you enjoy.

Diabetes and obesity CURE!

PB is a set of 10 easy, common sense rules which guide a person in ways of eating, exercising, resting playing and generally staying healthy.

The Primal Blueprint is about achieving the best expression of your genes through exercise and diet. Living like people have done many years ago by eating plants and animals. Doing things that you enjoy in your life like a sport or hiking.

PB isn’t a diet. It’s a back-to-basics complete lifestyle based on 10 simple steps for balanced living.

The Primal Blueprint focuses on bringing awareness back into the food we eat, directing us towards eating more “whole” foods while eliminating those that are unnecessary or harmful. It looks to our past ancestors in an attempt to structure a modern diet that promotes optimal health. To obtain optimal health and reach one’s highest fitness/physical goals, the Primal Blueprint would stand behind complete elimination of grains, legumes, and most dairy claiming that complete health can be found in unprocessed meats, vegetables and fruits, and healthy fats.

This is not your latest miracle diet. This is not something you can do for a week or a month and get back to ‘normal’ food. It is something that will redefine the word ‘normal’. The Primal Blueprint will teach you to live life to the fullest - eat real food, use natural body movements to keep you fit and help you really understand what ‘healthy’ and ‘fit’ actually mean.

An unorthodox way of living that will ultimately lead you to a healthy, energy-filled lifestyle.

Using our Genes to restore the vitality that humans experienced thousands of years ago by eliminating “Conventional Wisdom” from our daily lives!

A complete way of life that leaves you satisfied and healthy with diet, strong and motivated with exercise and at ease with stress of daily life.



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Cut sugar out of your diet for 30 days. Then the next thirty days take out all the other white stuff (breads, etc.).

Get active... even if it is only doing something that you love for a short amount of time each day to get acclimated.

Empty out the pantry/fridge. Breathe. Don't Panic!!! Fight your fear by celebrating the start to your new life with a yummy steak (grass-fed) and local, seasonal veggies. See, that wasn't hard!

The most important thing to do to kick start a Primal life is to clean out the pantry: Get rid of the 5-pound bags of sugar, flour, cornmeal, white rice, potatoes, and all those boxes of dried pasta. Then, purchase a share in a "community supported agriculture" co-op and then replace shelves of sugary drinks and processed foods in the fridge with bowls of fresh fruit, vegetables, and nuts. Finally, buy a "primal/paleo" cookbook or two and have fun discovering new foods, seasonings, and tastes.

Look up MarksDailyApple, read everything you can, and get a couple of recipes and a shopping list to get prepared.

Commit. Make a decision that you are tired of the results that you currently experience.

Read *The Primal Blueprint*, of course.

Find some source of inspiration and/or accountability. For some people it might be a private journal. For some people it might be a picture of what they would like to look like hung on the bathroom mirror. It might be a buddy to dive in with you (just don't fall pray to giving in if your buddy crumbles!)

For me it is my CrossFit gym. I WANT to be at the gym everyday. I WANT to be with those people. I WANT to be strong and fit and healthy and being there every morning starts me out in the right frame of mind.

Take a photo- you'll be thrilled with the body's quick response... overhaul your cupboards and then go out and enjoy the outdoors.

When I got started in the primal life I had to move to a new city to really kick start it and get into it. I doubt most people will do that. I'd say the first thing people should do is empty their pantry and refrigerator. Donate the modern staples to charities if you don't want to throw it away, but get it out of your house and your life. After you rid the modern poison from your life head to your local farmers market and scour it for delicious veggies and fruits. Find some local meaty items, buy some wild caught fish and just enjoy the food.

I think reading the testimonials are the most powerful thing a person can do to kick start their Primal journey, because it's not just about the weight loss, it's about so much more that people never even realized that they could fix.

Ideally, get as educated as possible. Read *The Primal Blueprint*, check out the forums – especially the Success Stories – Search the blog for topics you are personally having issues with or want to see resolved. The more knowledge a person has, the easier it is to stick with the program and see results quickly. Once the knowledge base is in place, then I'd suggest kicking the sugar and educate them on where sugar hides. From there, work on getting good, quality sleep – then eliminating grains then beans and legumes then unhealthy fats. Eliminating sugar will naturally eliminate lots of grain products right off the bat. From there we can tweak on the moderation elements of fruit, dairy, alcohol and primal desserts.

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Kick the grains!

I say that but I have a friend who doesn't really care one whit about the details of the health benefits behind the Primal Blueprint and she won't make the effort to read the book. She just wants to lose weight and feel better. What I did with her was tell her to cut out sugar and grains. We'll work on her diet soft drink and peanut addiction a little further down the road. Then, I'll try to get her to start doing some kind of exercise – any kind of exercise – the gal hardly walks, much less does anything else physical. It's almost like trying to do it for someone else, but if it gets her moving in the right direction, I don't mind – to a point.

I suppose it depends on the person. What their goals are and where they are mentally. Some people really want to have a good handle on the science and philosophy behind the lifestyle changes they should be making – others just want someone to tell them what to eat and have no interest anything beyond that. I tend to think the latter kind are not likely to stay with the program and make the necessary changes correctly, though.

Just. Try. It! I know Mark says to give it 30 days but, really, you'll feel better after one (honest).

I'd recommend they read your book, then take each PB Law and brainstorm how they can fit it into their lives, either little by little or all at once, depending on time, budget and personality. That's what I did. :-)

The first thing a person needs to do is make the decision and commit to it!

Accept that change will be tough, but find comfort that the results will give you enough motivation to continue.

Avoid sugar, soda, caloric beverages and anything that comes in a box. Avoid the three main modern toxins: sugar, excess omega-6 (vegetable oils) and wheat.

Find a primal meal you enjoy, eat it and focus on how satisfying it is. This makes giving up certain foods feel much less like deprivation and more like eating deliciousness that happens to be good for you.

I started with eliminating processed foods: no more boxed foods from the grocery store. Learn to make your own versions of your favorite non-primal foods... you'll realize how much more flavorful and satisfying real food is! And you might find, like I did, that cooking can be fun and relaxing.

I think it's best to start with food, because it has the greatest impact on how you feel everyday. The first thing I always tell people is to stop eating grains and sugar right away. I think that is a very important first step.

The first thing one should do when starting a primal life is look at the web site (<http://www.marksdailyapple.com/>) and read *The Primal Blueprint*.

Change your diet. Give up grains and sugar. Just do it! The first few weeks will be difficult but once you're through that you'll begin to feel better and won't want to go back.

Learn about the benefits of healthy, natural fat. The kind you can find in fish, coconut, avocado, nuts, meats and oils. Just by adding these items to your diet, you have accomplished two goals. First, you increase health, second, you indirectly force other less desirable foods out of your diet to make room for these healthy fats.

Question #2

What is the first thing a person should do to kick start their Primal life?

Buy the Primal Blueprint book and read it, perhaps more than once. Then read other similar books on the subject or do whatever research necessary for you to understand WHY this is so important and why it makes sense. If you do not fully understand the benefits and why it is necessary to change your life in this way you will have difficulty with motivation and temptation.

Go to the grocery store, and just shop the perimeter: produce and meats, eggs, just a little dairy. Everyone says “clean out the pantry”, but when my wife and I got on board, we didn’t do that. We just limited ourselves to buying paleo foods out of the gate. In a pinch, or a cheat day or whatever, we’d just expend the non-paleo stuff. But we kept shopping in the paleo manner, and soon enough we thought “What’s with all this mac and cheese? It’s taking up space, put it in the food drive.” This was also a good way to ease into it, and made it feel less like we were “starting a new diet”, which makes it sound like there’s an end date.

Go to <http://www.marksdailyapple.com> and read the success stories because they are amazing, register for the newsletter and the forum (so much info and helpful Grokkers) and read the *Primal Blueprint* book.

Stop eating processed/packaged foods. Then read PB!

Either have a physical and/or make a written account of their physical and mental being. So many of us are driven by visible results – someone new to the way of thinking and viewing life needs a clear accounting of where they are so that when the changes start they have proof in hand that the changes are good, healthy and even necessary.

Honestly... try it for a week. Then another... then another. Once the effects of the PB become obvious it makes it that much easier to take on a “primal life.”

Kick a negative attitude! Understand that what you are doing is for your benefit, though it can be challenging in the beginning and ongoing. It takes patience and dedication, and being positive about these changes will be a big help when kicking off a Primal life.

Purge your kitchen!!!!!!!!!!!!!! PURGE YOUR KITCHEN! PUUUURGE YOUR KITCHEN!!!!

Take 3 weeks and try eating nothing but animal meat (bacon, eggs, beef, pork, chicken, cream, butter, etc.) Maybe throw in a salad or some veggies. After the low carb flu 2 week period (experienced by some... myself included) take that 3rd week to really refine the recipes. Now that you are convinced by how good you feel, get rid of the garbage in the pantry (because you were holding on to it... just in case). I also would suggest continuing to read other books that reaffirm what the PB states again, and again, and again. Check back to MDA. When I first started, it was easy to cheat. Every time I read something that showed me how bad the stuff I was eating was, I would feel guilty and stay more on point.

Find a partner that will do this with you. Hopefully it is your significant other, that makes a lot easier when everyone in the household is on the page.

Definitely as Mark says: clear the cupboards of the bad stuff and fill it with good alternatives. Then study recipes for inspiration like crazy! I found that if I was craving a certain dish it became more difficult, unless I found an acceptable alternative/similar recipe. (One of the reasons I love meatza!!).

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Make a list (mental or otherwise) of what's easiest (logically or physiologically) for you to stop eating. Be kind and encouraging towards yourself as you learn to reprogram your taste buds and get in touch with how your body really feels. Kudos if you can go cold turkey--but my experience has been that primal is a journey and that the road gets clearer only when you've been traveling along it for a while.

Cut out all grains. You will feel the difference in your energy levels and mood immediately.

Choose just one change, but truly commit to it. Yes, some folks may prefer a total immersion approach, but taking on everything all at once can be overwhelming and even backfire. I only cut out sugar for starters—no other eager-beaver attempts at “extra credit” challenges. Once I was happily well on the way with eliminating sugar, I knew I could tackle more changes and, most importantly, keep going.

Go out and play! Or, even simpler, the next time you reach for that slice of bread, resist.

Get rid of temptation! Cancel your cable subscription, pack away the long-distance running shoes, and clean out your pantry. Donate all unopened, non-perishable foods and just throw out the rest! I hate to see food go to waste as much as the next person, but if you have it available it will tempt you non-stop. The easiest way to jump start your Primal success is to start FRESH! Get rid of all of these distractions and you'll have new found room for all the good things in life - fresh, whole foods, more time as a family, and quick, fun workouts!

In my humble opinion as a recent primal convert, the first thing you should do to kick-start your primal life is just start doing it! Find some 100% primal foods that you enjoy and start eating them! Enjoy a tasty steak or an omelette! Accept that it's a process and make little changes wherever you can. Don't use the 'I'll start Monday' spiel. Start now.

Read the Primal Blueprint! AND... give up junk food first, see how you feel. Once you feel great, ease into bread and sugar. Look at your carb intake, once you reduce it to 50-100 g, give it a few weeks and watch the fat fall off. Read labels, and get rid of things that have a bunch of junk in them. Soon you'll have no problem being completely Primal. When you feel like you need a reminder as to why your doing this read the definitive guides, they have great basic info that remind you on how important this is to your overall health.

The first thing you should do is stop eating all grains and sugar. It only takes a few days to stop craving them. Don't try to go low carb initially because it is harder to fight both sugar cravings and have the low carb flu. Eat starchy veggies and avoid fruit.

Eat a nice big steak with a glass of Zinfandel. And throw the bread to the birds!

Eliminate going out to eat for a while. Get used to preparing meals and enjoy it.

Forswear bread!

Start by understanding the facts. The way I did this was by reading the *Primal Blueprint*.

If you're the cold turkey type, then the first thing you should do to start your Primal life is to purge your pantry and start playing! If you're easing in, then add a salad to each meal & go for a daily walk.

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Make a commitment to love him or herself no matter what, because without that foundation, failure is far too easy.

Get rid of soda. Most people drink the stuff, but kicking the habit doesn't seem to be as hard as, say, giving up grains. Some people even see weight loss with just this simple step. Cutting back on processed foods, weaning yourself off, is another first step if you don't drink soda.

It depends on the person. I was 55 year old, overweight underactive new non-smoker (I had been smoke and nicotine free for 5 months after 40 years of cigarettes). I started with diet and moving slowly.

Find a primal mentor -- someone who has been on this path for a while, and has experienced the challenges, pitfalls, and eye opening success that the Primal life has to offer. Of course you can spend days and weeks and months trolling the internet and soaking up as much Primal/Paleo knowledge as you can, but it means nothing if you don't know how to implement it into your daily life, and it takes time. You have to figure out who you are Primally -- do you cook elaborate meals everyday or do you survive on leftovers and easy grab-and-go essentials? Are you into CrossFit or do you only need a couple walks with your dog each day? Only someone who has been through this Primal self-discovery can understand the frustrations and joys of this process. Having someone to lean on - get advice from, be excited with, serve as a guide and sounding board - is the key to success. It was for me, at least.

If you're nervous about failing, ease yourself into it. Start with a 7 or 14-day challenge instead of an entire month. I personally began with a "pre-test". I stopped eating sugar, wheat, rice, and soy for 2 weeks before I began my official 30-day challenge. This gave me a chance to test what foods did/didn't work to keep me full. It gave me a chance to experiment with new recipes and discover my accidental cheats (when after the fact, I would see that a food contained a trace amount of no-no ingredients). All without the stress of failing because I kept telling myself I wasn't in the "real" challenge yet. I was able to experiment without feeling 100% committed. And when May 1 rolled around and I started a strict 30-day challenge, I totally felt up to it and ready! Remember, any effort you make is better than doing nothing at all.

You should accept that this is a life-style change not NEVER use the word diet again!

Go on a barefoot walk and start spending as much time as possible outdoors.

Learn all about it. Read as much of the web site articles you can, and even check out the cited research. Think about it and ask yourself if all this actually makes sense, instead of blindly following orders. This small effort at thinking through all the material will help you remember it later and help you to explain yourself to others, as well as giving you the confidence that you really are choosing to try a very healthy lifestyle and not just the most recent fad.

Open up their thinking, they need to get out of the mind set that every thing they know and have been taught to this point forward just might not be what's right for them.

I think kick starting a Primal life should begin with two steps: Planning and Partnerships. There are a lot of things one can do to get into Primal living, and I think it could be overwhelming to tackle without sitting down and writing down a Plan. Maybe reading MDA has convinced you that you need to give up grains, get more sleep, and start walking more. Well, those are all good goals but none of them are actionable in their current

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What is the first thing a person should do to kick start their Primal life?

form, so it's useful to make them more concrete. So, for the first week you would make a plan to replace your grain at each meal with an extra serving of vegetables, turn off the television by 10pm and read a book to help you get to sleep earlier, and park at the far end of your company lot to walk further. Those are action items! Making a plan also allows you to think about future Primal modifications you might make to your lifestyle-- maybe you're not ready to barefoot yet, but you could always put Vibrams on your birthday wish list and revisit that goal later. Partnerships is getting the input of people in your life. If no one in your life is interested it can involve reading and interacting with a community like the MDA message board. Feedback is really encouraging, and partners can help keep you on the path by giving you gentle or not-so-gentle nudges when you're eyeing the bread basket.

The first thing a person should do to kick start his or her Primal life is to record what he or she is looking forward to as a result of this change in lifestyle. This can be done in writing, as an audiotape, a blog entry, a video - whatever mode most appeals to the individual. Share all the reasons this change is important, including both negative effects of the previous lifestyle and the desirable, positive outcomes the individual is seeking. This record can then serve as encouragement in moments of frustration or weakness; as a list of benchmarks to help measure success; and as support for making this a permanent lifestyle change after all objectives have been achieved.

Stop eating novelty foods (inventions of the last 10,000 years) and start eating real foods (plants and animals raised in their natural environment). When you give your body the nutrition it needs and expects, the rest of the Primal program comes easily.

The first thing you should do is forget everything you've been told about nutrition and fitness! Conventional wisdom doesn't work. It may work for some, but if you are searching for a way to be healthier and lose weight chances are you have an insulin resistance and are overweight. Conventional wisdom has failed you. Eating 6 servings of grains a day doesn't work for your body, and it's time for a change. Read the Primal Blueprint and get healthy forever.

Quit the grain, quit the guilt and go outside.

Really focus on your eating habits (I can't stress this enough!). It's commonly accepted among people who have been successful with the Primal lifestyle that roughly 80% of your success will be determined by your diet. It's very important to completely ditch all grain-containing foods, processed foods, and things that have added sugar or high-fructose corn syrup. Don't worry though, the list of foods you CAN have far outweighs the list of "no-nos" and they are much more tasty and satisfying. After a short time, you will get used to eating this way (as a matter of fact, you'll come to prefer it) and you will NOT feel deprived! When you first start, be sure to read as many blog posts and success stories as you can to get yourself both educated and excited and if at all possible, try to bring a friend, family member, or significant other along with you on the primal journey for extra support.

Take off your shoes and go play in the grass like a little kid, maybe find a big rock to throw around, then go cook yourself a big ass steak over an open flame.

Eliminate the starch from dinner and double the vegetable portion. I found eliminating grains and legumes slowly, meal by meal, (saving breakfast for last) helped me transition very easily. Also, I wish I had taken some "before" pictures and measurements. I don't feel like the scale is an accurate measurement of how far I've come (ten pounds lost in two month is still nice to see though).

Question #2

What is the first thing a person should do to kick start their Primal life?

Eliminate wheat from their diet.

Go to marksdailyapple.com; start with Primal Blueprint 101. And get the book!

Commit. Understand why they are doing this and stick to the plan.

Demolish some freshly prepared bacon with vigor. Smile, and take a brisk walk outdoors. While on the walk, brainstorm for the killer menu that you get to grub for the next week.



QUESTION #3

What do you think is the most important thing one should understand as they attempt to go Primal?

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The 80/20 principle. Don't freak out striving for perfection, go into this with an open mind and you will be pleasantly surprised.

Our bodies are completely and perfectly designed for the PB lifestyle, so have faith. Be patient for a few weeks while your body adjusts to natural foods and simultaneously rids itself of junk... which will soon result in previous junk food cravings either being significantly reduced or eliminated altogether.

You may go through "detox" during the first few weeks. Carb cravings and sugar highs are hard things to kick. I experienced some sluggishness and a little "brain fog", but it passes quickly. Stay strong and you WILL get past this stage.

Don't forget the 80/20 rule and don't obsess over pitfalls or failures! The stress and anxiety of worrying about not meeting your goals could probably cancel out positive benefits from following a primal lifestyle!

People love their grains and will be very persistent in their convictions that grains = good. Stay informed and have some canned responses to the commonly asked questions (or, more realistically, stubbornly-held beliefs).

This lifestyle is the optimal way to live due to millions of years of trial and error. Our modern world is changing that because we like to be lazy. This won't be easy right away, but once you really start to live this way for a month it will become easier than living the way you do now.

It's OK to mess up sometimes. We all have bad days where we just can't resist that cupcake of Snickers or decide to just lay around all day. If the Primal lifestyle can reverse years of unhealthy living, don't stress too much over a day.

The most important thing to understand when starting a Primal lifestyle is that it's going to be challenging 'cause you're trying to undo many, many, many years of eating and exercising like Conventional Wisdom had instructed. The beginning will include a "low carb flu" - but don't worry, it doesn't last long & you'll feel better than you ever did before.

Going Primal is far from just a weight loss/body toning program. It is a lifestyle that will improve your health, reducing the risk of developing the chronic diseases of western societies: heart disease, stroke, diabetes, cancer.

Listen to your body. Notice the differences. That has been my biggest motivation for sticking with this lifestyle after my first 30-day challenge. I haven't lost a ton of weight. I haven't become super fit overnight. But I feel better. I notice that when I get hungry, it's a different kind of hungry not brought on by a quick drop in blood sugar. When I'm tired, it's a different kind of tired. I feel good and that keeps me going.

I think the concepts of self-experimentation and self-respect very important. This lifestyle is about listening to your body and learning what its feedback means. A lot of people try the same things over and over again in an attempt to get healthy and I think this is because they're approaching it like a punishment or a contest rather than an experiment. You feel weak and unhappy on a low fat diet because your body is not being fueled properly, and even if you lose weight it will most likely come back. Then you must punish your treacherous body again -- I think it gets to be an unhappy cycle. The goal of life isn't to punish your body or drive it along like a rented mule. You are experimenting to see what works best for you, and that involves respecting that you are a creature and

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not a machine, listening to your own feedback, thinking about cause and effect, and keeping track of failures and successes to break it.

Primal is a lifestyle, an amazing lifestyle that opens one's body and mind up to a way of living that is in total harmony with our design. As a result, those inharmonious behaviors and foods are going to have to be undone, and that takes patience and time. Luckily, Primal is FUN, the Primal workouts are energizing and challenging, the food is delicious and plenty. For me, commitment, patience and a casual observance of the 'detox' process was key and ENJOYABLE!

Modern life is a shockingly unhealthy departure from the world of our ancestors. Even our great-grandparents would be appalled. We only think modern life is normal and acceptable because, like animals in a zoo, it's all we've ever known.

You really need to be prepared to take responsibility for your own health, nutrition and education. Realize that a government seal or study may have little to nothing to do with (or be completely skewed from) the whole picture.

Some of the science-oriented details can be a little mind-numbing sometimes (especially if you weren't a biology or chemistry major in college), so it's important not to let yourself get bogged down in the minute details. Probably the most important thing to wrap your head around is simply that hormones control everything; so most aspects of the Primal Blueprint are designed to drive lifestyle changes that will keep hormones at levels necessary for natural balance. Two key players are cortisol (the stress hormone) and insulin (the carb/fat metabolism hormone). The low-carb/low-sugar nature of the PB diet keeps insulin in check, while cortisol is managed by sufficient sleep, moderated exercise, and plenty of "play-time".

It's not about weight loss, and it's not a short term solution. It's about being healthy. This is a lifestyle that one should follow for a lifetime. If you are successful and start eating crap again, you will yo-yo just like anyone on any other diet.

It's about achieving better results for yourself and your own health, not for others! Stop stressing about your appearance and performance, those will come on their own. Think about how you feel!

The most important thing to understand about going primal is that the need for bread is all in your head! Yes, we love bread and pasta, but they don't love us back.

When you fall down, it's OK! Just get right back up and keep going! Don't be too hard on yourself.

I found that the 80/20 rule was my saving grace. I recently convinced my best friend and her husband to go primal and when she feels bad about mistakes that are made I always remind her of the 80/20 rule. Guilt and food are not a good combination and the two should forever go their separate ways. I probably eat more 95/5 now, but it's nice to know that eating some birthday cake is in no way a failure.

This is the way that Homo sapiens are meant to live. The right fuel, ample exercise and play, and quality rest. Once you get into the groove, this lifestyle is actually pretty easy to maintain. I find it quite addictive

This is not the Aktin's diet! Yes, you limit your carb intake by not eating grains and sugar bombs but it does not

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require phases or eating spoonfuls of fat to meet your caloric requirement. Additionally, it is not a “diet” that you go on for 2 or 3 months and then revert back to your donut-eating days. Primal is a lifestyle that is designed to last. Don’t call it a primal “diet”! This is not a fad that will die out in ten years.

Do not go Primal strictly for weight loss. Yes, fat loss is a common experience among PBers. But regaining your health should be your main focus, and this is what Primal does best. When you are healthy, everything else — like fat loss — will fall into place eventually.

It’s only as expensive as you make it. Find local farmers markets when possible, try to buy local. Make it fun.

I think the most important thing one should understand as they attempt to go Primal is that Rome wasn’t built in a day. Even if you’re the dive in kind of person, obstacles happen. Either find another way around or through it and push on. But keep your expectations realistic.

Starting primal requires your full effort because this is a lifestyle change that is to be maintained through your life journey. Dedicate yourself!

You don’t want to go Primal because you want to be super-performant in athleticism or a beauty-queen. You want to go Primal because you want to be fit. Why do you want to be fit if you live in an urban environment, with a stressful job ? Because if you are fit, you feel better, your health improves, even your mood, and you are stronger. Less performant perhaps but much, much stronger and healthier. Why is it so ? Because because we were designed to eat, move, think in certain ways, those of a hunter-gatherer. Why were we designed that way ? Because our ways to eat, move, think, are our survival tools. Why are they our survival tools ? Because no other creature on earth can do what we do as a species. That’s what makes us unique as a species, that’s what gives us an advantage to any situation in any environment, even an urban one.

It’s not easy - but nothing truly worth doing is. When first starting, your body is going to reject the idea (low carb flu), your family will not fully understand (But you used to love my cookies/pies/pasta!), your workplace isn’t going to cater to your choices (donuts, bagels, pizza, cupcakes - “celebrating” this or that is really just helping you expand your waistline - why aren’t you having any??), you old gym buddies are going to be confused (Why don’t you join us for cardio anymore? You are just asking to get fat!), BUT your dog is still going to love you (maybe even more - get out and play at the park!).

Don’t try to change everything at once. Pick ONE thing and focus on that. Let the other stuff go. For instance, you can start by cutting out grains. Don’t worry about doing tabata sprints or lifting heavy things, just cut out grains. Or if that’s too much, just cut out your morning bagel. Once you’ve got that down (a new habit usually takes a few weeks) move on to something else. Steady progress is the only progress.

Our society has evolved much more than our body has. We have come up with a lot of “solutions” for convenience, efficiency, and economy of scale. But this doesn’t seem to work for nutrition.

How incredible they will feel after even the first month.

This is the way we are supposed to live, but you may feel like a salmon swimming upstream. People often criticize things that they do not understand and are therefore afraid of. Quit listening to the “experts”!

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What do you think is the most important thing one should understand as they attempt to go Primal?

That you really CAN do it, but you must PLAN AHEAD. If you think you can't, then you have already succumbed to your own doubt. You most likely have accomplished far more difficult things in your life than not eating grains.

We are developing a lifetime of good health but to do that we have to reverse decades of poor health. This is not a diet, it's a lifestyle and a journey therefore the 80/20 principle is a Godsend.

No one is perfect. It's okay to make mistakes, or not know what to do. JUST DO NOT QUIT and it will work!! BUT what works for one person may not work for another. Find what works for you and stick with it. Give it AT LEAST a month!!! It takes a while, and a little reprogramming to change habits. Give yourself this time. When the scale doesn't do what you want it to, evaluate what you're doing. If you are doing everything "right" then focus on how you feel, not the number's on the scale. It is hard sometimes when I've hit a plateau, but I focus on my high energy levels, how my clothes fit and the sheer fact that I have control over my health. It always outweighs the scale (pun intended. :)

Momentum. It's all about momentum, start tackling one meal at a time, one day at a time. Once you get the balling rolling it's hard to stop it.

I believe the most important thing everyone should understand as they attempt to go Primal is to take your time. By this I mean do not try and dive into this lifestyle 100%, because it will be a challenging lifestyle change for most and it will leave one discouraged when they falter. Our past life brought us a lot of poisons in our diet that we became addicted to, as we transform into our new like we must break those addictions one by one. Please look at Marks 10 easy steps for more information. Another point I would like to say, is do not be afraid to MOVE!! Get out and get active, I find the more active I am the more I want to fuel my body properly, so I can sustain my activity.

It is to realize that the hardest step in achieving anything - including Primal Eating, is making a true commitment, a true decision. Carrying out your commitment is often much easier then the decision itself. Don't labor forever over the question of HOW or IF you can do it - know that you can make the commitment and remember the famous words - Just Do It!

Primal is a lifestyle based on actual science puzzled together by a whole group of independent people. You need to have a basic understanding of the science so you can make good choices that you trust.

For me, it was finally understanding WHY grains and sugars should be avoided. A lot of people who eat this way just to lose weight simply see grains and sugar as "high carb counts" rather than a destructive force in your body. If you learn the truth behind them, you will be more protective of your body and understand that weight gain from consuming them is just a side effect of the damage that's really going on inside.

It's about lifestyle, so you need to take the word "diet" back to its original meaning. (di-et, Noun: The kinds of food that a person, animal, or community habitually eats.) It's what you put in your body, to get what you need from it. You start, you feel good, your body reacts well, you look good... why would you change that? I believe the key is to know that if depart from your "new" healthy ways, you just go right back. There's no guilt involved, just continuing on doing what's been working.

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What do you think is the most important thing one should understand as they attempt to go Primal?

That this might feel strange and go against what you've heard so far, but believe me, the cravings WILL disappear, and soon! And it will make you healthy!

That it's a lifestyle change so easy does it. If slow works best, do it slowly. If all or nothing is good, try to see that maybe that hasn't worked well in the past. And that there is NO deprivation, only positive health and psychological changes.

That it is not about restraining, or limiting or denying yourself, it is about setting yourself free.

The human race didn't survive for two million years by eating nutri-sweet bars and jogging 50 miles a week. Above all else, the Primal Blueprint makes sense. As contradictory and ridiculous and unhealthy as it sounds, loading up on animal foods, having limited access to carbs, leisurely walking, occasional sprints and lifting, it's exactly what led us to be the leaders of the animal kingdom. You take a step back and ignore all the common wisdom that you're accustomed to, you think about it critically and with an open mind, and it's obvious that this is the best way to live.

It is a lot easier than you'd let yourself think.

The most important thing one should understand is that going primal isn't about punishing yourself to get in shape. It's about being efficient and having fun.

It's very important to understand that carbs / glucose are not and should not be your primary source of energy. Fat is the main source of energy and if you teach your body how to switch to burning fat for fuel, most of your nagging health problems will be solved and weight management will be a piece of cake.

That it takes time to get well. We live in a rush here and rush there world but if we are a little bit more patient, dramatic changes to our health will happen. Making changes based on the Primal Blueprint does yield quick, noticeable results but it takes a while to decide what really works for you and your family in the longer term and what you want to get out of your new lifestyle. I have evolved from weight loss, to strength building to improving mental awareness through meditation. It's a journey that never has to end.

It's not an extremist ideology, you have a lot of flexibility, and you will be surprised how food can be delicious again.

People new to Primal should prepare to embrace change! The Primal Blueprint changes the way you look at health and how you're living your life. Starting out it's hard to explain to people exactly what you're doing. Some people think you're crazy. But just as many become interested. That's very rewarding.

The number one most important thing I think people should understand about living primal is that for countless generations people lived like this and flourished! Our bodies are built to live extremely efficiently under the same conditions as we did way back when, but times have changed. You don't have to worry about losing all your crops and going hungry like Grok did because of super markets but if you eat move and play exactly like he did (maybe slightly improved dental hygiene) you will notice if more than a few ways your body will become happy.

Not everyone will understand your decision. And you should stick with it past the "low carb" flu. And you will get wasted pretty easily when you first go Primal. Go easy on the booze.

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What do you think is the most important thing one should understand as they attempt to go Primal?

It's a lifestyle change, not just a diet. Eating something non-primal does not mean you've failed.

The most important thing to understand while on your Primal endeavor is that you will be going against everything you've ever been taught in regards to fitness and nutrition. Every "rule" will be broken and you will cringe multiple times in the first couple of days. But don't worry, you quickly adjust.

It's a process rather than a scheme to gain immediate gratification. Learning the principles, which may or may not conform to conventional wisdom are essential to changing the way you think about your eating habits. Especially with promoting weight loss, low carbohydrate intake is crucial, coupled with a blend of frequent low-intensity movements and regular short intense strength-training will help improve body composition.

Transitions from the SAD to a Primal Blueprint diet (and, eventually, lifestyle) is a HUGE change for your body. A positive one, yes, but a shock still; through this transition, you're changing your life forever, but reaching any goal so monumental and important as optimizing one's health is *journey* - it takes time. You're not going to skip grains one day, and wake up looking like Iceland Annie the next. But this isn't a bad thing, lasting change needs to come at a sustainable pace - as Mark says, it didn't take you 2 months to become unhappy with your condition, so it'll probably take longer than that to completely rectify the situation. Carb flu is a reality, slip ups are likely inevitable and plateaus happen - these things aren't the enemy of your primal journey, they're an innate part of it - but, imagine how good it'll feel to finally overcome them!

That there is an inner being that people often neglect. Going primal is a way to get in touch with the very core of yourself. Understanding your basic biological needs helps you to see this "diet" as a total change on the way you view food, exercise and lifestyle in general.

I think people need to understand the history and evolutionary science behind it. When I explain with my arms how long humans have been around, and then show how long they've had agriculture (along with the height and brain and bone loss, diseases, etc.) [finger tip] I see the light bulb go on in people's eyes. They're with me from that point.

This is a journey to discover what foods help you build or rebuild your health - it's not a temporary diet in the common sense.

That the majority of the foods we are eating are affecting our bodies in ways we can't even dream of! Educate yourself on the ways our bodies react to the foods "we" (Americans) are eating and how they are affecting us now and in the future of our lives.

Weight loss IS NOT linear. Firstly you should be measuring your success in inches and not pounds. If your insistent on measuring in pounds than you need to consciously understand that your weight will go in stages, or steps. You wont lose 5lbs one week, and then 5 the next, or so on. You might lose 5lbs one week. Gain 2 back the next, lose 3 the next, stay exactly the same for 2 weeks. It HAPPENS! Its natural. Don't get discouraged if you don't see a steady decline in your scale weight. Remember, this is a WOE (Way of eating) or a lifestyle commitment. This isn't a fad diet. Remember that.

We do not live in the same world Grok did. We cannot be Grok no matter how bad we want to be. No matter what you do don't give up the lifestyle and the Primal way if everything is not exactly as you think it needs to

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be. Just because you can't eat Grass Fed beef or walk 5 miles a day doesn't mean you should go eat bagels and sip high fructose corn syrup. Every step is an important one; they don't all have to be made at the same time.

The greater the degree to which you commit to the PB, the faster you will feel and see the results.

Leave stress at the door! Primal living is all about enjoying (a healthy) life. Make it easy for yourself and have fun!

I like to warn people about the "Paleo flu" or the withdrawals they'll experience after a week or two-especially if they are really addicted to sugar. It's an addiction, it's not going to be easy. Sometimes KNOWING this going in helps.

The benefits to your quality of life far out weigh the challenges of making a lifestyle change. You have to adjust your life a bit. Be thoughtful about choices you make with food and exercise. Be conscious-no more grab and go!

It is extremely easy once you get past the initial hump that consists of the low-carb flu and the desire to eat junk food just because you associate good feelings with eating it. You can make bacon that happiness instead!

One does not have to be perfect in order to approach this eating style. Instead, one must approach it with self kindness in terms of making wrong choices some times and then getting back on track.

While some people can dive head first and "make it happen," most people can't. Understand that there will be times when you slip and fall, old habits take a hold of you, but it is the little things you do each day that get you to your end goal. So, if you fall off, get back up and keep going. Each second you can choose how your life will turn out, choose wisely.

This is not a get-thin-quick diet, it's not a fad diet. In fact, it's not a diet at all. What it is, a metabolic marathon among a sea of 100-yard dashes. It's a lifestyle change, sort of like veganism--the polar opposite of veganism. It's really a paradigm shift.

Cravings for food, especially starches, is not hunger. Feed hunger not cravings.

There is no magic pill for fitness and longevity. However, the Primal Blueprint is some of the most enjoyable and profitable work you can do.

You are not going to get it 100% of the time, but your health is long term and the closer you can stay to the fundamentals the better your health and the longer you will live to enjoy your family and your new found energy.

Going Primal is a commitment to making your health a priority. Shift your thinking, shift your behavior, free your mind and body, and gain a healthy new life!

This isn't a "diet." This is about listening to and understanding your body, and then making choices that respect its needs. Oh, and feeling great and looking hot while you're at it.

This way of living affects not just your waistline -- you become far more alert, better at solving problems and dealing with stress, more energetic. Everything changes.

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What do you think is the most important thing one should understand as they attempt to go Primal?

It's not going to be easy at first. Yes, bacon and butter sound great, but your body is likely used to refined sugars and carbs and you're going to crave them. But (for me at least), after a little while those cravings go away and you don't even think twice about walking down the bread aisle at the grocery store.

Every day is a step forward. Even if you crack and give in to the bag of chips because it's 4:30 and the boss just dropped a new stack of spreadsheets on your desk, or splurge because it's a friend/family member's birthday, you're still moving forward. Think of it like a minor pothole or speed bump on the road to health and happiness.

Don't let perfect be the enemy of good enough. The 80/20 philosophy is there for a reason. Sometimes life throws you something that you aren't prepared for, and suddenly you're not getting a lift-heavy-things workout in, or you end up eating a non-Primal food. But you learn from it, you figure out how to be better prepared when a similar situation comes up in the future, you get back on track, and you keep chugging along. It's a lifestyle, and needs to be treated with the flexibility as such.

This is not a weird way of eating and living. This is a normal, natural, healthy way of eating and living. At my office, people are taking Pop Tarts out of the toaster and looking at me like I'm weird because I'm chowing down on last night's leftover chicken and avocado. What's weird is to rely on stuff made in a factory and think of that as nutritious. Don't let people's judgments get you down - they will start noticing you becoming smaller, brighter eyed, more alert, etc.

Start off slow. PB will slowly change everything you thought you knew and set you up for a longer, healthier life. It can be done everywhere. I started in the middle of the desert in Afghanistan and lasted 5 months on an AS primal AS possible diet.

Perfection is not the goal. This is a lot to adopt all at once and you need to allow for a little trial and error.

Don't trade one neurosis for another. In diet this means if you've been living a life of eating 6-8 low fat, high fiber, small meals/day because you believe that's what you must do to be healthy, becoming neurotic over eating schedules and healthy looking labels is very common. In primal eating we have some principles, too, like avoiding foods with added sugar and stuff high in omega 6 fatty acids. I've seen people become neurotic to the point where they won't even eat a handful of peanuts because they are high in O-6's, even though they have an insanely clean, Primal Blueprint diet otherwise. I applaud the consistency, but there's a point in which one has simply traded one neurosis for the other.

Relax and stick to primal precepts of eating MOST of the time. In activity there's a neurosis that can be traded over as well. An example would be someone who does cardio 5x/week for an hour and trades it in for CrossFitting 5x/week. This isn't much of an improvement.

It's not always easy, there is some withdrawal from processed foods and sugars, and it will feel weird eating a bunch of high fat foods, but once that withdrawal period is over, the maintenance is easy!

You developed these bad habits over a life-time. It may take awhile to incorporate primal good habits. Work on it everyday, but don't beat yourself up over mis-steps.

All conventional food can be replaced with primal food, and nothing will be missed. It's fun to create new recipes!

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What do you think is the most important thing one should understand as they attempt to go Primal?

This is about giving yourself a gift, not depriving yourself. What you lose in food choices you make up in body composition, confidence, energy and overall well-being. If you really give this an honest 30 days, you'll never even think about going back.

There will be roadblocks and you will 'stray' from the Blueprint. Roll with the punches and learn from them.

The challenge you'll face in giving up non-primal foods is SO worth the payoff. You feel better and end up eating less once you get over the initial withdrawal that your body goes through when you cut out sugar, grains, beans and dairy. Once you go Primal, though, it's hard to go back! I feel like crud now when I eat foods that aren't primal. It's my body's way of telling me that it doesn't need that food.

Pay attention to your body. Notice how you feel after a lousy night's rest or after eating non-Primal foods. Remember that feeling. It will keep you on track.

My biggest discovery was that sensations I've associated with hunger most of my life were, in fact, carb craving. Once I accepted that and got beyond the first few days, I was fine. And now I'm seldom hungry, and when I am it takes far less food to satisfy me.

This is not about getting a six-pack or looking good on the beach (although those are some positive side effects). It's about maximizing your health and unleashing your mental and physical potential.

It becomes easy and fun, even though starting seems so hard. Stick with it, because it takes time, but it will be the best thing you ever do!

That it's a whole life change, not a 'diet'. Those foods it's so hard to resist now get easier to resist when you 'cheat' and feel like crap a time or two. You'll learn to listen to your body in a way you might never have done before, once you let it heal and get what it needs in your food.

It's a process. Take the time to understand the reasons behind your food choices. And be happy and live life!

One should understand that people have been grossly misinformed about the true foundation of health. Their friends and family may ridicule their efforts. It takes time and persistence to be able to demonstrate the benefits to oneself and others so don't get discouraged.

It's not a fad diet. You can't follow PB for a few months, lose weight, and then go back to the way you were. It's a lifestyle change.

They should understand why grains are bad for them and why their body would be better off with a diet based on proteins and fats.

It's not about getting to a specific weight, or having six pack abs [although those are certainly positives] but it's about enjoying life and all of its aspects [play, exercise, good food, community, and friendships]. Going Primal has helped simplify my life. I didn't swear off the internet to live exactly like Grok, but I did reevaluate my life to make sure I am getting the most enjoyment that I can.

Question #3

What do you think is the most important thing one should understand as they attempt to go Primal?

Understand that dogmas don't serve anyone and primal living is a tool and not a rigid boxed in concept. The sky is the limit and primal blueprint serves as a cool and effective map.

It is a process. You are going to tweak and change what works for you a few times before you dial it in just right.



QUESTION #4

What was the biggest hurdle you experienced when going Primal and how did you overcome it?

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The biggest hurdle I faced was mental food addictions. I overcame this by experiencing and realizing that there are other tastier, more fulfilling, enjoyable foods out there. Also I'm still trying to train myself that food should never be a reward.

What to eat for lunch! I take my lunch to work every day, so I learned to be creative. Salads are great, but they get boring. Sunday is now my prep day. I prepare chicken breasts, ground beef, winter squash, and sweet potatoes for the whole week. Frozen organic vegetables are always on my grocery list. Combine and season the meats and veggies and re-warm at work. Delicious and different every day!

My biggest hurdle was giving up sweet things (especially sweet pastries like scones and coffee cake at coffee shops). I still have not totally overcome this—but I found that allowing myself some dark chocolate kept me from giving in to the temptation to buy pastries. I also find that I need to stay away from gluten-free pastries, because they just make giving up pastries harder for me.

My loved ones criticizing me for my eating decisions/behaviors. I have a lot of athletic friends and their obsessions with chronic cardio and grains, is hard when you don't hold the same beliefs about food and exercise. I became educated (to refute their grain-loving arguments!) and also prepared responses to their opinions, so I had some comebacks to leave them speechless!

Braces. I've had them for almost a month now. It makes it very difficult to eat meat and most veggies, and then I have to spend a lot of time cleaning my teeth and braces after every meal. My solution to this has been pretty simple, and so far has worked out pretty well: I make a HUGE batch of primal soup every week. Some of the quantities and the ingredients change slightly, but for the most part it is pretty simple. Low sodium beef or chicken broth (I have yet to make my own), sweet potatoes, carrots, cauliflower, mushrooms, onions, garlic, dark leafy greens (spinach, kale, red dandelion greens), Greek yogurt and heavy whipping cream, bacon (including the grease) and other meats (grass fed ground beef, pork sausage, and salmon) I throw everything into a big pot and let it simmer for a couple of hours. Then I ladle it into my blender (uber Vitamix to the rescue!) so make it smooth. I checked out the macro nutrient profile of this on Livestrong, and it wound up being about 58% fat, 25% protein, and 17% carbs. It looks like baby poop, and sometimes doesn't smell too great (salmon), but it is actually pretty damn tasty and I don't mind eating it for 1-2 meals every day. It's sooo much easier to clean my teeth afterwards, too.

Eating pizza is definitely one of my biggest hurdles. To avoid eating pizza, I like to make meatza, or maybe just hamburger casserole with pizza style toppings.

Explaining to folks that this *really* does work. I quit trying to talk about it, and just let my actions and improved health speak for me.

Eating fat. We've been told so many times that fat is BAD. I overcame it by eating more and more fat a bit at a time and observing the results. I proved to myself that good fat is healthy and doesn't make you pack on weight. Giving up grains was impossible for me until I allowed dairy for the transition. Trying to do both at once was too taxing on my brain and sense of satiety. Since grains were my stronger addiction, and since many Paleo fans are on the fence about dairy, including the Primal Blueprint, I am allowing dairy and being successful with that! Later on, I will decrease dairy, and eventually try an elimination period to see if my body prefers that. But for now, replacing grains with more meat is a huge step forward, and I am feeling the difference!

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I was turned onto the primal lifestyle as a way to lose weight. My biggest hurdle was that even after I eliminated bad foods, I still overate out of habit or boredom. One way to combat this was to keep busy; I find myself eating less on the days where I have less downtime. Even taking an hour walk, or playing some Frisbee at the park, or reading a book have helped me avoid eating when I am not hungry.

The biggest hurdle I experienced in going Primal was overcoming 35 years worth of poor, misguided nutrition decisions. The urges to regress really faded away after the first couple of weeks, though.

I would have made a bigger effort to go to bed with the sun and wake up with the sun. I am still working on this because I know it will improve my mood and energy to be awake in the morning, but it's still tough for me to make myself go to bed early.

My biggest hurdle has not been with cravings. It has been with finances. To feed a family of 4 in this way has been very challenging to my wallet. I'm going to give some tips here because we want this lifestyle and it's benefits to be accessible to lower income people, do we not? So, here are some ways I have dealt with this. One is to become a working member of my local co-op, which in my town, happens to be fantastic. The volunteer work I do gives me a 25% discount! My co-op also gives a discount to whoever is watching my kids. If your co-op doesn't do this, perhaps you could suggest it. Another way is barter. Contact local farms and ask if you can work there in trade for grass-fed meats or whatever else you might need. Or offer a trade for skills (I'm a therapist so I barter massage). Sometimes people with goats will let you milk them, and then you aren't paying for the labor. If you know any hunters, ask if you can trade with them. Sometimes hunters are not even using a lot of animal parts that are powerful foods for primal dieters. Liver and heart for instance. I acquired 5 gallons of bear fat this way and rendered it myself; the hunters had no interest in it at all and were going to throw it out. Ask them for the bones too. And of course it's all the better for your diet if you can get wild game. Some more ideas-if you're not a hunter, could you learn to fish? Gather shellfish (really easy, as long as you educate yourself about when it's safe to harvest and get your license.) Grow perennial vegetables which tend to have more protein and less starch than annuals, they are closer to wild plants. Eat your weeds-lambs quarters, dandelion, burdock, etc-get a book and learn how. Where I live blackberries are fair game for everyone because they are taking over. You can harvest more blackberries than you could ever deal with. So pick berries. All of these harvesting activities will get you outdoors and exercising. This is how I'm doing it. It's still hard but it's worth it and I'm making it work by finding less ways to have to pay money for things and more ways to interact with Nature and other humans as a result. Also my co-op gives you a 10% discount for ordering bulk. If you have a lot of freezer space you can bulk order meats, there might be some kind of discount.

I was a competitive swimmer for years. I would eat huge portions of grain carbs every day to support my energy needs, and continued to do so for a long time after. Breaking the habit of having a grain or pasta with every meal was difficult, but after a week and losing weight quickly by eating MORE meat and less filler got me over that addiction quickly.

I have a big sweet tooth and still do--I wouldn't say it's been 'overcome.' My office hosts a lot of meetings, and extra food is put in the break room after that always includes very good cookies and brownies. I can ignore ice cream, candy, and sodas--I don't even like any of those things--but I really like baked goods. I was falling into a calorie-counter's trap with these treats. I would eat one (or so), enter it into my calorie log, and then severely restrict other carbs during the day to stay below 100 carbs. Unfortunately, this means forgoing a lot of healthy foods like vegetables! Gradually the treats at work have become less appealing to me, and I think that may be

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because my tastes are changing. They are very sweet to me now, and very oily, and I came to realize that eating them often gave me poor sleep and a sour stomach. I can now ignore them about 90% of the time. I think what allowed me to overcome these treats was a new sensitivity to my body and the feedback it gave me. Now I see those cookies and brownies and think about how they don't even taste all that good and make me feel ill. I will still eat a dessert from a good restaurant if I've been anticipating and planning for it, but I'm not eating these junk carbs to the detriment of good nutrition.

I WAS VEGAN! and had been for a while. However, I was depressed, my skin was thin, I wasn't sleeping. I had been craving meat. The biggest hurdle for me was eating another animal. Though I KNOW that the human brain developed to the level it did FROM eating meat, I always struggled with the way animals were treated, the horrors of the slaughter house, the disease... It was never the health benefits that had put me off. With all my health issues mounting, however, I researched the benefits of Primal, researched local grass fed and organic meat producers, and committed to eat only meat from those producers. I'm happy to say I sleep a solid 7-8 hours, am able to lift considerably more, my depression is gone and I am off medication and my skin is considerably more healthy. I still fight for humane treatment of animals and I make a sound choice in my daily grocery purchases.

The biggest hurdle I experienced was there is bad stuff in EVERYTHING you are used to eating. I overcame that obstacle by cooking at home more often, and buying fresh vegetables and fruit instead of frozen or canned. Not only is it a healthier option, but they taste better too.

Emotional attachment to foods and feeling punished by never having them again... I decided I made the rule to give them up, the results were better than I could have hoped and that was reward enough (then I ate graham cracker s'mores on our annual camping trip and thought I might never feel good again).

Eliminating sweets and grains from my diet was tough, because as a typical American, these were staples for me. I had to get these things out of my house so there were no temptations and go shopping for some more Primal food choices (in other words, overhaul my pantry). If you eat large and fulfilling meals that are rich in good fats and protein, you will have less of a desire to snack throughout the day so it's not as big of a struggle as you would think. When a "sweet tooth" hits, try having some fruit or nuts (it can also be fun to experiment with some Primal/Paleo dessert ideas, which can be found online at MDA and other blogs or in one of Mark's cookbooks).

Sandwiches. I love them. I used to eat a sandwich every day. Sometimes two. Now I eat a big salad and some leftovers for lunch instead. And sometimes I will have another salad for dinner. Salads are my new sandwiches.

When I began my Primal journey, I lived alone and was able to go cold turkey in the ways of eating and exercising. Then about 8 weeks after I began my journey, I met a man who is decidedly not Primal. I struggled with eating items outside of the guidelines for 8 weeks, but I am now back to Primal after I realized that I am the only one responsible for my choices. I will say that even though I was a previous carboholic, after giving up all grain products and sugar products, I do not crave those things at all, which is a wonderful freedom.

My biggest hurdle still is dealing with events and celebrations that are centered around foods that I don't want to eat. When it's a situation where I can contribute something to the meal, I always bring something primal that will appeal to everyone. If I don't think there will be many primal options available to me, I eat before attending any food centered get together. My mother is also a big hurdle, since her struggles with her weight and emotional eating issues make it hard for her to understand that I am not going without anything that I want or need. I no

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longer want the things that were making me miserable, both physically and emotionally. It's not a matter of "I can't eat that" the way it is on other "diets." It is now, "I don't want to eat that."

I'm a paramedic, and eating well on shift is tricky, especially at 3am! That 24 hour jack in the box line looks tempting when you only have ten minutes to eat. I started packing lots of food like jerky, nuts, and fruits with me to work, and finding my 'fast food' meals at the grocery store deli counters instead of the drive thru's.

Bread is the biggest hurdle I've experience since going primal. I used to eat raw dough as a kid – that's how much I love bread. Once I flipped the bread switch in my head, I don't miss it. After I hadn't eaten the forbidden foods for a couple of days, I felt amazingly better than I had in a long time – no more belly bloat. I do fall off the wagon especially this time of year. I love pumpkin bread, muffins, pancakes – you get the idea. The saving grace is the 80-20 rule. I don't beat myself up now when I slip. Going primal has helped me realize – I'm only human and so not perfect.

My biggest hurdle was convincing myself that I didn't need to work out so much--to believe that I would achieve the same results by making my "workout" more play time than stressful training.

Probably the pretentiousness and judgmental attitude that can sometimes accompany being right :) I had to get over myself. Having pride is one thing, but being an ass is another.

Finding grass fed and wild meats that didn't break the bank. I overcame this by trying to spend less in other areas of my life and to stock up when I find deals.

Society's rejection and excuses not to act healthy. I'm still overcoming that hurdle one day at a time and it's getting easier and easier to reject the constant sugar and processed foods as my IBS symptoms are disappearing all together! My allergies aren't even a fraction of what they used to be. Haven't spent any money on an exercise gym and only "exercise" three times a week but I'm stronger and leaner than when I was spending everyday in the gym! I loved the smell and taste of warm bread, but now it just reminds me of the negative side effects it has on my stomach and my waistline.

Biggest hurdle for me is exercising LESS and more according to the blueprint. Still in the process of overcoming, but I think that again, in order to realize that I don't have to run 6 times a week to maintain my weight, I must DO. Pay attention to what I'm eating, change my exercise habits, and see what happens. For a compulsive chronic cardio follower, it is scary.

The biggest hurdle was understanding what was good to eat and what was not. What helped was continued research and perseverance. The more I learned, the easier it was to understand. Also, I think my wife and I had a hard time relating to people who did not eat the way we did (e.g. family). It can be a bit estranging when everyone wants to hang out by grabbing fast food and you don't. But you learn ways to socialize, you learn how to bring your own food, you learn to cook and invite people over. Moreover, with the growth of popularity, there are more people to relate and more people who understand, making it easier.

The hardest thing for myself was finding things to eat because almost everything that is served is processed. I went to different paleo-inspired web sites looking for recipes and found several things that I would have NEVER thought of to eat. It is incredible how many creative foods out there you can put together.

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Portable foods. Bag lunches and meals on the go. Fortunately there are web sites that address just this issue! Primal Kitchen is just one of the great helpers I found.

Stress eating. I still struggle with it. Stay away from triggers. Drive a different route. Change your routine - walk lunch first then eat your salad. Get outside right when you get home instead of hitting the fridge.

The biggest hurdle was my life style... I realized I couldn't go drinking at a bar all day/or all night and stay primal, (although I tried), then I realized I probably shouldn't be drinking and staying so out late so often anyway. Now I do try to put my health before anything else, I'll eat a good meal then go out to meet up with friends and limit alcohol consumption and give myself a bed time. This way when I wake up the next morning I can go to a workout and continue eating healthy without having to start all over again from square 1, but I can still go out with friends.

My biggest hurdle was trying to be Primal perfect. At once point, I had gotten so rigid with PB that it ended up blowing up in my face. I ate a cookie at a party, felt like a complete failure, and went on a full-out non-primal binge. That's when I realized Primal isn't about rigidity. It's not like some CW diet that keeps you in a yo-yo cycle of dieting and binging. I reminded myself why I was doing Primal—to regain my health—and knew that a plan for life meant having the occasional non-primal food. And that's okay. It's better to be 80/20 Primal than 100% with disordered thinking.

First bite of meat. After being vegetarian for 16 years, it was tough. So, my first bite was in private. And you know what? it tasted just like the fake stuff (processed). And it wasn't fake.

The biggest hurdle I had to overcome was giving up my beloved cereal. Dry, in milk, bland, sugary, crunchy, soggy - you name it - I loved it. However, I finally started overcoming my "addiction" once I looked into the real reasons I was subscribing to the Primal way of life, and realizing that the most important thing is my health. It took a LONG time to let go of my attachment to cereal but, again, the goal for me was progress so I kept finding small ways to make it. It IS possible, even if it's difficult.

The difficulty was more mental than physical: in every paper, book, etc, I read or watched, I was told that high dose of glucids (lots of pasta, rice, etc), was the key to perform in sports. I strongly believed it was. How did I overcome this? I listen more carefully to what my body was telling me: the dizziness after the meal, the inflammatory state, etc. All of these became obvious. Then I learn to trust my instincts.

Getting my grain farmer parents to leave me alone and stop giving me "diet" and anthropological advice (Grains have been used for thousands of years!). Took what they said in stride and kept educating them as I did it. Now my mother is learning similar concepts to deal with her cancer.

Going to a party with my extended family is like going to a fat camp that is celebrating their size rather than trying to do something about it. It is hard when loved ones don't fully comprehend, and when you are the only one in the bunch that chooses not to eat lasagna, or french toast, it can be difficult.

My biggest hurdle was the initial tiredness I felt not having the sugar and carbs my body became accustomed to. I'm also getting some resistance from my kids and husband, who really crave sugar (all the more reason to get rid of it) and are used to having rice with their meals. I overcame the tiredness by simply taking a short nap

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or eating a little more protein and fat. I'm still working on the resistance from the family, but mainly I try to explain why replacing sugar and rice with veggies and fruit and healthy fat is better for their health. I think its starting to sink in. The smoothies with fresh fruit and coconut milk almost have them convinced!

Changing my diet. I allowed myself more time to try new foods and move away from buying processed foods. I told myself over and over this isn't going to change overnight.

Trying to "adapt" my previous life style was a constant struggle. "Rebooting" myself with a willingness to learn eating from total scratch, from choosing to cooking; that's when we get in the groove and simply enjoy our food.

Pizza. Honestly it's something I'm still struggling with, but with my wife's help, I'm getting better at surging past the cravings. Having a support network is really helpful. I've given up cigarettes, cigars, alcohol (mostly, I still have a few light beers now and then). I can give up pizza too.

Watching the scale every day created problems. Up one day, down the next. So I decided to weigh once a week- same day, same time of day, before eating or drinking anything- and take a front and profile photo. I put them in sequence together and the effect is amazing!

The biggest hurdle I experienced when going Primal, besides battling my own poor health due to blogged down energies, was habit! I found myself reaching for poor food choices, not because I craved them, but because I was used to reaching for them.

Understanding from others and the social aspect. I overcame it with time and persistence.

My biggest challenge in going primal definitely has to be eating the paleo diet. It's not that I dislike the food or can't find it; I absolutely love to eat the right way, both because of taste and health. The big problem for me is that since I am still in high school and don't have much of an income I'm mainly limited to the food that my parents stick in the fridge. I try and avoid most processed foods and especially bad carbs, but it's definitely hard to eat paleo when you've only got the wrong things to work with. Although I won't claim to have overcome this hurdle, I have been able to make some headway in recent weeks. I've been educating my parents about going primal and showed them info on marksdailyapple.com and other places like hunter-gatherer.com and they seem very receptive. I was pleasantly surprised when my mom showed up last Saturday with a trunk full of paleo goodies for the family to try out.

Not a big fan of veggies. Not sure I have overcome it but I'm working on it.

The biggest hurdle I faced when going Primal was giving up bread. After having it just about my entire life for every meal, well, it is something new to hardly ever eat it. I found out that I was putting way to much of it in my body. I downloaded a great app for my phone though and started counting my carbs and got excited when I could keep them under 100 if I skipped that piece (or 2 or 3) of bread. I lost 5 number's the first month and I know not eating bread worked. I was hooked!

My biggest obstacle was letting conventional wisdom take a hold of my brain instead of what instinct was telling me is right. I had to really start listening to my heart instead of everything that I had been taught for the past 20 years. I've done low-fat, low-carb, low sodium, low flavor diets and lost a bunch of weight. I was miserable,

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even though I liked how I looked, I was unhappy on the inside and never knew why. I was cold all the time, never liked my food and couldn't participate in any food related activity without feeling like an outsider. When my thinking starts to question the high fat foods, I remind myself how unhappy and cold I was all the time with no energy and it makes sense all over again! It renews my faith in what I know to be right. I feel so much better eating Primal than I have with everything else I've tried. I'm NOT GIVING UP anything!! I'm GAINING EVERYTHING!!

What was the biggest hurdle you experienced when going Primal and how did you overcome it? Giving up my sweets. I am a professional cake baker and decorator. I used to buy candles that smelled like butter cream just so I could get my fix. Do you know how hard it is to convert to a primal lifestyle and yet still make cakes and sweet confections for other people? I am actually considering giving it up because I can't stand what I'm doing to these people, as well as being tempted with it in my face every day!!! (I would also say my husband was/is a hurdle as well. We're still arguing these days over what really is "healthy" and as an EMS and firefighter he still thinks that he knows better than me and that I'm hurting myself doing everything the nutrition world has brainwashed us into thinking is wrong)

Work Routine = bad eating. At the start I found it very hard to break my morning work routine of meetings and bagels, they went hand in hand. I overcame this crappy cycle by aiming for 2 days out of the 5 where I would get to the office earlier than normal so I could eat my eggs and bacon (Applegate farm bacon = gold). Now I do this every morning, I am eating more eggs and bacon than ever and it keeps me full nearly the entire day.

Somehow, a little wheat would always sneak into my diet. I'd go out with friends, and didn't want to be the only one not eating the bread, cake, etc., or I would see a loaf of sourdough bread at the market and tell myself that it was okay because it was fermented. I eventually realized that I was sabotaging my health goals by consuming even small amounts of that mutant, gluten grain, and now I'm not even tempted. I just tell people I don't eat wheat (I actually love it now when they ask why, so I can tell them all about my new lifestyle).

My biggest hurdle still seems to be making sure I eat enough fat with my meals. Fat is something I just have not had in my diet as "it was a very bad thing" - and it is hard for me to remember to add to my meals. I have found when I do incorporate fats into my meals, my stalled weight loss starts up again, and I am less hungry as often, feeling satisfied for longer periods of time before I am hungry again - Avocados work wonders!

I have always battled the sweet tooth my entire life, and it still creeps up on me at times. But I have found I have way more control over it eating the primal way. I usually just eat some frozen blueberries or have a small piece of 90% dark chocolate. Also, being the only one not eating cake at an office social can really alienate you at times. The comments can range from uncomfortable to downright rude.

I live in the Middle East and I can't do sprints outside. I overcame it by getting a jump rope and "sprinting" every day in the house.

Breakfast... you have it in your head (since you hear it everywhere) that you "have to eat breakfast, it's the Most important meal of the day!" So what's a healthy guy to do for breakfast? The usual "healthy" suspects: oatmeal, fiber cereal, whole wheat bread with peanut butter. Note the trend? None of these are primal, so how does one replace them!? For starters, I realized that eating when hungry trumps a "mandatory" breakfast. Secondly, I remember an advertising tag line (probably for some grain product) that said "it's not just for breakfast anymore"...

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well why not the reverse? Why can't I eat a salad, or my dinner leftovers for breakfast? What? I can! Done. Of course, there's always the incredible, edible egg... and primal pancakes, etc.

My biggest hurdle was giving up oats in the morning, and not giving in to deserts and sweets on family occasions. I overcame my love of oats by making my morning omelettes nice and fatty and juicy with bacon and butter, and by buying the best eggs I could find that glow with color and flavour. For deserts I experimented in the kitchen, making cakes and cookies and ice cream that are all primal ingredients. Also, rather than go in for desert, I'd just go back for seconds on the meat and veg and the things that I now love more than sweet sugary deserts and cakes etc.

Pastries! I work in a bookstore with a coffee shop, and they bake things. All. Day. Long. I used to adore their oatmeal raisin cookies and they have an awesome lemon berry tart thing. I actually overcame this obstacle by cheating. After I had been grain free for a few weeks I sauntered over to the counter and slipped my debit card to the barista without making eye contact... Yak, made me feel absolutely lousy for a full day after. Not so tempting now.

I wanted to lose weight but I didn't want to feel deprived. I let myself eat as much as I wanted those first couple of months and then my appetite changed naturally and I didn't need the jars of almond butter anymore and the weight started to come off literally without effort... slowly. So almond butter! Luckily it's very expensive so I just quit buying it... but it really helped in the transition.

Thinking that everything I learned before could not be wrong (I am a dietician). I overcame this hurdle just by trying to live the primal lifestyle.

The biggest hurdle I'm experiencing so far is to make time for exercise in a life that's filled to the brim with work responsibilities. At the moment I'm overcoming this by grabbing small moments of doing 10 frog squats, or 50 crunches at a time, etc. I've also signed up for more outdoors stuff: rowing, scuba ... because it's all about remembering to PLAY!

Working a night shift presented some challenges. I'm working in an office from 6pm to 6am three or four days a week, and making that fit in with a primal lifestyle has been interesting. I had to make a solid plan for what I do on the days I work. Since I'm working a 12 hour shift, I only have about 3 hours to do anything between when I am awake and when I'm driving to work. Probably the biggest thing was making sure I used that time "primally," since the entire rest of the day I'm inside.

The biggest hurdle for me was an initial loss of energy. I was a long distance runner who was skin and bone. After going primal I started to gain weight. After gaining several pounds of lean muscle and nearly no additional body fat my energy returned.

Giving up snacking and giving up the sweet stuff. I overcame it pretty naturally, because now I take a bite of something sweet and I just don't feel like eating anymore. Having said that, there are times when I just feel like digging in and I do it consciously, knowing how much I am damaging my body while doing it, so that's the biggest gift the primal blueprint has given me, this awareness. Armed with this awareness I make decisions I can live with. I know exactly where I can and where I can't go overboard. I will never again put something sweet into my mouth just as a casual bite, without being completely aware. Which means I will never go overboard or indulge in gluttony.

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My biggest hurdle when going Primal has been sleeping an adequate amount of time each night. It is so easy to stay up (way) past your bedtime and think you'll be fine the next day. You won't. Learn to shut the lights off and tuck in early.

My biggest hurdle was being afraid of change. I'd been the same size and in the same frame of mind for so long that it was difficult at first to recognise the new person I was becoming. Also, some people do not want those around them to succeed. I had to contend with snide comments and attempts at sabotage. A clear path is all that's needed to block that stuff out.

Encountering the "doubters" in your life. People that are so steeped in "conventional wisdom" that they can't see any other way. The best way to get past them, is to convince them by actions and not words. Silently live the primal lifestyle in front of them, and the results will speak for themselves.

The hunger feelings between the big ass salad and the evening meal. Some snacks helped, but reality is, that your body has to adjust to not having the sugar supply from the carbs, sweets, etc. A good piece of juicy sweet fruit helps then a lot I think the hardest thing is not being able to rely on convenience foods or fast foods any more. It's a big time commitment to source and procure food, cook everything from scratch, and pack it around with you everywhere you go, but in the end you realize that the alternative is much worse.

The biggest hurdle was finding the motivation to really commit myself. I really, really wanted to be healthy. I wanted to be proud of my body. I wanted feel great. I wanted to see the results. But I would start and slowly a piece of Mexican sweet bread would turn in to a full burger, fries, and coke. Getting myself reprogrammed to give up on the food and lifestyle that has been my staple for the past 25 years was hard. But the better I feel the more committed I am. But for me it really did start when I started eating primal. Everyday my body and mind feel better is a little more strength against temptation.

Being consistent with the no grains/processed food part of the diet, especially with family dinners and get togethers. I fixed this by bringing primal foods for everyone at togethers (hint: no one thinks you are on a diet if you bring snacks with bacon in it!). The rest of the change happened by making sure I think before putting food on my plate or in my mouth. You will be surprised how ingrained (pun intended) you are to having grains with every meal!

As a diabetic fettered by an extensive list of meds, plus experiencing a heart-attack I had to do something. I have always been involved in physical activity, but having herniated some disks in my back, plus other injuries I wasn't able to work out as I did in the past. I realized that I needed to do something because my meds were at their highest dosage and I wasn't able to control my blood sugar. My wife and older son had become proponents of the Primal Blueprint and had suggested to me on several occasions that I should adopt the program. I had resisted every time. Facing the specter of having to use insulin to control my blood sugar I made the decision to try the Primal Blueprint.

Finally banishing all non-Primal foods from my diet. I realized that I really didn't need a piece of toast before my workouts. It was simply a habit. If there is something you'd go back and do differently as it relates to diet, fitness and lifestyle behaviors, what would it be and why?

Cooking is hard for me, but I look for easy recipes and primal cooking is very fundamental.

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Doing this with my family - finding foods that we all can enjoy. I'm working on that daily, but for now I have decided that 100% primal is not going to happen with them. So I just try my best to give them quality food, cook all meals from scratch and if they want some goldfish or pretzels, I feel OK about giving them some since they eat so good otherwise. They are closer to 70 - 80%.

Hunting down local, pastured animals (or WILD GAME, only a dream). Still a struggle for a busy student on a limited budget. But my local market, New Seasons now offers 1 type of pastured eggs. Their grass fed ground beef is the same price as the regular. And they often get pastured hens. I am vocal with the manager about wanting these, and pastured bones and livers--but cannot get other organs because of laws. ...no, wait. If I'm honest, I still struggle with being as active as I think I supposed to be. I'm doing lots of movement and exertion, and I actually LOVE sprints. But I don't "play" and I suspect I don't exert to the level I must. I am overcoming this by reading more of the Daily Apple pages dedicated to play and natural movement. I want to get that part DOWN.

What to eat? I was brought up eating grains at every meal. Salad was easiest, then I tried other meals I found on MDA and went from there.

Getting in line with all the primal laws (still working on a couple). Taking it one law at a time will yield the best results.

The biggest hurdle I had going Primal was learning about food. All the additives in food that you thought were simple were now off limits.

Carb flu. Getting through those first 2 weeks was pretty tough, but you have to persevere and push through it. Also learning how to pick and choose primally when your out with friends and family. Whether its on vacation, or if you've got company in town and they want to treat you to meal out. Its important to learn what you can order and still be primal with early on. You cannot make exceptions or "cheats" for these situations.

Convenience, good food does take time. Especially when compared to the "quick meals" (like instant pastas, frozen meals etc) that I used to eat. I prepare my lunch and some of my breakfast at night while preparing my dinner.

My biggest hurdle was getting over the fat phobia. I would have sworn that all this fat would make me fat. I spent months just inching my fat intake up and I was a nervous wreck ready to watch my belly grow like a Chia pet. Now I love to sit back and eat a half a coconut and wash that down with some coconut milk. Coconut is AWESOME.

Giving up the long held belief that high fat makes you fat and whole grains are good. I overcame it by reading everything I could find with/ an open mind: Primal Blueprint, MDA blog posts and responses, Why We Get Fat, Perfect Health Diet, The End of Overeating, etc.

Thinking I knew better. I overcame it by trusting Mark and the wealth of extensively researched information on Mark's Daily Apple.

The biggest hurdle I experienced when going Primal was the cravings. I had constant battles with my will power and sometimes late at night, my will power would win. To counter it, I did the best I could to remove non-primal food items such as muffins, doughnuts, pizza, etc. from my house (difficult, since I live with 4 other college senior guys), and I set up a system to keep me in check. First, if I had cravings, I would drink water. If I was still

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hungry, I ate some primal snacks like nuts, primal kits, jerky, etc. I also went up to my room where I had a list of goals posted above my desk. I am a big fan of keeping goals in plain sight and evaluating yourself on them every day. I use the Pick Four <http://www.amazon.com/exec/obidos/ASIN/1936719215/permissionmarket/ref=nosim/> system (based on Zig Ziglar's system). This kept my goals on my mind throughout the day. Giving in to cravings became much harder when I knew I would have to write in my tracking journal that night that I gave in. Eventually, most of the cravings for junk food went away and I am no longer hungry during the time in-between meals.

The hardest part for me was the "carb flu". The first couple weeks I had very low energy which was difficult to deal with as a mom with 2 young boys. I overcame it when I researched and read other people's stories of having low energy during this time as well. With the knowledge that this would pass I was able to forge ahead.

I've done it gradually, so no major hurdles. Getting the non-primal foods out of the house really helps. It is tough having toddlers and doing primal. I'm amazed at how my 2-year old eats her spinach and broccoli though.

Not getting to eat pasta and pizza. After a few weeks, I didn't even crave the foods anymore. It also helps that I found a really good coconut flour recipe for pizza dough.

Not eating dairy! This was so hard- I ate yogurt, cheese, milk, etc. I missed it. But my acne cleared up within a week of not eating it which gave me all the motivation I needed to steer clear!

Donuts! And I'm still fighting it. However, I have great support from my wife and we both celebrate when we're strong.

Feeling like I am "giving up" certain things - I love dining out - and having to cook more as readily available food during work hours is not so primal. I'm still overcoming it - I will let you know when I have succeeded. Lunch for me was tough. Now I leave lettuce, spring mix, and a primal salad dressing at work in the fridge and then just have to grab some leftovers or quality lunch meat, cheese, whatever else we have on the way out the door in the morning to make a big ass salad.

Letting things go when people ask me why I'm not eating *insert wheat-filled dish here* or *insert dessert here*. I just say that I don't have much of a sweet tooth (I'm lucky I didn't really before Primal either) and that I found that I'm gluten intolerant.

My biggest hurdle was my cheats. I would be great all week long and say I "deserve" a cheat this weekend. Well, one cheat lead to another and another and before I knew it, I was way off track. It has been a work in progress, but overcoming this was really changing my mental attitude. Really focusing on the reason I want to do this and my end goals. If you keep those in perspective each day, it makes it easier. Also, know that the moment I wanted that cookie (or interest bad food choice here) would pass and I would win. I learned from Dean Dwyer of "Being Primal" that it is important to win every battle. So, until I can "trust" myself to have a cheat and go right back to business, I strive to win every battle (big or small). Also, when I have had a bad day or been in a bad mood, I often again "deserve" a sweet treat. Instead, I channel that anger and frustration as if saying whatever made me upset can't win, I still control my actions, which I do. I choose to make my anger and frustration shove it because it does not have the power to get me off track. And let me tell you, it is a great feeling to feel like you won a battle with your bad day and took control instead of letting it control you.

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Being of an Asian background, rice is usually really hard to turn down when living at home but to be honest - I don't miss rice ever anymore! Just trying to figure out how to say no politely at family junctions...

Not having many quick and easy prepared foods to eat. Baking yams in the morning before going to work and eating those for snacks or with lunch helped. Also, having some fats helps keep me satiated, like eating avocado or nut butters.

Inertia. The only cure I know is to be aware of it, and make a conscious decision to change the way you're doing things.

Dropping the chronic-cardio mind set was my biggest hurdle. Years of ski marathons and bike races had that really ingrained in my daily lifestyle. It was easy enough to overcome when I immediately felt better and shortly thereafter began to look better.

The biggest hurdle was my thinking! And how I got over it was with The Work of Byron Katie. I was believing that one more serving of grain wasn't going to really make a difference... that went on for weeks before I started!

My biggest hurdle was and continues to be giving up grains. I adore grains. One of the things that has helped me the most is Mark's continual explanation of eating grains as dropping a "block" into your stomach. This really is how eating a large amount of grains feels, especially in comparison to eating Primal foods. My drive to not feel this way has really kept me on target.

Trying to be a perfectionist probably did me more harm than good. Go easy on yourself if you do slip up.

For me, it was trying to stay true to the diet while deployed. We were down to eating MRE's (Meal Ready to Eat) and about the only thing that I could eat was the main entree. Even the main entree had a good number of additives that I should not have been eating, but I had to eat something so I avoided the pastas, tried to eat mostly meat and the few dried fruits or nut items that came in the package and then made up the difference with supplemental of fruit. Now that I am home from the deployment, the issue is actually eating the right things while not over indulging in the quasi-paleo foods or in my cheat foods.

My emotional attachment to destructive eating choices. Starting off one day at a time and really feeling and acknowledging how my body feels and is thriving.

CARB CRAVINGS!!!! Especially sugar. There cannot be enough emphasis on eating enough fat. Fat satisfies.

The biggest hurdle I experienced when going Primal was feeling the loss of freedom at times. I would think "man life is about being free, having choices when I'm doing is limiting myself to certain foods." The reality is the media has a huge impact on what we think we want to eat, what we crave, etc so that concept of "free choice" is a much more complex idea. Going primal puts you in touch with what your body wants and in reality that is what is the hardest thing - going beyond that mental block of "comfort food."

I'm an unusual case. I work in a pastry kitchen, and absolutely love what I do, but I want to take care of myself and be healthy. So my biggest obstacle is explaining to coworkers that I don't really eat most of the stuff we make!

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My first few months, I cheated a lot on, well, everything, just because I loved bread and ice cream and couldn't stand the thought of giving them up. I finally took the mentality of "nothing has to be forever" and every time I was about to eat something bad, I'd ask myself "how bad do I really want this?" After that, it just kind of came naturally -- I went about a year without eating ice cream, and then when I finally tried some again, it didn't even taste good.

My biggest hurdle was dealing with "diet anger." I loved eating Primal -- except when I was out with friends. It always felt like I had to limit myself to lame salads while my friends ate all the good stuff. Diet anger made me fall off the wagon a bunch of times until I grew confident enough in my choice and found a wide enough variety of foods that I could figure ways around it. Now I'm "that person" in the brunch place who orders an omelette with no cheese, no hash browns, no toast, but with a side of sliced tomatoes, please. I make no apologies for asking for what I want. And when I know everyone is going to want dessert, I have a bar of super-dark chocolate waiting for me so I don't feel left out. I always make sure it's my favorite bar, Vivani, and I only purchase it for dessert occasions, so it always feels like a treat. I also have a reputation now for bringing food with me everywhere, and my co-workers have just accepted it as a quirk of my personality. It's expected of me now to have a Big Ass Salad for lunch. Once I got enough confidence to either ask for exactly what I want or just bring food along and be the "weirdo," I stopped having diet anger and can go way beyond the 80/20 philosophy; I'm more like 90/10!

Removing myself from a screen (TV, computer, iPhone etc). I have set myself times in the day for "screen time" which allow me to get ready to unwind a lot better at the end of the day, so I can sleep.

I found that living Primal can be expensive because of the meat, fresh fruits and vegetables, macadamia nut, olive oil, etc. all cost more money than if you bought pasta or TV dinners. The way I overcame this was to find alternative ways to save by buying things like rotisserie chickens, green bell peppers, eggs, olive oil, hunting, and buying nuts in bulks and makes these things last as long as I can. If I buy a rotisserie chicken I make sure I eat it for lunch, dinner, or put it in an omelet the next morning. It's about not wasting what you buy and get the most out of each piece of food.

Temptation: Forage around for something rather than take the easy option. There are limitless sources that are primal and you may have them in your pantry. If there is nothing, then either give in and fail yourself or stand-up and go hungry while you go and buy some healthy snacks.

My biggest challenge was really a surprise to me- giving up sugar. I thought I would have problems giving up grains but I never looked back. Sugar is my Achilles heel apparently. Still overcoming it, though I'm really trying to listen to my body- both how it feels when I eat sugar (horrible) and what I'm feeling/my body is feeling when I crave sugar. Listen to my body has become my mantra.

Junk food around the house. I simply bought primal foods that replaced the junk, so when I 'grazed', I'd be eating something primal, which would allow me to stay on track towards my goals.

Biggest hurdle was long days away from the house. Pack lots of food and know where the grocery stores are for your 'fast food'. You can get veggies and meat very cheap and quickly at any grocery store!

The biggest hurdle I experienced in going Primal was excessive hunger. I kept upping the fat and eating tons

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thinking I'd eventually feel satisfied and kept dabbling in unhealthy carbs to bring the satiety, but finally figured out I was sensitive to caffeine and chocolate and when I cut those out, my hunger is much more normal and manageable. Listen to your body!

Unlearning the idea that I had to eat in portions. I overcame it in time and with experimenting with eating until I was satisfactorily full, a point that's much deeper in the plate than what I would've ever imagined.

I still struggle daily with sugar and going through those withdrawals, and I just distract myself and walk away from the cookies when I feel a craving coming on... or I grab some fruit instead. When I gave into the sugar cravings, I would also write down how I felt an hour or two later when I am groggy and listless.

My husband eats cereal every morning which I no longer do. He now buys only cereal I don't like so I am not tempted by his.

Sweets! They are so addictive. I've tried to cut down the amount of sweets I eat each week. Now, a candy bar seems disgustingly sweet.

Not being able to bring easy pre-packaged meals with me to work. I overcame this by developing some tasty dishes my wife and I could prepare on Sunday for the week, as well as finding easy Primal alternatives such as canned Sardines, Tuna, pre-cooked chicken breast, etc.

Coming up with a quick response for why I was not eating certain foods and not being stuck in a mind-numbing and frustrating conversation. Essentially I just say "No, I'm not coeliac but I feel unwell when I eat wheat/sugar/vegetable oil" and generally people leave it at that. Of course, if someone is genuinely interested I can riff off lots of reasons why I avoid the 'Neolithic agents of disease' as much as possible but I find that I am less interested in preaching to the indignant and wilfully ignorant.

Grad school is full of free food, most of which is also full of grains and sugar. Packing a lunch means I'm less inclined to want a cookie at a seminar.

I've realized that I probably can't do 80/20 Primal. I have to aim for 100%. I'm a carb addict, and giving myself permission, even once in a while, to eat the kinds of things I used to is likely to affect my determination. This really affects me socially more than anything else, but I'm finding that there are a lot of good salads out there in various restaurants!

My mother's Chicken Marsala. This dish has been a staple, and perhaps my favorite, dinner for most of my life. How did I overcome it? I primalized the recipe!

Helpful diet advice from well-meaning friends and family. (My wife was convinced that I should be on a meatless gout diet). Showing them the positive results. (My wife pulled up my shirt at a recent family gathering to show them my smaller stomach).

My biggest hurdle by far was giving up foods with a crunch. Chips, crackers and pretzels were all some of my favorite foods and when I first went primal I really missed them. I got over it with two different methods. The first method was simply resisting temptation by distracting myself with friends, work and exercise. The second

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method was getting other primal foods with a crunch. This consisted of mostly veggies such as celery and onions on many of my meat dishes. When I first went primal I didn't even enjoy vegetables, now if I don't have some browned onions mixed in with my beef it's not even a meal.

Getting rid of food already purchased. I overcame feeling bad about that when I realized I could donate it to the local church that feeds the hungry and homeless.

Learning how to eat out Primal. It is very difficult to go outside your home and not know what will be served and how it will be prepared. Finding healthy protein sources wasn't very difficult, but healthy sides were another story. I have learned to prepare myself by skimming the menu before going out, not being afraid to sub the fried/non-primal sides for veggies, and just saying no to the breadbasket. It has become much easier with time, and the confused faces of wait staff no longer bothers me.

The biggest hurdle was ridding myself of the mental baggage of CW. How could government advice be so wrong for so long? I overcame that with time, with reading books from other individuals in the 'Primal/Paleo' community, and ultimately with the my wife's acceptance to the lifestyle. Once my wife and I decided that CW wasn't working and we wanted to go Primal, we cleared out all of the bad food in our kitchen and went grocery shopping. Deciding to go Primal did take a long time because the mental weight of CW was hanging over us and we could not let it go at first.

I was vegan for 10 years and was quite sick when I found the Primal blueprint. It was mentally hard for me to change the way I was thinking. Eating meat again was a trip! I was sick enough that I just had to do it though and my body responded. I felt SO great that I never looked back even when my vegan friends held an intervention on me. All I can say is that I consume so much less being primal and I feel free for the first time in my life.



QUESTION #5

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Well I have only been Primal since September 2nd so obviously if I could do something different I would have started sooner instead of messing around with weight watchers for 5 months first. I really thought I would die without grains but it just hasn't happened! I feel great and just wish I had done this sooner.

I've wasted a lot of hours on the elliptical machine. I believed for years that 45 minutes was the absolute minimum for cardio and that more was better. I over-exhausted myself and missed out on other aspects of life while at the gym literally going nowhere.

I would have taken more time to integrate fitness into my lifestyle. Near the beginning, I underestimated the effect some daily form of exercise, be it walking, hiking, working out, or playing, could have on my body and mind.

I was so glad to finally find the primal lifestyle. I initially was trying to just lose weight because I had gotten fat and hated it. Then my weight was determining my eligibility for the Air Force to pay for my medical school education. This was bad and put a lot of weird mental stress on me and my relation with my scale. If I could do things differently I would have loved to do this lifestyle without thinking about a scale. Just living it to be healthy and reaping the benefit of losing weight. Not watching every weight fluctuation and freaking out because my weight depended on my families finances.

DEFINITELY would be to not waste those years on low fat bull****.

I am, this time around (4th try), holding off on the exercise program until I adapt to the diet change. In earlier tries, I would cave in to carb cravings because of hunger after new weight lifting or sprints. I need to let my body make a solid shift to ketosis before adding extra demands for fuel. Then I will add new exercise---more slowly, too. For someone my age (56) who hasn't lifted or run for a while, I am having more success starting slowly, and feeling good with it!

If there is something you'd go back and do differently as it relates to diet, fitness and lifestyle behaviors, what would it be and why? I feel like I have been a sheep... blindly following conventional wisdom because, "everyone knows that whole grains are better for you, fat is bad, etc..." I was looking around on the Fat Head blog recently, and Tom made a comment about being careful when you try to tell your friends about going against conventional wisdom, especially if they are not critical thinkers. And it hit me that I was one of those people – not thinking critically about my diet and health. If they say on the "Today" Show that I should ban bacon from my diet – then it must be true, right? Matt Lauer wouldn't lie to me, right?? I felt ashamed for actually thinking that companies like Nabisco, etc... would make a whole grain version of whatever cracker – because it was better for me. Now, it seems so ridiculous to think that a corporation would do ANYTHING for my benefit. They are in it for them, obviously, or they wouldn't be a big, successful corporation. And besides processed foods – I feel ashamed that it never seemed important to me before to wonder... "What was my food eating before it became my food?... How was my food raised?" I thought the organic crowd was just a bunch of hippies with nothing better to do with their time than worry about whether or not their vegetables were happy. I was a fool to think that a farmer would not spray his crop with something that would harm me.

Earlier nights and more play!

I would have included my wife from the beginning. I was embarrassed to be doing something as silly as starting a "diet," especially one that can easily sound faddish, and my wife has always been skeptical of diets. However,

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this lead to me acting all mysterious and suddenly taking bread off of burgers at restaurants and turning down pasta and her having no idea why. I finally came clean and she did tease me a little bit, which I deserved, but was luckily on board and very helpful after that. It turns out that she loves vegetables and fatty meat, is totally game to try cooking up organ meats and other odd cuts, and thinks Vibrams are cute. While she still orders pasta at restaurants and eats sandwiches for lunch she's happy eating whatever I cook for dinner. She is an asset that I was not fully appreciating, and trying to be all sneaky-mysterious about grain products was seriously adding to my stress. I should've known better--the first meal we cooked together was bacon, eggs, and sardines and how could you get more Primal than that?

I would have eased up on my "anality" with regards to macro-nutrient breakdown and percentages. I would have also tried not to feel so overwhelmed when reading forum posts and articles. Rome wasn't built in a day and I needed to CHILL OUT about trying to digest ALL the knowledge.

Exercise. I would have eliminated my long runs had I known then what I know now.

I wish I hadn't been a vegetarian with a lot of hunger, and I wish I had never gotten my heel (hell) shoes. I would have lifted heavy things and done a lot less long distance running!

I would have adopted the primal fitness blueprint MUCH sooner! My biggest light bulb moment has been the quote: "80% of your body composition is determined by what you eat:!! WOW that has changed my "snacking" behaviors!

How far back are we talking? I'd go back and kick wheat and sugar to the curb in my twenties, then I would've never gained all this weight that I am losing now.

Taking everything my M.D., nutritionist, gyno, gi-doc and endocrinologist at face value for a decade, while everything got worse for me.

Be more forgiving of myself when it was hard. Embrace the fact that it was a hard change so I could better appreciate what I had accomplished.

Learning to cook and enjoy the process of preparing food much earlier in my life would have made transitioning to gluten-free and then primal much easier and cheaper.

I wish I would've taken "before" pictures to compare my old body with the new one! But I was too vain.

Don't do stupid things.... When I first started CrossFit three years ago, I was very enthusiastic about quickly increasing my weights on the Olympic lifts, and didn't listen very closely to a few hints my body was trying to give me. Years later, I'm still occasionally held up by nagging tendonitis in my left arm and shoulder. Slow is fast!

I've been at this for roughly 5 months now and I'm still dialing in various aspects of my Primal lifestyle. For one thing, I think I would have really tried harder to take a "cold-turkey" approach to my diet. I would often allow myself to take baby-steps by allowing a "cheat-meal" from time to time or by using processed low-carb snacks or artificial sweeteners as a crutch for my sweet tooth. I've heard that if you are strong-willed and force yourself to switch over without crutches or cheats, your body will eventually learn to do without these things completely

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and you won't even crave them anymore. Thus, I think going "cold-turkey" would have made the nutritional aspect easier (even if it might have been tougher at first). I also would have focused more on SLEEP! I am a chronic night owl and love my late-night TV and internet surfing. I've gotten better but I should have been stricter about this from the get-go. Lack of sleep can totally undo many of your other efforts and it is vitally important to your health and well being.

I have had many misconceptions from misleading sources in the past. I don't necessarily regret anything, but I certainly have learned a lot about buying into conventional wisdom and to investigate for myself what works and what is most logical.

Not be apologetic for my choices. It's not a judgment on someone else's choices when I stick to my own.

I would go back to when I was a chubby kid and cut out all that bread and sugary goodness. Then I'd start doing some functional fitness and put the video games down! Those things literally stifled my life for years.

I wish I had known what a difference exercise would have on my anxiety levels. I always thought of fitness in terms of losing weight or to LGN. Now I know that being fit impacts my mental health in such a positive way that I feel healthier physically as a result. If I had used exercise as a healthy coping mechanism instead of using food, I wouldn't have spent so much energy in the last ten years losing and then gaining back the same 20 pounds (four times at least!). The constant feeling of failure and guilt associated with eating is finally gone and I feel free to really enjoy food, both cooking and eating it, for the first time since I was a kid.

I would never have played video games. That sedentary lifestyle paves the way to further laziness. I would sit in school all day, then come home and play video games until it was time for bed. The only calories I burned in a day were the calories it took to walk from class to class. I hated myself for that, but it was just so hard to change my life, because, after all, that's the only life I knew. When I become a parent I will make sure that my kids do NOT own a video game. They will enjoy an active lifestyle!

If I could go back to the beginning, I would NEVER have eaten grains! I've had to have my gallbladder removed, many hospital visits with no remedy for my upset stomach... and now? I've cured what doctors couldn't AND without drugs!

I would place more emphasis on having a diet that is well-rounded with nutrients rather than just trying to eat "grain-free". There's a lot missing through elimination dieting and I need to learn how to incorporate more types of essential goodies into the mix. I'm slowly getting better but it takes time to research recipes and actually put them into regular meal rotation.

Something I would do differently is not feel sorry for myself. I graduated college last December and lost my \$10 gym membership. Once I started night class 10 hours a week on top of a 40 hour work week, I completely broke down in terms of health. I needed to realize earlier that I was still capable of being primal and it just took a little prep work.

Stay away from the cardboard boxes. It's shameful how many horrible lab-rat quality "foods" I used to eat. After finding out the potentially irreversible things they did to my body, not to mention a lifelong diagnosis of Polycystic Ovarian Syndrome, I only wish my parents and the younger me knew how horrible they were.

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I wish I could go back and have all the money I've wasted at Starbucks to spend on grass-fed beef. And I'd go back and tell my early-20s self to quit running everyday and take it easy once and awhile. (I used to be so stressed and tired!)

If there is something you'd go back and do differently as it relates to diet, fitness and lifestyle behaviors, what would it be and why?

More of an emphasis on vegetables from the beginning, rather than just cutting out the bad stuff and just eating meat and fruit.

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I still struggle with moving enough during my workday. I often get really focused, and before I realize it, I've been sitting for 2 hours... I think if I could do things differently, I would've gotten a standing desk right away.

I think I would have started the Paleo lifestyle earlier. I only got on it to clear my acne for my wedding, but after I did for a few weeks I realized how great and healthy it was. I am still working out some kinks, but if I started earlier, then I'd be further along in my journey.

If I could go back in time, I would have never started dieting as a teenager. I thought I was so fat, but looking back at photos of me, I was a healthy-looking girl. I began drinking diet pop, lots of fat-free and low-fat foods, and any diet product I could get my hands on. And chronic cardio was my BFF, exercising late at night and early in the morning, sometimes too tired from lack of sleep to go to school. If I would have only looked at how healthy people lived, I would've known to follow the Primal Blueprint to look and feel my best.

I read about the concept of grains being detrimental and protein intake being beneficial just out of high school and I was still doing a lot in the way of gymnastics and weight training. I would LOVE to go back to that point in my life and stick with the dietary changes I had made (which were Primal as it turns out) as well as surround myself with people who were supportive of living a healthy active lifestyle not dictated by Conventional Wisdom. Instead I caved to people who "knew better" and now here I am starting over once more.

If I could skip over my whole-grain vegetarian stage, I would be so much healthier today.

I would have eaten differently as a teen and young adult (I'm 39) when I was a competitive athlete instead of loading up on empty calories and spiking/crashing. I could've maintain a higher level of fitness without the insane physical beatings I gave myself through intense weight workouts and chronic cardio 5-6x/wk. As a child of the 80's, I was raised on low fat, whole grains, and no pain, no gain.

I would ask why. Early on in nutrition classes the numbers from the RDA and the food pyramid never seemed to add up. I wondered but, never asked. Then I focused on parroting back the "knowledge" for the test. Once I even remember the teacher saying in an after the bell, under the breath comment "...rice and pasta are just sugar..." Right after lecturing about how we need 7-11 servings a day. I wondered why? But, never asked. I never researched.

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I would have learned how to relate to food without an emotional attachment, because that's been my biggest struggle thus far.

I wouldn't have spent a penny on all those "get thin quick" supplements. Wasted a few bucks on those... I wish I knew about this years ago I lost about 5 years of my life due to sickness, injuries, allergies, headaches, pancreatitis and ulcerative colitis. I wish my parents would of known about this I would not have gotten sick or injured in my life.

I would stop punishing myself with grueling workouts and overtraining and in the diet realm stop teasing myself with fat free sugar laden treats.

I came from a longer endurance background; over-training and over use was a problem. Would have learned that quality sessions are better than longer training.

Fasting. That would be the thing I would have changed. I didn't fast until very recently and I'm discovering how powerful the effects of fasting are. Fasting has an impact on your health (its a rest for your liver and kidneys, and a way to get rid of a lot of toxins in your body), on your metabolism (you rely much more on lipids as a resource), on your mental (it strengthens your will, especially if you live in an urban area, where lies all the temptations). Had I have known this, I would have done it sooner!

Get involved with others more and find more group activities.

If there is something you'd go back and do differently as it relates to diet, fitness and lifestyle behaviors, what would it be and why?

If I could go back in time and tell the bratty 16 year-old version of myself how much of a waste of time the next 10 years of his dietary and fitness pursuits would be epic. All the time spent in the gym fruitlessly grinding on cardio, followed by a sports drink to "re-fuel", and that big carb-centric dinner to top it off was a waste. Also, I'd show him my 6-pack, and tell him how useful it'd be to have in college ;)

Remember that the whole reason you're making this change is to enhance your life. If every time you go out you're agonizing over every decision, you are not enhancing your life. That kind of stress and anxiety will only encourage you to quit. That's why I like Mark's 80% rule. Chill out and enjoy your life. That's what the PB is about!

I'd rely on what makes me feel good rather than all the "advice" out there. Eating well, exercising moderately, playing, and spending time in the sun have always made me feel good, but in the past I often trusted the doctors and latest health experts out there more than myself. I would've continued with eating the whole grains, chronic cardio, and using too much sunscreen if Mark hadn't given me the info that lets me trust my natural instincts. If there is something you'd go back and do differently as it relates to diet, fitness and lifestyle behaviors, what would it be and why? I used to eat horribly before I started this lifestyle. During the week, I'd eat quite healthy and just go nuts on the weekend, eating pizza and ice cream and french fries. I would have tried to make more of an attempt to discover why I felt the need to indulge every single weekend. Trying to understand the emotional reasons we eat is critical and often overlooked.

Question #5

If there is something you'd go back and do differently as it relates to diet, fitness and lifestyle behaviors, what would it be and why?

When I left college, I was lean, and in shape from marching in a band. I wish I'd kept moving as much as I did on a daily basis.

I wouldn't have spent 90 minutes a day in the gym more days of the week than not.

I would go back and get into a career that I actually liked.

If I could go back and change my health history, I would listen less to "experts" and listen more to my intuitive self. Sometimes we inherently know the solution, but are brainwashed into not thinking for ourselves. Conventional wisdom, at times, has us responding like sheep to the world and not acting like the intuitive, intelligent, adaptable creatures that we are supposed to be.

I would have started CrossFit sooner and changed my diet sooner. I had been doing Weight Watchers and mentally okaying myself to eat fake cakes just because they were 2 points. I don't think I could digest one of those today.

I definitely wish that I'd started the primal lifestyle earlier. I've seen benefits to my appearance, athleticism, energy level, mood, and so many other areas of my life; I just wish that I'd found out about all of this sooner. Although I have been working out for a few years now, something that I wish that I'd done sooner is buy a pair of Vibram five fingers. Barefoot running has absolutely improved all aspects of my running, and since I started wearing Vibrams for my runs injuries have been almost nonexistent and when they do arise they are very minor.

If there were something I would do differently if I went back, it would be to NOT have given my *Primal Blueprint* book out on loan! I've still not gotten it back and want to read it again! LOL Guess I'll pick up another copy, I know the person who has it really needs to go Primal!

I wouldn't expect myself to be perfect and then give up at the first sign of "failure." That has been a hard lesson. If this truly is to be a lifestyle change then I have to LIVE while I'm doing it. All other diets have seemed like they take over my life until they fizzle out because I wasn't realistic or fair to myself. Primal has changed the way I view myself, and I forgive myself more easily than I ever did before when I make a "mistake" (eat something non-primal.)

The only thing I would do differently would be to better prepare myself for the criticism and remarks made by my family and friends (my husband actually called me obsessive, sigh).

I would take back the 5 years spent as a vegetarian. Humans can not live on plants alone and I physically felt the difference.

Well, I trust my journey, so I'm not sure I would change anything, per se. I merely wish I would have found this lifestyle sooner, primarily before I got pregnant with my son, so I could have experienced a Primal Pregnancy (and so my son could have benefited in the womb).

I would have been incorporating more exercise the entire time. I've lost over 40 lbs by diet alone, but I'm sure I would be way better off right now if I had been working out some. That's my biggest obstacle right now.

Question #5

If there is something you'd go back and do differently as it relates to diet, fitness and lifestyle behaviors, what would it be and why?

I'd give up stressing and learn to enjoy life.

Listen to my body for what works and what doesn't. I used to overtrain, thinking it was the way to go. Split-body routine, every day at the gym... if I went 6 days I'd feel good about it, but the results weren't necessarily there, and I didn't feel good. On the contrary, I'd miss a couple of days and get down on myself. Same with food... you eat something and get some pleasure from it for a few short minutes, and then pay for it afterwards. I'd feel awful, sleepy. Faced with the same food option, I'd go through it all over again. If only I'd made the note of how it felt last time, I wouldn't put myself through that again!

I think the biggest thing I've been missing out on is PLAY. I work in a position that can be very stressful sometimes, but thankfully when I leave work, that's the end of the day- I can't take it home with me. Which is great, but I still had lost touch with enjoying my time off. It feels great knowing that I should be giggling and having fun with my family and enjoying every chance I can get. Don't feel bad to loosen up and have fun!

I would not have purchased the elliptical machine in the basement...

I'd have moved around & looked after myself more. I spent a good portion of my high-school years glued to a desk, eating packs of biscuits and sweets. I wasn't dramatically overweight thanks to a fast metabolism, but I was seriously out of shape – 'skinny fat', with inflammation and cellulite to boot. I've reversed the damage, but it was a hard, long journey and I wish I hadn't messed myself up in the first place.

Mindfulness as a guide. No harsh rules or weigh-ins.

I'd do less long distance running and more fast, short running, especially when I was in high school. I'd be in much better condition and less depleted now. Lifestyle behaviors, I'd have tried to love myself more from earlier on. And take it easier on self judgement and all or nothing thinking.

I would definitely spend LESS TIME on the computer. I'm insanely curious and need a steady input of information, but it is worthless if you don't take time to implement the wisdom you learn. Right now I'm working hard on changing my internet/email addiction and rather getting out there and DOING stuff. Or getting to bed earlier. Really wish I had taught this to my kid, too.

Lay off the video games. I'm twenty-one. I moved from California to northwest Arkansas when I was 8, and after I moved spent all my time walking around in the woods and finding creeks to jump in and eating wild blackberries and shooting at stuff with an air rifle. Somewhere along the line my main form of entertainment turned to video games, and I stopped going outside. I went to college, and all I did in my spare time was play *Call of Duty* and drink vodka. I had access to a free gym, I lived across the street from a couple soccer fields, I had the opportunity to sign up for recreational sports leagues with my fraternity brothers, and I was obsessed with pawning noobs on the internet. I got married just after I graduated and realized there are things more important than that including my health, my self confidence, my sociability. I don't blame *Call of Duty* directly, but it was definitely taking the place of more worthwhile activities.

Heavy lifting, I have often avoided weights in favour of cardio so therefore lack some of my strength potential.

If I could go back I would remove grains sooner. They are in everything. After months of not eating them I truly

Question #5

If there is something you'd go back and do differently as it relates to diet, fitness and lifestyle behaviors, what would it be and why?

believe they mess with us. I considered myself a healthy eater before removing grains. Removing them however, had a profound positive effect on my health. With grains out of the picture I gained a gap in my calorie requirements that I now fill with much more satisfying, nutritious, and tasty foods.

I would develop the habit of eating within half an hour of waking. After a year, it's only something that I'm training myself to do now. Also, I wouldn't be so 'preachy' about it to my friends. The results speak for themselves and people ask me about it on their own terms. I didn't need to be evangelical.

Write down and journal my bodily responses regarding allergies, the response to heavy lifting etc. Just to have it all in hard facts.

I would have never started using peanut butter. It has been my one vice on my primal journey. I started using on things and now I am having difficulty trying to kick the habit.

I would have added the workout component sooner. I've been taking each bit of the primal life in steps to work it into my life easier. I really like how my body is feeling with the workout added. I'm feeling so much stronger and alive! Feeling that sooner would have been cool.

I have noticed that it isn't that difficult to start to use new vegetables and other food that I am not use too. In the beginning I kind of ate the same things a lot - that becomes quite boring. So to try at least one new ingredient a week makes it much more fun.

I would have chosen a career that did not have me sitting in front of a computer, which eventually resulted in chronic neck pain. Even after changing my work station to be more ergonomic, it's still exhausting and difficult to make healthy food choices and stay motivated for exercise after a long day.

I would have definitely stopped trying to track my calories burned on such and such site... I was thinking like the modern day meat head and my body was paying for it... riding my bike or running too far too hard wearing myself down trying to make sure that my calorie burned > calorie in... big mistake. Once I relaxed and started doing things I found fun (with some biking and running from A to B) I found my body much more corporative.

I wouldn't be so 'preachy' about it to my friends. The results speak for themselves and people ask me about it on their own terms. I didn't need to be evangelical.

Write down and journal my bodily responses regarding allergies, the response to heavy lifting etc. Just to have it all in hard facts.

If there is something you'd go back and do differently as it relates to diet, fitness and lifestyle behaviors, what would it be and why?

Stay away from grains. That actually was not very hard to do when going primal.

Well, I wish I could have discovered this information 20 years earlier at age 18 versus age 38. I might have been able to avoid the autoimmune issues I have had. At this point I'm trying to reverse some of the damage that I did when I was eating a conventional, grain-based diet.

Question #5

If there is something you'd go back and do differently as it relates to diet, fitness and lifestyle behaviors, what would it be and why?

Being only 25 years old I feel fortunate that I have started fixing my mistakes before it causes me major problems. But if I could go back to my childhood (especially Jr. High and High School) I would take better care of myself and kept from getting so over weight in the first place. I think at that point I new better (even from a CW standpoint) and I could have done better. But my mom's "cooking" was 8 Whoppers from Burger King, and we each got two! That didn't start me off on the right foot.

Hindsight is 20/20! I believe in living for the present and the future, and what's done is done, so I'm off to eat some eggs and bacon!

If I were to go back, I think I would have adopted the program much earlier in my life. I'm sure it would have helped me control my blood sugar levels easier than having to go to the maximum dosages of my meds and face more serious consequences.

I would've dialed in my sleep sooner, exercised less aggressively, made the switch to Vibrams on day one, etc. Essentially, I wish I had approached this as a LIFESTYLE, and not simply a diet, from day one. All aspects of the primal lifestyle work so synergistically anyway that I believe embracing the program from all angles really ends up provoking progress across the board.

Never going vegetarian then vegan. Worst mistake.

I would have added sprints sooner. It solved the longest plateau in just a few weeks.

I would go back and write a diary to keep myself motivated in the future.

I wish I'd realized how harmful fast food really is. It's not a question of moderation.

I wish we would have found this way of eating before our kids were born. They are addicted to grains and it's very difficult to stop giving them sandwiches for lunch, but if we never would have started it would be much easier.

I wish I would have learned about this a lot sooner. I wish I would have known and understood that you can't "workout" enough to overcome poor eating habits. Well, you can, but its not sustainable. Eating the right food is. Its easily a way of life if you decide to make that choice.

I would go back and get rid of all the garbage training, eating, and weight lifting I did. Peddling away aimlessly on stationary bikes, and doing body part splits on machines that made me look like an idiot cause I read it in a bodybuilding magazine, and eating pasta like my life depended on it.

I'd have embraced all of the more notorious fats (other than just coconut oil) right away. Once I finally did, the transformation really kicked into high gear.

I would have started my sprinting and weight workouts earlier. I walk quite a bit every day, but I feel much better on the weeks when I get a more exercise in. (I usually exercise twice a week.) I feel less sluggish, more alert, and sleep better. I was eating Primal for a month before I started exercising, and I can tell a difference on the weeks I don't exercise. Starting earlier would have been much better.

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Regret carb loading as a college athlete. I wonder what my performance would have been like with the right diet.

I'd never have gone vegan for ten years!

Expect little habits to be acquired slowly, one by one. Do not look for instant results, better even - forget about the results and concentrate only on the process of change and the feeling from within during the first two weeks at least. The visible results will be there when you don't care to see them anymore because you are just happy. If you expect too much of a certain result - it's probably going to lead to disappointment and eventually getting off track.

I wish I would have learned more about weight lifting in the past.

I wish I had never fed my kid's cereal and/or canned macaroni meals because it was convenient.

First, I wish I knew about this sooner. I sit back and listen to people who talk about Conventional Wisdom and just feel sad that our government mainly has made people believe all these lies. I feel as if I am privileged to this special information that is going to give me an amazing quality of life. Though I am glad I found it now, as I am young, I wish I would have known it soon because it has changed my life. Additionally, I wish when I started CrossFit, where I was introduced to Paleo, that I had taken nutrition more seriously. I enjoyed my insulin-producing foods way too much thinking that exercising like I was would surely give me the look I was going for while eating bad. Wrong. I would probably be closer to my goals had I committed in the beginning. However, it has been a journey and process that I am grateful for.

Definitely the Chronic cardio - I hate running long distances and I only did it to stay "fit". But now that I found the Primal way, I can hate long distances running as much as I want cause I won't be doing it anytime soon! I don't think I would have been vegan and vegetarian for so long. I thought I was doing something healthy, but I didn't realize how bad it was for me at the time, especially being vegan for a year or so.

Continue my fitness regimen as I had it when I was in the Navy: three solid hours of exercise each week; not get into the sedentary routine that led to my gaining 50 pounds in the two years after I got out--50 pounds I could never get rid of 'till now.

I wish I would have known what grains were doing to my body... and dropped them from my plate a long time ago. I had ulcerative colitis and was slowly figuring out that bread, pasta, and the like upset my stomach. Finding MDA was like a breath of fresh air - the blog pulled years of my personal diet/lifestyle research and n=1 experiments into one simple package, a delicious, simple, and fun package at that!

I ate 'clean' food but not necessarily food that was good for me. Just because something has been deemed "healthy" does not mean healthy for you.

Well first of all I would go back and change my weight lifting and exercising routines to body weight-oriented, dynamic, full-body exercising rather than classic unilateral "I want big arms and I could care less about anything else" exercising. Most importantly, however, I would go back and change the way I ate for my entire life prior to age 21. I really enjoy eating and sometimes I mistake this enjoyment incorrectly manifests itself in gluttony. Prior to age 21 I ate whatever I wanted, whenever I wanted, in whatever quantity I wanted. My diet is certainly what I would change if I could go back and do it.

Question #5

If there is something you'd go back and do differently as it relates to diet, fitness and lifestyle behaviors, what would it be and why?

If I could go back, I would go way back. I have too many injuries from working out in the old school ways and the primal fitness and fitness programs such as cross fit have been so much better and more effective that I wish I had fewer injuries so that I could be more effective at the fitness portion. I also feel that if I had the primal or paleo diet earlier in my life, I may have avoided the thyroid issues and weight gain that plagued my last 4 years.

I would have continued to eat Primal when I started about 10 years ago. I was self-diagnosing back then as I was not feeling well and was thinking it might have something to do with wheat. However, at a later date I learned through lab work and also by process of elimination that I actually do have a gluten allergy. That being said I ignored what my body was telling me and decided to go back to a carb lifestyle and was plagued with indigestion, heartburn, actual skin lesions and weight gain. Bummer!

The one thing I would do differently as it relates to diet, fitness and lifestyle behaviors is to give change time. As a society we are way too obsessed with the need for instant gratification and really the things that are worth it, takes time. You have to stick with something for at least 3 months. With that said, I did see immediate results when I went primal, especially in the digestive areas.

I would have gone Primal by middle school. That's about when I remember the symptoms of my sugar and grain-heavy diet really kicking in: chronic allergies with no apparent cause, intense mood swings, anxiety, depression, skin problems, difficulty getting up in the morning, etc. Sadly, they didn't just "clear up" after adolescence, as the doctors promised. I regret that I spent years of my life in a puffy-faced, grumpy fog... simply from lack of good information about what my body really needed. I want better for my kids!

I would have tracked my nutritional intake years ago to get a better understanding of the nutritional content of foods.

I spent the majority of my life trying various diets, and I wish I had been better educated about what is truly healthy. And of course in a society dominated by female pop culture icons with impossibly "perfect" figures, I wish I had spent more time focusing on being healthy, and not skinny.

I'd like to say I'd go back to being 14-17 when I drank a soda every day and just avoid the period where I put a lot of crap in my body, but everything I've done and experienced has made me who I am today, and I regret none of it.

Build in more time for fun activities. With young kids and their activities, we find we get into a rut of chores, chauffeuring, and earning money so much that we forget to make time for play.

For a long time, I thought that you could out-exercise a bad diet because the guys around me did it all the time. Now I know that's not possible. Diet, exercise, and plenty of sleep are so integrated that I should never have tried to separate them.

It's all been a process. Each step is important, even the mistakes...

While I've done pretty well in transforming my diet and exercise regimen, I still have a long way to go from a lifestyle perspective. I don't get enough sun/fresh air on a daily basis, nor do I get enough sleep. Also, I need to insert more 'play' in my life, to help counteract life's daily stresses (e.g., work/family, etc.).

Question #5

If there is something you'd go back and do differently as it relates to diet, fitness and lifestyle behaviors, what would it be and why?

I think I'd like to meet some people who are already doing it, going it alone is difficult and getting a firm grasp of the science is too. Having people like Mark Sisson and Robb Wolf translate the high end science for us mere mortals is a great gift. Past that, I would never use non-primal food as a treat, but rather find things to experience instead.

I would have done more research on the negatives that wheat and grains can have on us.

Research. There are two sides to every story and all the information is out there. I listen to scare tactics and anything with the Government/Health department logo on it. I should have read the research conducted by the little guys and discovered that conventional wisdom is flawed.

I would have spent less time running myself ragged with cardio. I wish I had known about lifting heavy stuff sooner.

I'd go easier on myself and worry less about perfection as it relates to diet, fitness and lifestyle behaviors if I had it to do again differently.

I would have realized that only gaining three pounds a year is a problem if you do it for forty years. I have so much to undo now.

I played football until my junior year of college. I needed something to satisfy my competitive desires, so I started training for a marathon. My body, already achy from years of football, could not take it. After my 18-mile mark, I stopped training because my knees were so stiff that I couldn't enjoy my day-to-day life—walking to class, hiking, much less training. Happiness is not about doing well in your training. It's about training in such a way that helps you do well in your day-to-day life. This is my biggest regret because my knees still limit my mobility. I wish I could just enjoy running or squatting without that nagging thought of my knee aching.

Listen to my feet more when running barefoot (Vibrams) so I wouldn't get so many blisters.

I would plan my weeks better and do more to get to bed earlier. This would require reading far fewer paleo/primal blogs than I do at present.

I would understand that you don't have to work you butt off when exercising, in order to have results.

Eat many more vegetables to boost my vitamin intake and add more years to my life sooner than I am now. As a gymnast, skate boarder, surfer, body builder, and now PT assistant, I wish I was more aware of how the correct core stabilization muscles are the key to any successful work out. I am lucky, I have always played when working out, and did not get caught up in the "cardio" club.

I'd have given myself over more quickly to running and playing without the schedule, GPS and clock.

I would have dropped gluten YEARS ago. I had no idea how sensitive I am and how awesome it is to have so much energy! I also would have started lifting heavy things years ago. Oh, yeah, and I would already be in the habit of sleeping enough.

Question #5

If there is something you'd go back and do differently as it relates to diet, fitness and lifestyle behaviors, what would it be and why?

I can only think that it took a lifetime to bring me to the point where I had the self-determination and will to make this change that so many around me think is crazy. Of course I wish I'd done it sooner, but I guess I wasn't ready till now.

I would have gone primal years ago! I have experienced countless gains in my mental toughness, physical fitness, appearance and overall well-being since going primal so I wish I had started it earlier in life.

I would have started out a little slower with the primal fitness. Once I started, I was doing great! Then I got so strong, I kept pushing myself too hard, and I got a shoulder injury doing chin-ups. Now, I've been recovering and doing physical therapy for months! No surgery though... and can't wait to get back into it. A little slower this time though.

I'd use less regimentation. I do it now just because I'm in school and being on a schedule really does help keep me focused and on top of what I'm doing but before I was pretty obsessive and it often led to burnout. I'd just relax a little more - maybe throw some play in there!

I'd give up gluten a lot sooner. During my last pregnancy, 4 years ago, I started reacting to gluten and potatoes. I never researched it, just put it down to pregnancy aversions, and wish I had changed things then. My body was telling me to change something. In the years after that I've developed arthritis in my lower back/hips and knee issues. Gluten seems to trigger this, so cutting it sooner might really have helped prevent some of the pain. (I'm only 35 btw, with arthritis that my great grandmother and her high fat, low processed diet didn't get till she was 80 or so).

I'd empty out the pantry at the start so that your not tempted by anything.

I'd quit gluten sooner. This alone changed my life. Also, I'd like to have spent a lot less time and money going to weight watchers and eating Franken foods.

I would have gone Primal sooner! I was 19 years old, weighted 305 lbs, and joined Weight Watchers because I knew it had a successful track record. I spent lots of time, and money, losing weight. I did lose the weight, but I was hungry all of the time, lacked energy, and also lost significant muscle mass during the process. If I knew then what I know now, I could have achieved a better outcome in less time! I would have spent less money, taken less time, have been fully satisfied [not hungry], and maintained physical conditioning and muscle mass the entire time.

If I could go back and do one thing differently it would be to not go into the forum for a while. At first I was trying to do what every one else was doing and there were lots of zero carbbers that consumed 30 eggs and a side of beef a day.... well I gained weight at first even though I was feeling good. I wish I would have just stuck to the book for a while because when I went back and started over it was easy and worked well.

I would be more tuned in to the strength of my own body then so as to not push myself on training. I now know more about the value of proper rest and allow the body to rebuild appropriately.

I would start 50 years ago. At age 63 I was obese, unhealthy, had 90% grey hair and allergic to everything. At age 64, I'm a Lean Machine, only 5% grey hair, strong, healthy, allergic to nothing, and free of disease. Have not had

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even a headache in the last year. I'll never go back to the old ways again.

I wish I had done everything differently in regards to eating during my teenage years and early 20's when it comes to diet. I went from a size 12 to a 4 through some very unhealthy means (extreme calorie-restriction, etc.) and still wasn't happy with the way I looked. I probably wasn't very healthy either. Now, after 6 months of primal living, I'm a size 4 again, thrilled with my body, and just passed my physical with flying colors!

QUESTION #6

What do you usually eat for breakfast?

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Eggs! I fix eggs a million and one ways. (said in my best Bubba from Forest Gump voice) Egg muffins, omelets, poached eggs, scrambled eggs, fried eggs, boiled eggs, egg salad, etc. I also prefer to have a meat with it, too. Ham, sausage, bacon, leftover steak or hamburger.

Every Sunday I make a big 16-egg casserole with a whole bunch of different filling ingredients. Sauté up the fillings, and then put in a 9"x13" pan, top with scrambled eggs. Bake for about 40 minutes at 350°, and I'm set for breakfasts (and some lunches) all week.

Left overs from the night before with an egg or two on top. Delicious and actually saves me money!

My favorite breakfast is an omelet. I usually switch between eggs and bacon, eggs and sausage, an omelet (many different types), and a 1/2 cup of cottage cheese with a handful of macadamia nuts.

Farm fresh bacon and eggs from our hens (sunny side up, cooked in lard I rendered), with whatever fruit or veg the garden is producing.

My favorite Primal recipe is a spinach & onion frittata. Heat a cast iron pan on medium-high heat with 1 Tbsp of coconut oil. While that's heating, dice 1 yellow onion. Sauté the onion until it is translucent. Add 1 Tbsp dill, 1 tsp thyme, 2 tsp parsley and 2 tsp basil. Mix in with the cooked onions until it's evenly distributed. Add 1 (or 2) cups of baby spinach, mix it in & let cook until it wilts. In a small bowl, crack 4 eggs, add 1/4 cup of milk, a few shakes of Herbamare & black pepper - whisk together. Evenly spread the vegetables in the pan, then pour in the eggs. Reduce the heat to medium. Put your oven on HIGH broil. Let the eggs cook on the stove top for 5-6 minutes. After, move the cast iron pan to the oven to let broil for 5-6 minutes until eggs are set. Remove the pan from the oven & split the frittata between two plates. Enjoy with someone you love!

I usually eat leftovers from dinner, an omelet cooked in coconut oil or grass-fed butter, or chicken soup with an egg (I like to make a big batch of homemade broth and soup on the weekends. It sounds weird to have for breakfast, but once you get used to having soup for breakfast, it is a really comforting and yummy option).

Two (or three if really hungry) soft-boiled eggs, and a cup or two of tea. Or a chunk of cheese with tea. If even hungrier, or if I have physical work to do before lunch, I'll scramble the eggs with cheese & sauteed veggies---that is a long-lasting breakfast.

I don't worry about too many eggs since I get a real free-range local variety. Plus, I eat most of them soft-boiled, sucking down the barely cooked yolk in one bite, to avoid oxidizing the healthy fats in the yolk.

Either 2 eggs scrambled with a little cheese, guacamole or avocado, and salsa or fresh fruit (apple or grapes) with sheep's milk cheese.

I go through phases. I made smoothies of kefir, blueberries, greek yogurt and a couple raw eggs for a couple of months. Then, for a while I ate onion, cheese and asparagus omelets. Then asparagus season ended. Lately I've been having scrambled eggs topped with chopped avocado, tomato, onion and garlic. I often have a few berries too.

Lately I've found that I can skip breakfast much more often. Once or twice a week I fast until lunch. That I can do this without feeling cranky or tired is amazing, and a huge relief on mornings when I'm in a rush and don't

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have time to prepare anything else. On mornings when I have time, I cook up some bacon. Most work mornings, though, I grab some leftovers and eat them when I get to work. This means that my breakfast is often leftover steak and veggies, but I always feel great after I eat it, and I even enjoy the bemused looks I get from my coworkers when I'm warming it up in the kitchen. Most importantly, cooking and saving enough for leftovers is a much more cost-effective use of the valuable grass-fed meats I've been getting.

Realizing the importance of breakfast, I have tried very hard in the last few years to eat something regardless of my hunger level. Now that I eat breakfast regularly, I've found that unless it includes a good dose of protein, I'm hungry way before lunch. I like eating sausage (Aidells Chicken and Apple Sausage) or bacon. My quick breakfast is an apple with almond butter or smoothie (<http://bipolarpaleo.blogspot.com/2011/09/pb-paleo-butter-cup-smoothie.html> or <http://bipolarpaleo.blogspot.com/2011/09/smoothie-galore.html>) with almond butter. I generally stick to a single cup of black coffee each morning as well.

My own adipose tissue and hepatic glycogen. Breakfast of champions!

Fruit and Vegetable smoothie (made with water) and a scoop of Whey Protein powder (apple, pear, celery, spinach, kale, cucumber, cilantro, coconut water).

A 'Starbucks box' --> 2 hardboiled eggs, 2 oz. cheese, a few berries, sometimes some greek yogurt or celery with almond butter or avocados all in a cute little bento box I can take to work.

Leftovers from dinner, eggs and bacon or sausage with berries and 1/2 an avocado, a coconut flour pancake with blueberries, or an apple with pecan butter and cinnamon on it.

Three eggs (sunny-side up or soft-boiled, depending on mood), 3 pieces of bacon (pasture-raised pigs; salt-not-sugar-cured); 1/4 pound of ground sausage (home recipe, again from pasture-raised pigs), 1/2 sauteed onion, and a bowl of soup (currently a buffalo meat stew). Occasionally will finish it off with a cup of broth (whatever is in fridge: chicken, duck, lamb, beef, buffalo).

I like the feeling of working out on an empty stomach, and I rarely have an appetite early in the morning so I usually have some Primal Fuel (I blend mine with blueberries, banana, and spinach-sounds gross, tastes awesome) around 11 and it keeps me pumped until my mid afternoon lunch!

Cinnamon raisin omelet. After eating eggs so often I decided to spice it up with whatever I had on hand. So I cooked scrambled eggs in bacon fat (cooked bacon first and left fat in pan) and put Cinnamon and raisins in the eggs. Another fun variation is adding sliced Bananas too. If you have time you can boil the raisins first so they come out nice and plump, also I put extra cinnamon on everything after its done cooking and the cinnamon on top of the bacon is super yummy.

Breakfast is busy time in the morning getting kids out the door. Usually just some jerky, cheese sticks, yogurt (plain Greek with berries and honey), or cottage cheese during the week. Weekends it's bacon, eggs, omelets, primal pancakes or other primal goodness.

The usual breakfast is two scrambled eggs, an avocado mushed up guacamole-style with some salt and pepper, and occasionally couple of strips of bacon. All of it covered in awesome hot sauce.

Question #6

What do you usually eat for breakfast?

For breakfast I vary between two favorites: the epic omelette and the nut-berry deluxe. The epic omelette is usually four eggs, spinach, onions, cheese and salsa. The nut-berry deluxe is Brazil nuts or macadamia, sunflower seeds, blueberries or blackberries and yogurt. I have also recently discovered the joys of greek yogurt. That stuff is so thick you could choke a buffalo with it.

Nothing. Honestly I feel like I get a better start without it. The days I do eat, I feel like I'm weighted down, even if it's just a few eggs. I've never been a 'breakfast' eater really, though when diagnosed with HBP and Type-2 Diabetes, I started eating a "good breakfast"... which just made me gain weight. Now I'm no longer diagnosed Diabetic, and my blood pressure is naturally regulated.

Scrambled duck eggs with cream and butter + animals (smoked salmon, sardines, homemade sausages, bacon, last night's steak, anything goes), with a fresh side salad (tomatoes, cucumbers, spinach, celery, whatever's lying around), and avocado. Sometimes I have a scoop of raw goat's milk curd from my local farmer's market.

Two eggs (either chicken or duck), fried in coconut oil, lard, or tallow--whichever I grab first--spiced with cumin and chipotle chili powder, with half an avocado sliced on top, and the whole thing squirted with some fresh lime juice. It's pretty much amazing. Sometimes I add thick-cut backstrap bacon.

I like to make pancakes, but use banana instead of flour. I mash 1-2 bananas (depending on how many people it is for) with an egg, almond butter (1-2 spoonfuls) and cinnamon. You will have a batter that looks similar to regular pancake batter. I then fry the batter like how you normally would on a griddle/pan. You will notice that they are a little more tricky to flip. The trick is to have a good pan that is greased (I usually use coconut oil, however butter works too). Then cook at a lower heat (patience is key!!). I like to sprinkle a little more cinnamon on them because I love cinnamon, but this is just a preference. Instead of syrup, I put berries and some unsweetened whipped cream on top. YUM!!

I could eat eggs nearly everyday and be a happy camper - so I do! During the week, my breakfast almost always consists of (preferably pastured) eggs, some meat (bacon, prosciutto or something left over from dinner the night before) and veggies. I don't normally eat butter, but that's OK with me because I LOVE the flavor of things cooked in coconut oil. Once in a while, if I'm in the mood for a treat, I'll make Paleo pancakes with coconut flour and blueberries for breakfast.

A few days a week I skip breakfast, but on the days I eat breakfast, I usually eat one of two things: On days where I have to be at work or class early, I make a shake with protein powder, berries, a raw egg, and half of an avocado. On days where I have more time, I usually make an omelet with some type of meat and veggies.

Soup with homemade stock, vegetables, meat and plenty of spices. I have a wide-mouth thermos to take my soup to-go whenever I need to, always ensuring me a nourishing breakfast.

Bowl of mixed nuts (almonds, pecans, walnuts, brazil, macadamia, flaxseed) in almond milk with mixed thawed berries (black, raspberry, blueberry) and a banana. Plus two egg muffins filled with spinach, onion, pepper, sausage and maybe bacon = Pre-make Sunday for the week. Just pop in the toaster oven for 10 minutes.

Pre primal was pretty consistently oatmeal and that was the hard thing to drop. Now I mostly do eggs over easy served over some sauteed greens or vegetables, or just started doing breakfast burgers (meat patty in between

Question #6

What do you usually eat for breakfast?

two fried eggs with avocado, tomato, fresh cheese and onion)

Just because it's simple I like to fry up a pound of ground turkey in bacon fat with spices like rosemary and thyme, and salt and pepper. Then when almost done throw in 4 or 5 whisked eggs and scramble those with it. It works with almost any vegetable also. It tastes good hot or cold.

Well, I'm from the South, and had given up bacon because everyone telling me how bad it was for me. Imagine my happiness when I discovered that not only could it be back on the menu, but it was highly recommended. I have bacon has often as possible! But also, eggs, blueberries, and avocados usually make the morning menu for me.

A cheese omelet, a bowl of flax meal and coconut flour porridge, and a cup of coffee. I then go the next six hours to lunch with NO overpowering hunger.

I think it would be Greek meatballs. It uses eggs, organic grass fed beef, garlic, spices, and feta cheese. They are great for grabbing and eating on the go and taste just as good cold as they do hot.

1 cup of Fage total yogurt, serving of dry roasted macadamia nuts and some kind of berry.

Two hard-boiled eggs, roughly chopped and warmed up with a pat of butter and a generous sprinkling of *Penzey's Sunny Paris Seasoning* with either a chopped avocado or tomato thrown in. I always make sure to have a ready supply of hard-boiled eggs in the fridge because they are such easy sources of protein for our whole family.

Savory "pancakes" made from grated carrots and zucchini, one beaten egg, garlic powder, and paprika, fried in coconut oil.

Weekends: I usually eat pastured pork sausage from a local farmer and local pastured eggs either over easy or in a scramble with vegetables and cheese. Weekdays: Since I don't have a lot of time to cook on weekday mornings I will make a big batch of coconut flour pancakes (or sometimes banana-almond butter pancakes) on the weekend and heat two of those up each morning before work; usually topped with macadamia nut butter-Yum!

My favorite primal recipe is probably almond meal blueberry pancakes.

- 2 cups almond meal (Trader Joe's is cheapest)
- 1/2 cup finely shredded coconut
- 1 cup coconut milk
- 2 tbs. coconut oil
- 1 apple grated
- 1 cup fresh or frozen blueberries
- 3 tbs. cinnamon

Mix together and cook on hot griddle.

I saute 1/2 a squash, sliced mushrooms, onions and garlic in butter. Once they are browned I pull them out of the pan and melt more butter. I scramble two eggs. Once the eggs are cooked I add the vegetables and cheese. Once the cheese melts I serve the food with a bit of sour cream. This meal sometimes can keep me from getting hungry for the rest of the day.

Question #6

What do you usually eat for breakfast?

My second favorite breakfast is a huge fritatta made with our own chicken eggs, homegrown greens and various other veggies and cheese, topped with slices of our homegrown avocados. We use about a dozen eggs, and there's enough left over to take for lunches.

Eggs poached soft on greens or chopped veggies with coarse black pepper and avocado and a bit of bacon crumbled over the top with a little mayonnaise. Seriously, like every day. Its so easy to mix up (like any salad) that I don't get tired of it. I love eggs! (I love this desperately. You can credit me for it if you like! Its my breakfast salad).

Right now my favorite breakfast is a huge omelette with tons of veggies and some turkey bacon and sliced avocado on the side. I also really enjoy making a bowl of acorn squash "oatmeal" with pumpkin, almond butter, and frozen bananas in it, (it screams "Autumn!") for breakfast after a hard workout.

Preparation: Buy a container of chocolate protein powder. Mix in a tablespoon of pure Stevia (not the granulated kind that measures like sugar, but the powdered kind that's super sweet). Mix in a tablespoon of Spirulina. Shake that up and store it until breakfast. Buy a bunch of bananas, peel them, cut them in half, and freeze them. Buy a bag of ground flaxseed. Store this in the freezer to keep it fresh.

- Two cups of coconut milk (the kind from the refrigerator section, not the canned stuff).
- Two scoops of the protein powder, prepared above with Stevia and Spirulina.
- 2 teaspoons of ground flaxseed
- 1 frozen banana

Whip this in the blender until it's smooth. Pour half into a glass and drink it for breakfast. Pour half into a shaker container and drink it for your late-night snack. This second serving is just what you need to head off late night cravings for junk food. It's sweet, it's chocolate, it's already prepared, and it's packed with the nutrients your body is really craving.

QUESTION #7

What is your favorite Primal recipe
and how do you make it?

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Ingredients: Spaghetti squash; chicken; frozen chopped spinach; artichoke hearts; sun-dried tomatoes; olive oil; walnut pieces.

Preparation: Cut squash in half, place cut-side down in baking dish with 1 in of water. Bake at 400° for ~1 hour until tender. While squash bakes, cut chicken into cubes, toss with salt and pepper, sauté. Defrost spinach and squeeze dry, drain and chop artichoke hearts, slice tomatoes. When squash is baked and cool enough to handle, use fork to pull out strands into a large bowl. Toss squash strands with olive oil. Add chicken, spinach, artichoke hearts, and tomatoes. Top with walnuts.

“Meatza Pie”. She substitutes ground beef as the crust and makes several different styles from that base (i.e. pepperoni and pepperoncini, taco style, and four cheeses with pesto). After the meat base is baked in the oven, she adds pizza sauce, mozzarella and Romano cheese, plus pepperoni and sliced pepperoncini.

I love using the slow cooker. For super easy **carnitas**, take about an 8-lb pork shoulder, rub with salt, a LOT of cumin, and any other spices that sound good... we use a chipotle seasoning mix. Put in crock pot, squeeze in the juice of 2 oranges and 2 limes. Add about a cup of stock. Cook on low for 12 hours or so. Yum!!

My favorite recipe is just a **pork roast**. I get a butt pork roast and slow cook it over 8 hours with carrots, onions, mushrooms, and garlic. I crust the roast in a mixture of spicy mustard, balsamic vinegar, salt, pepper, brown mustard seed, oregano, basil, and allspice. I also add 2 cups chicken broth, 1/2 cup of sherry wine, 1/2 cup of white wine vinegar. It's amazing!

Turkey burgers. Mix ground turkey with crushed almonds and chopped onions. Wrap it in bacon and treat it like a regular burger!

Omelet with 3 eggs. Omelet fillings (bacon, ham, salami, peppers, onions, garlic, spinach, tomatoes, cheese, etc.) Butter (or other oil). Omelet sized pan with lid (non-stick works best).

Directions:

1. Let the pan heat up over medium heat, and melt some butter in the pan.
2. Saute up any ingredients you please (onions, etc.)
3. After removing previous ingredients (or leaving them in), pour three scrambled eggs into the pan, and put a lid on it.
4. Let it sit for approx. 5 minutes, checking every now and then.
5. When the eggs have turned mostly solid, slide “egg disk” onto a plate, so that the runny side is up. Then put the pan face down over the plate, and flip them both, so that the runny side of the “egg disk” is now face down on the pan
6. Turn the heat off, put any ingredients on half of the “egg disk,” and fold it in half. Flip your omelet onto the plate.

My personal favorite is a **Mediterranean style omelet** with tomatoes, onions, peppers, feta cheese, and pesto.

I am madly in love with **short ribs**. Specifically the cross-cut, Hawaiian/Korean/flanked cut style of short ribs. The meat is tender rib meat but much easier to cook (and often cheaper) than traditionally-cut ribs. I marinate them in red wine and salt for a little bit, usually a half hour to an hour, and then grill them as I see fit. I love the visceral look of the bones embedded in the meat, and how the fat crisps gently along the edges. I feel very primal when I hold the little bones and peel off all the meat and fat I can with my teeth. My favorite pairings with this

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meat are brussels sprouts (braised in the oven in butter and/or bacon fat for about half an hour) and a glass of Malbec.

Bacon and avocado sammies!!!! Make bacon. Mix avocado with a splash of lime juice, a 'lil salt + garlic salt + onion powder. Spread avocado mix on your bacon and prepare to become THE HAPPIEST AND MOST SATISFIED PERSON IN THE WORLD.

Since I've converted to this lifestyle, my favorite newly-created recipe is probably **roasted veggies**. While it takes a while to cook, it cooks unattended so I can stick them in the oven and forget about them while I make the remainder of dinner. The best part is my kids (who have generally been into only raw veggies) LOVE them. I spread veggies (carrots, broccoli, cauliflower, green beans, cabbage, bell peppers, eggplant, zucchini, sweet potato... whatever is in the fridge) onto a cookie sheet. Sprinkle with a dash of sea salt and pepper or berbere (Ethiopian spice). Drizzle with oil of choice (we like walnut oil). Bake at 400-450° for 20 minutes. Flip veggies over and cook another 10-20 minutes or until they start to brown. That has become my favorite replacement for rice (and way less messy than cauliflower rice). I fill my bowl with veggies and then top with whatever is the curry-du-jour. My kids like eating them with their fingers. Their absolute favorite is kale where I also add a little vinegar to the oil before drizzling. Yum!

Nothing quite beats a good **roast beef**: Maybe make slits in the meat and slide slivers of garlic inside. Sear the outside of the roast on the stove top with a primal-friendly oil and high heat. Add some water to the pan, about halfway up the meat. Also add any spices you'd like at this time. Bake in oven, covered, at 350° F for a good 4 hours. It should be falling apart by this time.

THE PRIMAL "STIR-FRY": I wish more people realized how easy it is to make an enormous variety of meals without a recipe. Put some kind of fat in a hot pan (butter, lard, coconut oil or butter, etc.), put some meat in it (pork, beef, chicken, maybe cubed fish steak), cook it till it's mostly done. Take it out, put in a little more fat, and put in some veggies. Sliced squashes are always great here, and definitely onion and garlic. Cook them till they're mostly done, then put the meat back in. Sprinkle in whatever herbs and spices you like, and you're done. If you want a sauce, once you pour out the food, splash a bit of wine into the pan and scrape off all of the little bits of goodness, let it cook down a tiny bit, and pour that over your food. You can use this to make anything from ginger chicken to steak fajitas... it's all the same process, you just mix and match ingredients.

Hash is a great way to use leftovers and is one of my favorite meals at any time of the day. You can start with fresh vegetables, and if you do just get them mostly cooked: steam the broccoli, cube and boil your sweet potatoes/turnips/carrots, whatever. Hash works best if you have some kind of starchy veggie in there, it helps bind it together, but you can do without if you don't mind a looser hash. If you have leftovers just get them out. Whatever you're using, chop it fairly finely--if it's a leftover roast or chicken, shred it up. Get a cast iron skillet nice and hot and oil it with what you like and brown up some chopped onions. Mix together your cut up veggies and shredded meat, season however you like, and put them in the pan. Don't stir too much--you want them to develop a crust. You can peer at the bottom using a spatula to check, and when they're looking the level of brown you like flip the mess over or stir it up. You can keep doing this until it's heated through and the ratio of crusty to non-crusty bits is where you like it. At this point I often add liquid, perhaps half a cup, of something flavorful like broth. Leftover gravy is great for this, and whole milk/cream will also do. You want to moisten your hash, not flood it, so only add what the hash will absorb. Stir it up and let it heat through, and then put it on a plate. You can just eat the hash as is, but it's best with a couple of poached or fried eggs on top to let the yolks drip all

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over the hash. Hash can make almost any kind of leftover into a brand new meal.

Beef and mushrooms on a Pyrex tray greased with ghee or coconut oil, cooked at 280 degrees just long enough to be medium rare. Serve with a raw salad and parboiled vegetables.

I love **barbecue**!! Brisket, tri-tip, ribs, chicken... you name it!! I like to make my own rubs with some paprika, dried chopped onion, garlic powder, salt and pepper, cumin, and dried parsley. Rub generously on the dead animal of your choice and throw on the grill or smoker.

Slow-cooker stew: a nice 2-3 pound grass-fed cheap cut of meat (chuck roast and the like); organic broth with no sugar added; all the veggies I can throw in, especially kale; and some sort of sauce. Right now I've been using Rick Bayless' Frontera cooking sauces, which do include cane sugar (at the middle of the ingredients list) and some have Canola oil (towards the end). In the grand scheme of primal still a very good meal, but I'd like to be able to create some sauces/spicing of my own.

Pecan crusted chicken (also from Everyday Paleo) - thin-cut chicken breasts, dipped in a mixture of raw honey and creole brown mustard, then coated with crushed pecans and baked in oven at 350° for 30 minutes. DELISH!

5-6 **chicken thighs** in the crock pot with a jar of unsweetened applesauce and plenty of ground cinnamon. On high for 2-3 hours or low for 6-7 hours (depends on your crock pot).

My favorite Primal food is **Muffin in a Mug** which is made with ¼ cup flax seed meal, one egg, 1 T oil and Stevia to taste. I add either 1 T cocoa powder or cinnamon or pumpkin puree depending on my mood. I put all the ingredients in a mug and microwave for one minute and top with butter. The original recipe called for baking soda as a leavening agent, but I find I would rather have a flatter muffin rather than a metallic tasting muffin.

I put 8 **chicken breasts** (frozen works too) into a crock pot with homemade salsa verde (1-1/2 jars of store bought will work too) pour over chicken and cook for 6-8 hours on low. That's it! This gives our family of four dinner/lunches for 2-3 days. I use it for enchiladas using your egg crepe recipe, salads or by itself is fantastic with lots of veggies! Super easy way to get tender chicken that is very versatile!

Burgundy Beef Tips - Tenderized sirloin seared in butter with red onion, red pepper, mushrooms; transfer to shallow baking dish add red wine, garlic, thyme, tomato sauce, Worcestershire sauce. 350° for 2 hours. Now thicken the sauce.

Coconut flour flat bread - 1 tbs cocoa flour, 2 tbs cocoa milk, 2 egg whites, baking powder. Grilled on both sides. Stuffed with grilled chicken breast with onion and mushrooms and buffalo sauce and avocado maybe some cheese and of course I use the yolks to cook it in too. SOOO GOOD!!

I LOVE a **meatloaf** we make. 2 pounds beef, diced tomatoes, caramelized onions, bacon, and bacon fat all mixed into one big ol' loaf (the key is not to pack it too tightly, keep it loose!) baked at 400° for about 30 minutes.

Liver-Beef Burgers - A great way to introduce organ meats to anyone who hasn't had them. Combine beef liver and ground meat (my wife and I use a 1:1 ratio of meat to liver, but for people not used to liver, might want to do

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more like 1:2). Season beef/liver mixture with preferred seasoning (one of my favorite blends is cayenne pepper, paprika, salt, black pepper, and garlic). Cook on hot-pan (may not be able to use grill because liver is runny, especially in 1:1 ratio). Enjoy!

My wife makes an awesome **vegetable lasagna** using thinly sliced zucchini in place of the pasta.

PRIMAL LASAGNA!!! Whenever I say this, people say it couldn't possibly exist- but it does. And I actually came up with it on a super tight budget! Brown ground beef in a large saucepan with sliced peppers and onions, zucchini, spinach, whatever vegetables you like in your lasagna- definitely add some freshly chopped garlic! Scramble A LOT of eggs, and pour it right over your meat and veggies, turn the heat down and let it cook through until it's like a giant egg pancake. Cut it up into servings, and pour your favorite tomato sauce over it! (Important to note- 99% of canned or jarred tomato sauces have soy or corn oil in them, READ THE BACK!). I swear, it tastes like lasagna- and even better it is **PACKED** with protein and vitamins and antioxidant from all the veggies!

Cinnamon raisin omelet. After eating eggs so often I decided to spice it up with whatever I had on hand. So I cooked scrambled eggs in bacon fat (cooked bacon first and left fat in pan) and put Cinnamon and raisins in the eggs. Another fun variation is adding sliced Bananas too. If you have time you can boil the raisins first so they come out nice and plump, also I put extra cinnamon on everything after its done cooking and the cinnamon on top of the bacon is super yummy.

Recently I have been trying to get used to making a primal dinner every day, so I have been using frozen 100% **ground beef** products (meatballs, sausages, etc), frying them, and using the fat that is left in the pan to cook vegetables or eggs to go with the meal. By using different spices and different vegetables, I can get a different meal every day of the week.

I like **meat and two veg**. In the old days this meant broccoli and potatoes. Now it means broccoli and broccoli, or carrots, or squash, or whatever. It's not that hard. 'Primal' doesn't have to be exotic. It's everyday food. So, cook as you normally do, but switch out the carbs. (ps the ability of a large Portabello mushroom to soak up fat like a sponge tickles me every time.)

Chicken with green curry is a quick and relatively easy one pot meal. I heat a can of coconut milk, some garlic and lime juice until it bubbles and then add green curry paste to taste (check the label, some contain gluten. Asian groceries are a gold mine for pure curry pastes). I chop chicken breasts or thighs into bite sized pieces and add them to the mix. As they are cooking I chop whatever vegetables we have that would go well in the curry, generally broccoli, peas, peppers, mushrooms and onions. I bring the entire pot to boil for a minute then reduce the heat to simmer until the chicken is cooked. Adding some arrowroot will thicken the sauce so that it can be mopped up with the veggies instead of soaked up with rice.

My favorite primal recipe is brined anything. **Brined steak**, brined chicken, turkey, pork chops, you name it. I dry brine, so: generously salt your cut of meat all over (with sea salt preferably) and put it in the fridge for a few hours (for poultry) to overnight (for pork or red meat). Rinse if you don't like a lot of salt. Cook per your usual recipe - the meat will just be that much more tender. After that, Son of Grok's BBQ sauce.

I really enjoy **bacon wrapped eggs**! If a picture says a 1,000 words then a video must say 100,000: <http://www>.

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youtube.com/watch?v=XOurjE9s3GA. Sometimes I do variations with different spices, or adding in shrimp, but I always add a splash of red hot!

Coconut Banana Shake: Three bananas, 1 can of coconut milk and some vanilla. You blend it all up and stick it in the freezer. DELICIOUS.

I love “**Sunny Deviled Eggs**” which I got from Sarah Fragoso’s Paleo cookbook. It’s a delicious snack or appetizer when you have company. I follow her recipe, basically. I cook, peel, and cut boiled eggs in half and scoop out the yolks, putting them in the food processor with sun dried tomatoes, olive oil, fresh basil, garlic powder, and a little salt and pepper. I scoop the mixture back into the empty eggs and sprinkle dill on them.

Oh where to begin! I guess my favorite would be **Butternut Squash Lasagna** (where I thinly slice the squash length wise on a meat slicer to resemble lasagna noodles) with Roasted Tomatoes, Eggplant, Squash, with Meatza Sauce – ground venison (personally harvested and butchered!!), and ground beef and pork. The tomato sauce is also homemade!

I am trying to eat more seasonally and also eat what my body needs to be strong and functional. This is the perfect time for spleen strengthening foods such as yellow, fall harvest vegetables. My favorite new recipe is **cumin squash soup**. I take a large pot and throw in a chopped onion or two, a handful of carrots, a yellow squash and cut-up butternut squash and about 6-7 cups of water. I season it with garlic, Celtic sea salt and whatever else happens to drop in. I simmer the vegetables. When the veggies are soft, I scoop them out of the pot and puree them in the blender. I then return them to the pot, add coconut milk, cayenne and cumin. YUM!!!! I would love to add coconut cream to thicken the soup, but haven’t found it yet. I can’t wait to try carrot/cauliflower/bacon soup utilizing the same simple method.

Banana pancakes: mash one ripe banana add 2 eggs, raw honey, cinnamon to taste, dash of vanilla, heat griddle with coconut oil and make as you would pancakes.

Crispy Skin Salmon: De-scale fish and cut 1/3 deep lines skin side every centimeter. Rub in sea salt. High heat pan with olive oil, dripping or coconut oil – smoking hot. Add fish skin side down and press to get full coverage. Turn down heat to medium high. Once cooked ¾ of the way through – note color change – flip the fish for a maximum of 1 min. Back to skin side down and take off heat. Serve as you like it but, more importantly, enjoy.

Crispy skin salmon fillet with sweet potato and tomato mash and sautéed cabbage, sprout and smoky bacon medley: To cook; butter and olive oil in pan. Add red onion, when soft, add cabbage and sprouts, when soft (10 mins) add bacon and mushrooms. Pinch of salt and pepper. Lid on pan all the time and stir occasionally with medium heat. Total of about 25 mins.

Cabbage, Sprout and Smoky Bacon Medley - Chop to your liking: Savoy cabbage, Mushrooms, Red onion, Sprouts (in halves following a quick boiling to make them edible), Smoky bacon.

Sweet Potato and Tomato Mash: Simmer chunks of sweet potato until soft (10-15 mins) Drain. Add some grass fed butter mash. Add chopped (quartered) vine tomatoes, oregano, basil and mix.

Cajun chicken pieces with mint and yoghurt dip. Smother chicken thighs/drumsticks with Cajun spices then BBQ or grill. Mix Greek yoghurt, mint and cucumber and blob on the side. Serve with huge green leafy salad.

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Grass fed burgers with asparagus: I pan sear the asparagus with sea salt, pepper, and half a tablespoon of pastured butter. The burgers are pan seared in another pan with bacon fat. I mix the meat with fresh, minced garlic, sea salt and pepper.

Primal Sausage Balls: 1 Cup Almond Meal, 1 lb Sausage (grass fed as much as possible) 1-2 Cups Natural sharp cheddar cheese (grated). Mix all ingredients in bowl. Form into bite size balls. Bake at 400° for 15-20 min. depending on oven. Great for breakfast and snacking. We make a batch every Sunday and eat on them all week. Very quick heat up in microwave.

Grass-fed bison burger very rare with raw milk Gouda melted over Portabello mushrooms, Vidalia onions and lots of garlic in a red-wine reduction. Serve with sliced fresh heirloom tomatoes, Himalayan salt, black pepper, fresh basil and drizzled Sindyanina olive oil (best in the world!).

I still love to get a **Boston butt/shoulder cut of pork**, season it well, cover with foil, and cook it at 250° in my oven all night. It's easy and you wake up to yummy deliciousness. I then pull the meat apart with a fork and pour back the juices into it or add a homemade vinegar based sauce. Mmmmmmm.

Cauliflower pizza crust: I steam a bunch of cauliflower until it's very soft, throw in an egg or two (depending on how much cauliflower) a cup or so of grated cheese. Shape the batter into a pizza-crust resembling object on a cookie sheet, cook in the oven at high heat (450°). When its done, I flip it, add my favorite veggies and meats. Broil... and eat! Super easy and don't get too caught up on measurements Just get it to a heavy enough batter consistency to hold together and you'll be good.

Caveman Blueberry Macadamia Cookies; 1 Cup Almond Meal. 2 Tbsp Coconut Flour. 2 Tbsp Flaxmeal. 1 tsp Cinnamon. 1 tsp Vanilla Extract. 1/2 Tbsp Baking Powder. 2 eggs. 1/2 Cup Blueberries. 1/4 Chopped Macadamia Nuts. 2 Tbsp Honey. Preheat the oven to 225° F. Simply mix all the ingredients together in a bowl. Place tea-spoon sized dollops on a baking tray lined with baking paper and some olive oil. Flatten out the dollops a little bit with the spoon if you can to help them cook evenly. Cook for 15 - 20 minutes. Cookies will be golden brown ready. Cook to your liking, I actually don't mind them a little burnt...

I love to cook **Pan Seared Duck Breast** with turnip chips and cabbage. Sear the duck breast in a skillet and then take thin slices of turnip and fry them up in the excess fat. When the turnips have fried take some shredded cabbage and wilt it in the fat as well. So much delicious duck fatty flavor!

Primal Weiner Schnitzel. Get an organic veal escalope, brush with a beaten egg and coat with ground almonds. Fry in butter till golden. Careful not to overcook it! It should be tender and pink in the center.

I just pick a **meat**, cook it hot and dry (grill or roast or broil) for tender cuts, or slow and wet (marinate or braise or stew or...) for "lesser" cuts. Then pick a vegetable or two and cook it according to how I am cooking the meat (cut into the appropriate size and grill/braise/stew/whatever along with the meat). Only cook in saturated fat. Always sear meat first. Maybe deglaze with wine or broth or cream at the end. I think that's it. I can switch around the spices I use for any dish so that the same preparation yields 20 different dishes.

I flippin' love **rack of lamb**. They look so elegant, a pair of them sitting upright like a crown, but then you grab them by the handle and eat them and you feel like a caveman. Mince up garlic, parsley, and thyme, mix it with

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softened butter, rub it all over the lamb, then roast it at 450° for around 20 minutes. Serve it with a roasted vegetable or something, I don't care. When I have a rack of lamb I don't pay attention to the sides.

Homemade **Pork Crackling!** Buy some pig skin from Roaming Roosters in Manchester (UK) (organic!), salt and leave for 24 hours in fridge. Get in from work and heat oven to about 350° F. Cook skin for about 20 mins (keep checking and draining off fat), then turn up oven to full and cook until golden and crispy! Easy and very cheap.

Brady's Crookneck and Meatball Soup

Ingredients:

- 3-4 average sized crookneck
- 1 lb and a half grass fed ground beef
- 1 egg
- 4-5 cups of bone stock
- 1 onion
- 2 cloves of garlic
- Mushrooms
- Bok choy or cabbage
- Fresh basil
- Salt and pepper

Soup: Simmer whole squash, chopped onion, and sliced mushrooms in stock until squash are fork tender. remove squash and puree with stock. Return puree to pot and add chopped bok choy (or cabbage) and basil and cook for a few more minutes. Really any additional or replacement vegetables will due. Another favorite is to include roasted green chiles.

Meatballs: combine ground beef, beaten egg, minced garlic, finely diced onion, shredded basil, salt, pepper and crushed red pepper in a bowl. Mix with hands and form in to balls. Cook meatballs covered in a pan on medium heat, turning as one half appears cooked. Add to soup including juices from the pan, stir, and serve.

Because I love to feed others, I'll tell you my husband's favorite: **Zucchini pasta with Sicilian meatballs.** I make the pasta with my spiralizer, frying the 'noodles' in some garlic infused olive oil and make the meatballs with gluten-free sausages, ground almonds instead of bread crumbs, and Worcester sauce to replace the saltiness of the cheese.

Something I never tried until I went primal is **kale chips** and boy was I missing out. They are crack! My friends all loved my simple salt and pepper version, so I posted a recipe on my primal newbie blog: <http://theprimalnewbie.blogspot.com/2011/08/kale-chips.html>

I'm a huge fan of **salads** and coming from Finland fishes are very close to my heart. It's impossible to choose a favorite recipe from all the great recipes but a salad from loimulohi (slow-cooked open-flame salmon - http://en.scoutwiki.org/Slow-cooked_open-flame_salmon), especially if it's marinated with coarse sea salt and cognac (this style of fish is one of our traditional recipes by the way) is something that I can't resist. Veggies can be chosen and mixed any way you want, they don't really matter taste-wise compared to the fish! I like sweet peppers, lettuce, (cherry) tomatoes, onion and broccoli.

I also make a mean spinach salad with 15 kinds of chopped veggies, plus bacon, hard-boiled eggs, diced chicken, olives, and various nuts and seeds. I made this as the entree for my 5 year old's family birthday party/picnic a couple of weeks ago, and it was a hit. The kids nibbled at the protein sources and the adults ate every-

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thing. The best part was no one felt ill afterward like they would have if we had pizza or subway sandwiches.

My wife and I love my **primal chili**. It has ground beef... And bacon. I brown the meat with coconut oil. Then I toss in the bacon cut in to pieces. I add vinegar, tomato, tomato paste, onions, bell peppers, cayenne pepper, sea salt, and I add water if it's too thick. Delicious.

I love to make **slow roasted pork tenderloin**. In a cast iron dutch oven, throw together chopped garlic, onion, about 1/2 cup apple cider vinegar, about 1/2 cup tamari (you don't have to use this, but at least fermented soy is better than not), a smidge of honey (optional), and the tenderloin. Maybe some fish sauce or rice vinegar if you want. It's forgiving. Cover and slow roast it for 5-6 hours. When your pork is done, take it out of its lovely juices to rest. Transfer the dutch oven to the stove top and bring the juices to a boil. Add chopped kale and turn the heat down to simmer for about a minute. Serve it with Asian condiments--I blend cuisines and just call it "FAsian" for faux-asian... pickled carrots, fish sauce, dried chili powder, cilantro, lime, etc. etc.

It's simple, but I LOVE **coconut butter**. It's such fast fuel, tastes great and I really think it's helped my digestion. It's very expensive in the stores, but luckily, it's super simple to make at home. All you do is buy a bag of organic, unsweetened coconut flakes (around \$2.50 for 6 oz at the grocery store) and blend it up in the blender for 10-15 minutes, stopping every 4 minutes or so to scrap down the sides. And, voila! You have coconut butter! One bag makes about 3/4 a cup, but I like to pour it into little chocolate molds and let the butter settle into bite-sized pieces for easy travel. I love it plain, but sometimes I add a little bit of date paste and 100% cocoa powder for a chocolate treat. Also, if you microwave the butter after you blend it, it'll become like toasted coconut butter (not raw anymore, but soo yummy!).

I have started loving **Pâté**. My mom would make it when I was young and I hated it. Tastes change I guess. This recipe stays in the fridge for awhile and is filling and full of protein.

Ingredients:

- 1 Onion diced
- 1 Container of Chicken Livers
- 1 Garlic clove diced
- olive oil

Instructions: I put the oil in the pan and cook the Onion and garlic. Then I add the chicken livers after cutting the white stuff off. I cook this at about medium until thoroughly cooked, 10 or so minutes. I add a bit more oil if it is dry. Then I put the cooked concoction in a Cuisinart and mix till it is creamy. I then put it in the fridge to cool. Yum!! Try it with carrots or celery.

Swai (fish) filets cooked in a skillet with butter, and lemon pepper seasoning. It is absolutely HEAVENLY and its pretty simple!

Greek stuffed eggplant for two people.

Ingredients:

- 1 large eggplant cut in half lengthwise and scoop out the inside (to form a boat and dice the scooped interior)
- 1 diced green pepper
- 1 diced med. tomato
- sliced cremini mushrooms
- 1/2 medium yellow onion

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- fresh minced garlic to taste (I like 5 cloves)
- 1 grilled chicken breast diced fairly small
- ¼ cup of coarsely chopped almonds
- ¼ cup almonds ground to the consistency of bread crumbs
- salt and pepper to taste
- fresh dill chopped
- fresh mint chopped
- 2 tbsp. butter and 1 tbsp. olive oil

Instructions: Put the olive oil and butter in a large skillet on medium high heat and add the onions and peppers until tender. Then add the mushrooms, eggplant, garlic, and chicken into the pan. When all ingredients are tender, add the almonds, dill, mint, and tomato. Salt and pepper the empty eggplant boats and fill to overflowing with cooked mixture. Cover the top with almond “bread crumbs” and bake at 350 until the edges of the boats and bread crumbs are golden brown. Enjoy.

I love my own **apple dessert**. It consists of 3 ingredients: apple, walnuts (½ oz), and two slices of lemon. Cut apples into small cubes, crunch walnuts into pieces, and cut lemon into tiny parts. Mix all - and the desert is fresh and delicious!

I really love **stir fry**. It's so easy and versatile. Change up the meat, aromatics and veggies to suite preference/season. (I Just skip the rice).

For lunch we do “**turkey roll-ups**” as opposed to lettuce wraps. We get turkey from the deli sliced a little thicker and we cut avocados and red peppers, and any other veggies you want. We wrap the turkey around them and eat them like burritos. So easy, so quick, and so yummy!

Current favorite recipe is **baked salmon with tomatoes and fresh spinach**. Take your salmon and cut it into the portions which will be eaten first. Then pour 1 tbs of olive oil over each portion and brush over top of salmon to give a thin coating of oil. Sprinkle cracked pepper and garlic powder over top of salmon. The amount of seasoning is really dependent on the person/people eating. And wrap in aluminum foil lightly wrapping the entire salmon portions and partially sealing them in the foil. Place in preheated oven at 425° for 20 minutes.

While cooking cut up fresh tomatoes into small slices and on each plate lay out a bed of spinach leaves with tomato slices interspersed within the green. Once the salmon is done remove from foil and place portion onto each bed of spinach and tomato and serve. The excess oil in the foil can be used to drizzle over the fish and spinach for added flavor if desired.

My favorite recipe would actually be a Jamie Oliver recipe, **steak with caramelized onions and balsamic mushrooms**. Yum. Just cook the steak in coconut oil over a medium-high heat, seasoned well of course. Caramelized your onions in a little bit of grass-fed butter, then put it aside while you cook your mushrooms in a balsamic vinegar reduction, seasoned again with salt and pepper. You end up with perfection!

Big Ass Salad! Or maybe its the balsamic vinaigrette. I make the salad with a base of 4 cups of chopped romaine and a pretty much always include some sunflower seeds and almonds. Next is a bunch of whatever we picked up at the farmers market - be it cherry tomatoes, peppers, mixed greens, mushrooms, etc. The vinaigrette is a recipe found on Mark's Daily Apple (10 Delicious DIY Salad Dressings) with about two or three cloves of garlic rather than one.

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Too many to list but we are big grillers. Love a dirty **NY strip steak** (cooked right on the hot coals, not the grate) with some cauliflower mash (we add truffle oil) and sautéed kale.

My favorite Primal Blueprint recipe is the recipe for **mini-quiches** I found on [MarksDailyApple](#). Essentially meats and plants are sautéed in fat before being added to muffin tins and then having egg poured over them. The result is baked and you get perfect mini-quiches which are excellent for snacking or meals on the go.

My favorite primal recipe is **Asian style meatballs**. I mix a pound of grass fed beef with 1 cup tightly pressed Thai basil, a tablespoon of garlic chili paste, a tablespoon of liquid aminos, 3 cloves of garlic, 1 tablespoon of minced garlic, 3 drops of liquid Stevia, 1 teaspoon of fish sauce and 1 tablespoon of minced garlic. I then form it into meatballs and bake it at 375° for 18 minutes. These meatballs have crazy flavors and are so portable for a meal on the go with some spinach or lettuce.

Whole Chicken Crock Pot Recipe - (Serves 4)

- 1 tablespoon sea salt
- 2 teaspoons paprika
- 1/2 teaspoon cayenne pepper
- 1 teaspoon onion powder
- 1 teaspoon thyme
- 1 teaspoon white pepper
- 1/2 teaspoon garlic powder
- 1/2 teaspoon black pepper
- 1 large pastured roasting chicken
- As many onions as you can fit under the chicken in the crock pot, sliced (usually 3 for me)

Instructions: In a small bowl, combine the spices. Remove any giblets from chicken and clean chicken. Rub spice mixture onto the chicken. Put sliced onion in bottom of crock pot. Add chicken. No liquid is needed, the chicken will make it's own juices. Cook on low 4-8 hours.

A Thai dish called **Larb**. Put minced pork in a saucepan with a bit of water (more to aid in poaching the meat). Cook through gently, add some chopped shallots, coriander, lime juice (2 limes), fish sauce (naam pla - a splash), a tsp of ground roasted rice kernels ;) and dried chili to taste. Serve on fresh lettuce leaves with fresh sprigs of spring onion and mint. Can also make with chicken (finely dice chicken thigh, not breast). This is just a rocking dish full of flavor where the ground rice gives a little crunch. You eat this with your hands!

Pureed Butternut Squash, Onion and Apple Soup (Topped with Crispy Bacon).

- Preheat the oven to 400° F.
- Cut bacon into small pieces (lardons for the fancy chefs out there).
- Place bacon in a cold pot and turn to medium heat... slowly render out the fat.
- Once the oven has preheated, roast the butternut squash until tender.
- While the bacon and squash cook, peel/chop apple and onion.
- Once the fat has rendered down (bacon will be brown/crispy/delicious), remove it with a slotted spoon.
- Reserve the bacon fat in the pot.
- Take the chopped apple/onion and sauté in the bacon fat until tender.
- Once the apple/onion are tender, and the squash is roasted, add the squash to the pot.
- Add chicken stock to the apple/onion/squash mixture and blend with an immersion blender until smooth.

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- Season with salt, pepper and garlic powder. If you like a little bit of heat, add some adobo sauce.
- Garnish each bowl of soup with crispy bacon and enjoy!

Venison back straps!!! I marinate my venison in olive oil and ginger ale for a couple hours or overnight. I heat up a pan with olive oil and butter and sauté my favorite vegetables (green and red bell peppers, red onions, and grape tomatoes). Then I make room in the middle of the pan and lay the back straps down. I love garlic so I will spread minced garlic over each back strap with more butter. Let sit for a few minutes then slide everything onto a plate and enjoy with a glass of red wine.

My favorite Primal recipe is **something I made up**. The ingredients are stuff I usually have in the house so it's a good go-to if you don't have something planned. Brown a pound of ground beef with sliced Portabello mushroom and onion. Season with salt, pepper, savory seasoning, and just a dash of cayenne pepper. Add a little red wine and some beef broth once browned and deglaze the pan. Add a package of frozen tricolor bell peppers. Pour off excess liquid and reduce in another pan. Once liquid had reduced by at least half or as desired, re-combine with beef and veggies. If desired and dairy is tolerated, top with a little grated Romano cheese.

Ham and Eggs - I like simple. I break two eggs into a bowl, barely break the yolk, cover loosely, and microwave for two minutes. They come out like eggs fried over easy without the hassle of frying. I like these served over a slice of nitrate-free ham I buy at the local co-op.

Bacon Scallops with Broccoli: Cook 3-4 strips of bacon in a pan and then remove to a paper towel. Now that you have all that lovely bacon grease in the pan throw in the scallops! Brown on one side then flip. Add Broccoli to pan and place top on. Give a stir after a few minutes to mix all the goodness together and cook until Broccoli is tender to your liking.

I just got really good at making **chicken Parmesan!** I slice up some chicken breast (however much I feel like!) and cook it in a skillet, covered, with some butter. Covering the skillet allows the moisture evaporating from the chicken to condense into the skillet thus keeping the chicken SUPER moist. Then I like to throw in a side of veggies to cook too (usually broccoli, carrots and Vidalia onions for me - organic where possible). When the chicken is just about done cooking, I uncover the skillet to allow the excess moisture to evaporate (the chicken is now infused with moisture, it's pretty rad) and spoon some of my homemade tomato sauce (with canned tomatoes, sadly, but tomatoes are just out of season and I think that a quality canned tomato is better than a fresh out-of-season tomato) over the chicken pieces. Then, when the sauce is warm, I sprinkle Parmesan cheese over the whole thing - covering briefly with the lid to facilitate melting. Pick the chicken pieces covered with sauce and cheese out of the skillet with tongs and place on a plate, then, arrange vegetables around the chicken. I'm not gonna lie... this is my new favorite thing to make...

Tri-tip: (would be steak if I could make it as good as others). Take a tri-tip and a long sharp knife. At the narrow point, slide the knife in and move it around, creating like a pocket through the length of it open only at the narrow end. Stuff with chopped onions, peppers, mushrooms and garlic. Salt and pepper on the outside and grill or oven roast. To Die For!

Baked cauliflower florets and broccoli, tossed in olive oil and my dry rub (salt, black pepper, Cayenne) at 350° for 45 minutes. Watch out for the broccoli tips getting too brown though!

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Crispy chicken thighs is my favorite meat. We had them tonight with sauteed collard greens and diced bacon. For the chicken- Preheat oven to 475° F, meanwhile season bone in chicken thighs with salt, pepper and garlic powder and place skin side down in a cast iron pan on medium high heat for two minutes. You will need some type of fat in the pan, we use fresh rendered pork lard from one of our pork farmers. After searing for two minutes on medium high, lower the heat to medium and cook another eight minutes, moving chicken to promote even crunchiness! Important: do not flip chicken, it should remain skin side down until further notice. Take skillet and place in oven and cook for ten minutes. Now you flip the chicken and cook for another five. Take out of oven and enjoy the crunchy juiciness! Collards- Clean collards and remove from stem then rip them up. Dice up bacon and brown in pan over medium heat. When bacon is almost done and the fat is rendered out, add in collards with salt, pepper and garlic powder. Stir frequently for about five minutes or until desired texture is reached. We like ours with a little crunch! :) Enjoy!

Meat turtles: Make a hamburger, shove in some hot dogs (REAL hot dogs; the good stuff) for legs, then wrap in bacon. Bake at 300° until crispy and delicious.

I make **poblano chile rellenos filled with steak strips**, colored bell peppers, onions, garlic, and whoooooole lot of cumin! Top with a little grated cheese and broil.

Lamb Salad: I am a sucker for Lamb and Love summer = salad. Butterfly lamb (or similar cut of Lamb). Marinated in a bit of lemon garlic and rosemary with salt and pepper to taste. Cook until medium - med/rare. Salad greens, Avocado, Red capsicum, Tomatoes, grated carrot, cucumber and nectarines (when in season). Drizzle with avocado oil garnish with seeds or nuts.

Just because it's simple, I like to fry up a pound of **ground turkey in bacon fat** with spices like rosemary and thyme, and salt and pepper. Then when almost done throw in 4 or 5 whisked eggs and scramble those with it. It works with almost any vegetable also. It tastes good hot or cold.

Steak. Pour sea salt on steak, stab with fork repeatedly. Let sit for 1 to 48 hours, cook med-high for 3-5 hours, flip, cook 3-5 min. Remove from heat let sit for 5 minutes.

It's very tough to choose my favorite Primal recipe, but I'd have to say it would be **Coconut pancakes** simply because I make it more than other recipes. The only difference I do is that I put in two extra eggs to make the batter more crepe like and I believe it adds richer flavor. Sometimes I throw in coconut flakes and sometimes cinnamon. I also like to put in a mashed banana for the sweetness. Right after I finish writing this I am going to attempt to infuse those pancakes with pumpkin!

My favorite recipe is the **Macadamia nut crushed with Coconut milk and fish**. I substitute cod for shrimp.

Bison burgers! Bison burgers from a mix of ground bison, carrot puree, egg, chopped bacon, and minced garlic. And then grilled and served with a slice of organic cheese and a slice of garden-grown tomato on top. Wrap some fresh lettuce around it all and chow down!

I live in a small NYC apartment so I can't BBQ. I did find a fantastic way to cook a **steak** using a "primal" cast-iron pan. It weighs about 20 lbs and feels right to cook a steak in.

Here's what you do: Set your oven to 500° F and put the empty pan in to warm up. Once it's hot, put it on

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the stove burner high heat to get it even hotter. Once it's REALLY hot, put your steak in. Let it sit for 30 seconds, then flip for 30 more seconds. This will sear in the juices. Next shove the whole thing back in the oven for 4 minutes. Flip, then do another 4 mins. Take your steak out, and let it SIT for 5 minutes on a plate. Don't cut it open yet. After that, you're ready to go! Total cooking time approx 15 mins from start to finish.

I'll cut some **chicken breasts or flank steak** into bite size pieces and marinate for an hour or more in GF tamari, ginger, garlic, a little honey, some sherry if I've got it. Stir-fry in a bit of coconut or olive oil in my stove-top wok, adding the marinade right at the end. When the meat is cooked through, I set it aside and start cooking the vegetables. Favorites in our house are carrots, bell pepper, mushrooms, broccoli, cherry tomatoes. I put a bit of water or broth in the bottom of the wok and steam them, adding the hardest vegetables first. When the veggies are done, I drain off the liquid and add back the meat and any marinade. If I want a thicker sauce, I'll add a bit of arrowroot at this point. I used to serve this over rice, but now I just make more and eat it as is.

Currently, I would have to say **oxtail stew**. Brown the oxtails either in a Dutch oven on the stove top, or on a sheet tray in the oven. Remove them from the pan and add diced onion, carrot, and any other diced aromatics you like. You could also add tomato paste at this point if you like. Cook these for a few minutes. Then add some wine and broth and boil for a few minutes more. Add back in the oxtails and enough broth to mostly cover the meat. Simmer for about 3 hours on the stove top or in the oven. Meanwhile, roast an assortment of chopped up tubers: carrots, parsnips, turnips, and rutabaga are all delicious. When they and the stew are done, mix them together. Enjoy.

Beef Jerky! I made some and sent it to my mom, she said she didn't have to eat anything else until dinner. ^^* I use this recipe but do it in the toaster oven with the door cracked open: <http://www.foodnetwork.com/recipes/alton-brown/beef-jerky-recipe/index.html>

A few notes on this recipe. First, I am glad to note that this is my first "original" recipe; it was not inspired by someone else's version of a recipe. Of this, I am proud :) Second, I used home grown yams. However, since America seems to have a lot of trouble with the whole yam versus sweet potato thing (check out MDA's fabulous article on the topic), I am calling it a "Sweet Potato" Lasagna. Regardless, it ought to work with any of these tasty tubers. Third, I used part skim Ricotta and mozzarella. Because that's what was in my fridge. You should be able to use any style you'd like. Bon Appetite!

Sweet Potato Lasagna

The Food:

- 2-4 sweet potatoes or yams, depending on size
- 1 ½ cups ricotta
- 6 oz mozzarella cheese
- 1 egg
- 1 can crushed tomatoes
- 1 tablespoon dried oregano
- 1 tablespoon parsley flakes
- Salt and pepper
- Cooking spray

The Preparation: Preheat the oven to 350° F. Spray a glass baking dish with cooking spray. Shred the mozzarella. Mandolin slice the sweet potatoes or yams. Mix the ricotta, 2/3 of the shredded mozzarella, egg, 1/2 the oregano and 1/2 the parsley; salt and pepper to taste. Open the can of crushed tomatoes, add the rest of the

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oregano and parsley, and pepper to taste (unless you have a no-salt added variety, the sodium is already high enough - Do not salt!). Mix well.

The Method: Lightly coat the bottom of the dish with the tomatoes. Top the tomatoes with 1/3 of sliced sweet potatoes. Spread about 1/2 of the ricotta mixture on top of the sweet potatoes. Put about 1/2 of the remaining tomatoes on top of the cheese. Repeat the layering of sweet potatoes, then ricotta, then tomatoes. Top with remaining 1/3 of sweet potatoes. Spread the rest of mozzarella on the top. Cover with foil. Bake for 45 minutes. Remove foil, bake 15 more minutes or so, until there isn't a lot of bubbling tomato juices.

My favorite primal recipe is uber simple and incredibly delicious **Shrimp ~ Asparagus Curry**. Asparagus cut into pieces – sautéed in coconut oil 1 Tbsp water & 2 or more TBSP of Thai Chili Paste or Red Curry Paste – or any curry paste you like. Toss the shrimp in the water/paste mixture to coat then add to the asparagus & cook the shrimp. Add one can coconut milk Heat till warm I eat it like a soup usually or I serve it over shiitake noodles if I'm in the mood for more “fullness” in the mouth. So delicious, quick & easy!

It is embarrassingly easy, but my **Veggie Scramble** is my favorite Primal thing to make (and it takes less than 5 minutes; this allows me more time to sleep in the a.m.): Heat coconut oil in a cast iron skillet. Throw in a large handful of chopped vegetables (whatever you have; the combination possibilities are endless) and saute for a minute. Break two (or more, depending on how hungry you are) eggs over all of it and season with whatever herbs/spices you feel like tasting that day. Break the yolks or not, your choice. Cook for a minute or two more then flip the whole thing over and cook through. Sometimes I'll add another protein (i.e. leftover meat chunks from the previous night's meal, a side of bacon, or a quick grating of whatever cheese is in the house), other times this just stands alone. Delicious!

Grain free French Toast - 1 egg, 1 heaping tsp of cottage cheese and 1 heaping tsp of almond flour. Add a touch of baking powder, cinnamon and vanilla to taste. Mix and cook in a skillet with butter or coconut oil like a pancake. Delicious. I usually scale it up to 2 eggs + some egg whites and end up with two big pieces.

My favorite primal recipe is also my favorite snack, **beef jerky!** I found a low sodium faux soy sauce recipe online (red wine vinegar, molasses, spices and beef broth) long ago that acts as a marinade with worcestershire and a ton of spices. It tastes great and my non-primal friends love it just as much as I do.

Salmon salad. Canned wild Alaskan red salmon (bones, skin, and all), chopped celery, chopped red onion, sweet pickle relish, chopped hard-boiled egg, and mayonnaise. Sometimes I add crumbled bacon too. YUM!!!

“Paleo-Joes” Brown a pound of ground beef in a cast iron skillet and coconut oil. Add in a small can of tomato paste and an equal amount of water or broth (home-made usually). Add seasonings to your tastes. It's my comfort food now!

Melicious' Stovetop Carnitas: I follow the recipe exactly and it's always delicious. I also highly recommend Mel's 3 blog posts about how she pre-cooks for a week.

Bacon-wrapped chicken rolls:

- 4 Chicken breasts
- 4 Bacon strips
- 4+ oz Cream cheese, softened

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- Salt and pepper
- Paprika
- Garlic powder

Preheat oven to 350° F. Using a kitchen mallet, flatten chicken breasts to around 1/4 inch thick (this is my favorite part!). Sprinkle chicken with desired spices (I use salt, pepper, and garlic powder). Place 1 chicken breast on top of 1 strip of bacon, lengthwise. Spread 1 ounce (or more) of cream cheese on the chicken, then roll the chicken up with the bacon leaving the cream cheese in the middle. Repeat with remaining chicken breasts. Sprinkle paprika on top of each bacon-wrapped chicken roll. Secure rolls with toothpicks, if necessary.

I use a broiler pan so the drippings fall through to the pan underneath and the chicken doesn't get that weird soggy texture at the bottom (I am very particular about texture). This also helps the bacon crisp better. Put the broiler pan with the bacon-wrapped chicken rolls in the oven and cooked at 350° F for ~30 minutes. Broil for 5 minutes to crisp up the bacon even more. Don't worry about the cream cheese that falls out of the middle of the chicken. Just scoop it up and put it on top!

Savory “pancakes” made from grated carrots and zucchini, one beaten egg, garlic powder, and paprika, fried in coconut oil.

My favorite primal recipes are these. I take hearts of palm and wrap them in prosciutto. Eat as is or marinate in white wine vinegar, olive oil, thyme and white pepper. I also love to take Gruyere cheese, cream cheese, cooked shrimp (6 oz of each) and 2 tbs old bay. Grind in a food processor and fill mushroom caps. Heat until filling is warm. Delicious!

Mayo: see here - <http://www.theclothesmakethegirl.com/2010/06/03/the-secret-to-homemade-mayo-patience/>

I love to make a **stir fry**. I cut up about half of a cabbage, a couple carrots, a bell pepper, and some onion. Throw them in a pan with some coconut oil and a little salt, not too much because we will be adding soy sauce later, and stir them around, letting them fry up. After a while, I will put a lid on them, to steam them, and soften them up a little quicker. I then stir in whatever meat I have, whether cut up chicken or beef, sometimes I use ground beef because it is so cheap and easy. I then mix up my stir fry sauce, which is about a half cup of tamari (soy sauce), a couple table spoons of red wine vinegar, teaspoon of honey, a little sweet goes along way, teaspoon of roasted sesame oil, garlic, ginger, and something hot, hot sauce or crushed red pepper flakes works great. Toss the sauce in at the end and mix it in real well with the rest of the ingredients. Let this sit and soak up flavors for a little bit. Cooking down the sauce. YUM YUM.

My favorite recipe is **Gluten Free Primal Mexican Buffalo Pizza**: Use a gluten free pizza crust made from mozzarella cheese and eggs which yields a crunchy crust. I put on salsa instead of tomato sauce. Throw on slow roasted buffalo roast as the meat. Put on peppers, onions, garlic, more mozzarella cheese and top it off with home made guacamole. It's the best home made pizza I ever made.

Buffalo burgers with baked tomatoes, veggies (brussels sprouts or asparagus) and a salad. Buy 100% grass-fed ground buffalo (ground from one steak, not a blend of 1,000 different buffaloes. Can be substituted for beef). Shape into burger patties, minimally season with good organic sea salt/Himalayan salt and organic pepper, and maybe some organic ground garlic. Steam organic brussels sprouts or asparagus (can be seasoned the same as the burgers). Slice heirloom tomatoes into medium bite-size chunks, season with organic cold-pressed extra virgin olive oil, same seasoning as burgers, organic basil, mix together and bake for 30-40 min. Organic salad

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with fresh (not processed and bagged/boxed in plastic) produce lettuce (romaine, green-leaf or red-leaf), carrots, celery, cucumbers, radish, bell peppers. Make salad dressing with same burger spices, same baked tomatoes ingredients, organic balsamic vinegar, organic MSG-free dijon mustard (No “spices” ingredient). Enjoy!

Fauxtmeal! I loved oatmeal and missed the emotional connection that I had to it. Fauxtmeal: in a blender/food processor toss 4-5 handfuls raw nuts (I like a mix of pecans, walnuts and almonds with skin), ¼ tsp baking soda, scant ½ tsp cinnamon and blend until as fine as you like (still a little chunky is my fav). Melt 1 Tbsp butter, add to nut mix along with ½ cup nut milk and an egg. Bake at 350 Fahrenheit for 20 min or so, take it out and fluff with a fork. Makes enough for two (it’s filling, believe me) and top with extra fun – more nut milk, berries, I’ve even had it with sautéed sweet onions! It browns so nicely and calls to me with little puffs of nut-scented steam...

I’ve only been primal these 10 days but I have been reading recipes 4 over a year... The **banana ice cream** is unreal. Smooth & creamy just like the real thing — add other fruit and have a different flavor with all the sweetness you need and its easy. Slice a banana and place in freezer until frozen. Put in blender and blend until smooth and dreamy. I added coconut milk, frozen strawberries and a little cocoa. Sweet and satisfying with lots of good nutrition and that fat will just keep your tummy happy!!

My favorite primal recipe is **Roasted Salmon** - so easy a caveman could do it! Take a whole salmon (or section, don’t filet it!), smear it with butter inside and out, sprinkle some salt and pepper inside, place a few slices of lemon and a few cloves of garlic inside as well, then wrap with foil and throw on the grill on medium heat. The skin peels off ever so nice, and the meat comes off the bones just as easily!

Eggs in Purgatory -- I sauté all the lovely greens I can handle, with onions and whatever other veggies strike me, (in coconut oil), smother in leftover homemade tomato sauce, let simmer. And then pop the eggs in little cradled areas of the sauce where they cook away, lovingly surrounded by the veggies and butter and coconut. Delicious.

Made-over Breakfast Sandwich: <http://www.healthyindulgences.net/2008/05/im-lovin-it.html> - follow the recipe exactly, but make quadruple batch and freeze!

Quick “Chili”

- 1.5 to 2.5 lbs of ground meat (I love venison but beef, pork, or even turkey can do well here)
- 1 Medium Vidalia or Spanish Onion cut to taste (I like a fine dice, some people like big honking pieces)
- 1 Cup Peas (optional)
- 1 cup diced Celery
- 1 cup diced Carrot
- 1 cup diced Cauliflower
- 2 Small or 1 large can of Tomato paste (make sure no added sugar)
- 1 Can pureed Tomato with basil. (make sure no added sugar here either)
- 1 tbsp Parsley
- 1 tbsp oregano
- 1 tsp garlic salt
- 1 tsp onion salt
- 1 smidgen pure stevia powder
- Chili Powder and/or Cayenne Powder

Question #7

What is your favorite Primal recipe and how do you make it?

First start the veggies cooking take the celery, onion, carrot and cauliflower and put them in the bottom of a large pot with somewhere around 3 tbsp of your cooking oil of choice (bacon grease or tallow do well here. Begin the vegetables browning, I'd keep the temp around medium for this.

While the vegetables are browning it's time to make the sauce. Pour the can of Pureed tomatoes into a blender and scrape it all in, then add the tomato paste being sure to get it all out of the cans. Then take all of the dry spices (except the chili or cayenne powder) and add them into the blender, give it a light stir with a spoon so that it is incorporated lightly and won't just sploot out when you start the blender running. I like a very smooth sauce so I run the blender for about 4 minutes taking a couple moments to scrape the sides after about two minutes. This sauce is great for spaghetti squash, sausage, anywhere that you'd use a traditional sugary jar sauce.

Now add your ground meat to the pot, turn the temperature up to medium high and keep that ground meat moving around the pan and try to get it to brown evenly, if you're having trouble, turn the heat back down to medium and keep working it. after the meat looks just about done add in as much sauce as you'd like, I usually add the whole can. Now is where you should add your Chilli or Cayenne powder to taste and If you're using frozen peas put them in now as well. Kick the heat a little below medium and as it starts bubbling be sure to keep stirring and really scrape the bottom well so no icky black bits show up! Keep checking taste to make sure that it has the amount of spice you like and adjust as necessary. Once the temperature starts to get to where you'd like to eat it add in those fresh peas if you're using fresh instead of frozen. Keep it going for 4 more minutes and keep it stirring.

You're all set to serve!! I love it in Romaine lettuce as a kind of taco, but you could take a pepper halve it and fill it with chili the contrasting cool crunch of a red bell pepper would go very well against a spiciness. It's also great over fried eggs in the morning if you're looking to start your day with a bit of kick!

KISS! Simple Meat and Veg! I love a BBQ steak and grilled veggie – usually zucchini or asparagus. I use aluminum foil BBQ pans for the asparagus, with the spears tossed in olive oil or coconut oil before putting on the pan and grilling for several minutes. As for the steak – a little oil on the surface and toss on a hot grill. Grill for five or so minutes a side (I like mine medium rare), turn, and grill for another five minutes. As a meat purist, use a good, grass-fed-and-finished cut (rib eye is my choice) and finish with a great salt. I love finishing the steak and veg with some Fleur de Sel, but I always keep a grinder of Pink Himalayan Sea Salt on the table. Or try Murray River salt for a change of pace. Grey Celtic sea salt is a staple, of course.

One of my favorites is basically my solution to **spaghetti**. I realized that I wasn't really missing the noodles, but the sauce. This is a flexible/ loose recipe where you could easily switch out veggies or use what you have on hand. Basically, a spaghetti sauce stew. Great for leftovers or a few nights of meals. Could also be made in a crock pot.

Over medium heat: One onion diced and sauteed in olive oil (or oil of your choice), after the onion is a little translucent add a few cloves of chopped garlic, cook for another minute or two, add 1-2 pounds of ground beef (preferably organic or grass fed) and brown the meat. Once the meat is browned, I add some oregano and Italian seasoning (a little rosemary and basil would also do the trick) and a small dash of hot red pepper flakes. Stir, and add in 2 cups of chopped mushrooms and 2 cups of chopped zucchini. Sometimes, I leave that for the veggies other times I add green pepper and some eggplant. If I have any left over grilled veggies, I chop them up and throw them in as well. Black olives could also be tasty. I sauté all the veggies until slightly tender, then add diced tomatoes (canned or fresh), and some sort of tomato sauce. You could use tomato puree, or tomato paste, a jar of pre made sauce or canned sauce, or homemade sauce. Whatever suits your fancy. Then bring to almost a boil, cover and turn down to a low simmer. Allow to simmer for at least 15 minutes for flavors to meld a bit. Enjoy in a bowl, like a stew or soup. We like to top it with a little crumbled feta cheese or Parmesan.

Question #7

What is your favorite Primal recipe and how do you make it?

I'm not much in the kitchen so my husband does a lot of the cooking and I like simple foods, not things with a lot of sauces and such. I'd have to say my favorite right now would just be a nice **sirloin steak**, marinated in olive oil, worcestershire sauce, garlic, onion powder and lots of pepper, then broiled in the oven.

Pecan scramble - scrambled eggs with pecans, nectarines, cinnamon and applesauce - yum!!!

I make these with **sweet potato puree** for after workouts. Also good (but more sugary) made with banana as a base. They're quick and versatile. Perfect for the busy ninja with a hedonistic tooth.

Chipotle Pork Tenderloin:

- 1 pound pork tenderloin
- 1 cup apple juice
- 3 each ancho chile
- 3 each chipotle chile
- 2 teaspoon adobo sauce
- 3 cloves garlic
- 1 tablespoon olive oil
- 1 teaspoon sugar
- 1 teaspoon ground cumin
- 1 teaspoon dried thyme
- 1/2 teaspoon dried oregano
- 1 teaspoon coarse sea salt

Using a fork, pierce the pork roast all over. Place in a large bowl. In a small sauce pan, bring apple juice and chiles to a boil. Remove from heat and transfer to a blender. Add chipotle chiles, adobo sauce, garlic, olive oil, sugar and seasonings. Puree. Pour marinade over pork. Allow to marinate in refrigerator for at least 6 hours, or overnight. Turn occasionally.

Preheat oven to 350° F. Place pork in roasting pan, baste with half the marinade, reserving the remaining marinade. Cover roast with aluminum foil and bake for 30 minutes. Remove aluminum foil, baste with remaining marinade, and cook, until the internal temperature reads 150°-160°, about another 30 minutes. Remove from oven and let roast rest for 10 minutes before carving.

My favorite Primal recipe is **chicken bacon poppers**. They are so simple and tasty I make huge batches and then save some for later! All you need is a jar of pepperoncinis, a couple chicken breasts, a package of bacon, and some toothpicks. Just cut the tops off the pepperoncinis and gut them. Then cut the chicken into cubes and stuff a piece into each pepper. Then wrap each one in a half a strip of bacon and secure with a toothpick. Then you can fire up the grill or cook them on the stove. So good and so simple.

Mexican Shredded Beef: 2 grass fed chuck roasts, brown them in beef fat. Let rest, add 3 onions to the oil, soften, add a couple of fire roasted Pasilla Chiles, peeled, seeded & chopped, a few cloves of garlic. Sauté another minute or so. Puree a 28 oz can of organic diced tomatoes, add spices (I always used different ones but you can start with 4 tsp each Cumin, chile powder, granulated garlic, and onion powder, 2 tsp each ancho chile powder, pepper, and salt). Pour the tomato mixture into the veggies, add 2 cups broth (I use homemade bone broth) and the meat. Put it into the oven at 325° for 3 - 4 hours or until the meat falls apart. Take the meat out and shred it. Puree the broth left in the pan - add enough broth to the meat. I save the rest of the broth and freeze it for later to use in soup. This beef is great on salad, on it's own, mixed with eggs, the list is endless.

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Buffalo Bacon Burger and Sweet Potato Chips: Burger and bacon on the grill. Thinly chop the sweet potato, splash with olive oil and sea salt. Bake at 450° F for 20 min, watching carefully. If they are too thin they will burn quick.

Steak, but I rarely cook from recipes anymore. Cook enough and what you do in the kitchen becomes automatic. My favorite primal dinner is really simple:

- One big ass steak, seasoned with salt and chili powder
- Baked yellow sweet potato, mashed up with butter, cream, and ginger
- Any kind of vegetable capable of being roasted, seasoned with oil and butter, salt, maybe red pepper flakes

Primal chicken soup: It's incredibly delicious, comforting, and economical to boot. First, you take everything left over from a whole roasted chicken (bones, gristle, etc) and simmer it in a giant stock pot with parsley, whole juniper berries, and a good splash of apple cider vinegar for as long as possible, preferably overnight. The acidic vinegar leaches the calcium and other nutrients from the chicken's bones and makes stock, which can be frozen and used as a base for tons of recipes. Then, add more chicken meat, carrots, potatoes, leeks, greens, mushrooms, or any other combination of ingredients to make *the best chicken soup you have ever had*. It is guaranteed to cure any cold and brighten any dreary winter day.

My favorite primal recipe right now is **primal bangers and mash** (my mum is Irish so I can't give up that dish), however, my version is essentially cauliflower mash with garlic, lots of butter, and onions, then whatever sausage I can get my hands on (I try to get grandma's blood sausage but I have 30 cousins to compete with).

Considering that before going Primal I was eating mostly cereal and macaroni and cheese (if I cooked at all), each and every home cooked meal is an experiment. I am lucky to live in an area where I can purchase almost everything I eat at farmer's market year round, yielding organic locally produced food at every meal.

This summer my favorite dish was **summer squash** out of my sister's garden, sautéed in butter, cinnamon, ginger and a sometimes a dash of cayenne pepper. Add a steak cooked in butter (medium rare), sautéed mushrooms and onions and a small side of horseradish. My family often thought twice about the pasta and rice they were eating. :)

The **Creamed Kale** is my favorite. I eat a lot of kale but had never creamed it until your cookbook. I do it just as the book says except first I slowly cook onions in olive oil. When those are done and sweet I remove them, cook the kale, and then add the onions in at the end. I always use this method for greens and onions so the moisture from the greens doesn't make my onions mushy.

Coconut pecan chocolate treats: Melt 2 bars of 85% Green and Black's Dark Chocolate Bars with 2-3 tbsp of butter. Sprinkle in a few twists of sea salt (I do 4-5 to make it a little saltier... yummmm). Don't let the chocolate and butter boil... But as soon as the last piece of chocolate liquefies, stir in a healthy splash of heavy cream... (about 1/4 cup I would guess... maybe a little less). Add unsweetened coconut flakes and pecans to your heart's content. Spoon and spread out chocolate into flat circles on a cookie sheet covered in parchment paper (brushing a little butter on the paper helps, but isn't necessary). Stick in the freezer for 15-20 minutes... and you have a nice chocolate treat. After they freeze, you can transfer them to a freezer container and keep them handy for situations when you need a little snack but don't have time to cook... or for dessert.

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Primal spaghetti because of it's meaty, hearty sauce and because it's awesome as leftovers. I swap spaghetti squash in for the noodles and I simmer the sauce for at least an hour -- usually 3. When you use all local products, the flavor honestly can't be beaten.

It would have to be my home made **South African style Jerky called Biltong**. All you need is rock salt, coriander seeds, pepper and balsamic vinegar. Leave the meat in the salt for 10 minutes, rinse the salt off with balsamic vinegar, cover the meat slices with the coriander seeds and pepper (Put the coriander seeds in the blender for a bit just so the seeds are not whole but not too fine). Hang the meat up to dry on a clothes line indoors or put in a dehydrator. I start eating it like 12 hours afterwards but it is generally done after about 48 hours when it feels pretty hard. Slice and Enjoy.

I use a Jamie Oliver recipe for **roasted chicken**. I replace the potatoes with sweet potatoes and squash. For the last 45 minutes I will put strips of bacon across the breasts of the chicken to keep the meat juicy and have an added snack.

I absolutely LOVE a good **crock-pot chuck roast**. The secret is to slice it into domino-sized pieces before cooking it on low for 6 hours. It ends up so juicy and tender that I don't need to add a thing!

Balinese suckling pig!

Ingredients:

- 1 suckling pig, weighing about 6-8 kg (13-17 lb)
- 1 1/2 tablespoon salt
- 10 shallots, peeled and sliced
- 6 cloves garlic, peeled and chopped
- 5 cm (2 in) ginger, peeled and chopped
- 15 candle nuts, chopped
- 10 cm (4 in) fresh turmeric, peeled and chopped
- 2 tablespoons coriander seeds, crushed
- 5 cm (2 in) *laos* finely chopped
- 25-30 bird's-eye chillies
- 10 stalks lemon grass, sliced
- 1 tablespoon black peppercorns, crushed
- 1 teaspoon dried shrimp paste, roasted
- 5 fragrant lime leaves, finely shredded
- 2 *salam* leaves
- 2 1/2 tablespoons oil
- 4 tablespoons turmeric water

Ensure the inside of the suckling pig is completely cleaned out. Season inside and outside with salt. Combine all other ingredients, except turmeric water, and mix thoroughly. Fill the inside of the suckling pig with this mixture, close the belly with string or thin satay skewers. Rub the outside of the pig with turmeric water until the skin is shiny yellow. Place the suckling pig on a roasting rack and roast in hot oven (220° C/425° F) for approximately one hour. Rest for 10 minutes in warm place before serving.

When serving, first remove the crisp skin with a strong carving knife, then loosen meat from the bones and cut into even dice or slices. Place a heaped tablespoon of stuffing on each serving plate, then top with meat and skin.

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Avocado egg salad. When I tell people this recipe I usually describe it as such: make egg salad to your liking and then add a chopped up avocado, mix and enjoy. The way I make it: chop up 3-4 hard boiled eggs, add a table-spoon of mayo and a teaspoon of stone ground mustard or olive oil (depending on my mood) and add an avocado. Sprinkle with a little garlic powder and it is good to go.

Pâté: Besides liver and ground pork or beef (or I would use lamb if I had it), I make this up differently every time I make it. I use Julia Child's methods. Don't forget the liqueur! (Seriously, it's a critical ingredient.)

Because I'm a busy full-time mother of a two year old and an eight month old AND a part-time college student I've had to learn to be extra efficient in this regard. The electronic **pressure cooker** has certainly been a helpful tool, giving me the ability to toss in meat and veggies with a tasty sauce and twenty to thirty minutes later emerge with a nutritious meal that tastes like I slaved in the kitchen all day. You'll find that when you keep your pantry, refrigerator, and freezer stocked with good Primal ingredients you don't really need recipes, just your taste buds and some imagination!

Blackened salmon: Heat up a griddle to medium or medium high; add a Tbs or two of coconut oil. Rub the salmon on both sides with oil, then sprinkle lots of 'blackening' spices on both sides. Cook each side for about 3 minutes. Sprinkle some capers and a little juice on it and eat with a nice salad.

Primal ribs! Pork ribs, rubbed with paprika, cayenne, cinnamon and slow cooked for 8 hours. Then basted with a mix of fresh tomatoes, onions, garlic powder, passata (simmered for an hour, then blended). HEAVEN.

Lime Chicken: Pre-heat oven to 400° F. Wash and pat dry a whole chicken. Place breast side down on grill in roasting pan. Pour 1/2 cup lime juice over. Rub inside and out with 1 TBS Kosher salt and ½ tsp pepper. Poke holes in two limes and place inside cavity. Turn oven down to 350° and bake for 15 minutes. Flip over to breast side up and return to oven. Bake until reaches internal temp. for poultry (180° F, I think). Remove from oven, cover with foil and let stand 15 minutes before carving. Pour some pan drippings over for extra flavor.

Hearts A-Fire:

Ingredients:

- hearts, rough chopped to about the size of stew beef
- onion, sliced or chopped
- garlic, tons of whole cloves
- chipotle peppers in adobo sauce (lots)
- broth or bone-broth gelatin

In a slow cooker, layer the onions, heart, and garlic. Pour the chipotle pepper sauce over everything. If or as desired, add broth. Cook on low until onions are delicious, adding broth/gelatin if needed. Enjoy

QUESTION #8

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I haven't done too much working out, but twice a week (with two days of rest in between) I do about 100 50-pound **kettle bell swings** and about 30 **knee push ups**. Those are the totals, which I break up into three different sets (40 kbs, 10 pushups, 30 kbs, 10 pu, 30 kbs, 10 pu). I have worked up to doing that much, a number of months ago the numbers were lower. Even with this minimal routine I have seen some great results.

I love **walking**. We live in Florida, and there are a lot of nature trails around. Long walks on the beach are even better!

I love to go out and run with our pigs. They also love it - and they are really fast. Makes for quite a challenge. Pigs are a lot like dogs, you know. They love to play tug of war with rope, too. It is a lot of fun, as well as great exercise for me and for them! We enjoy our morning and evening **sprints** every day.

I love taking the **WOW challenges**. Pushing my car is my favorite of those. Otherwise I enjoy climbing, swimming, walking, and playing. Walking is my favorite.

My favorite part of the Primal workout is the **PLAY TIME!!!** I love playing indoor soccer and I'm learning how to do hip hop dancing! It's so fun, I don't even realize I'm sweating!

I just gave up running. I gave myself a week off from exercise to decide what to do about it and that turned into a month. I just added back in daily yoga (a few days a week I do yoga for a good hour and love it). I am now adding back in weights and sprints (love these) but my old routine is gone and I'm lost. I have been doing a lot more of just good old fashioned house work like hand mopping the floors, moving more furniture when vacuuming and a lot LOT more playing with the kids (Frisbee especially).

My favorite workout is **sprint-day**. I've pulled back a bit while I adapt better to the diet, but I can't wait to get back to them. I don't get caught up in the formality of timing myself. Instead, I take my dog out to a field or a sandy shore, and just sprint away. I love the rush and freedom of it---feel like a kid just running around for the fun of it again! Which I am!!! Of course Bella, my dog, thinks it is all a game for her. She always wins, too.

Dancing. I turn on the radio with the kids and we dance to anything that comes on. If it's a slow song: the rule is to just keep moving until a fast song comes on again. I usually pick one of the kids up and dance for awhile and rotate through them until the next fast song comes on. That way I'm lifting, spinning and twirling 20-30 lbs while I'm moving. We do this 5 days a week for 20-30 min. We love it!

Put my son in his stroller, grab my dog, and walk the hilliest route I can think of. I'll stop at benches along the way to do **push-ups, squats, lunges, and rows with my a resistance band**.

I like to turn sports into opportunities to **sprint**. For some sports, sprinting is implicit (soccer, basketball). However, I like to play baseball, where standing around is common. But any time a ball comes anywhere near me, I sprint to it, regardless of whether it's in the air or on the ground.

We **walk with nordic trekking poles** ([see here](#)) which give the upper back, posterior deltoids, and triceps as much of a workout as you care to give them, from negligible to hyper-intense. We typically do a Google Earth measured 3 miles in less than an hour which is approximately equivalent to a 4+ mile per hour power walk on pavement.

Question #8

What is your favorite Primal workout and how do you do it?

Walking barefoot in yielding, unstable sand for several hours a week produces strength and flexibility in feet and ankles that no other exercise I know of can match. The energy absorbing property of soft sand requires a lot more muscular force than walking on a firm surface but, at the same time, virtually eliminates impact shock to joints.

Walking. Even before I went primal, I use to comment how I could barely run to save my life, but I could walk forever. Now, instead of being ashamed that I'm not pounding the pavement for 5 miles a day, I relish simple walks around my city and neighborhood. I take the time to focus on how my legs are moving, how my muscles are engaging to keep me upright and balanced, and how my (VFF-clad) feet feel when they trod the ground. Most importantly, I allow myself to take the time to take in views, look in shop windows, admire interesting gardens, and just be in the moment more.

Sprint occasionally. We walk a couple minutes then run as fast as we can as long as we can but less than 30 seconds; walk to recover our breath then go again for 5-6 sets. It's very vigorous.

My favorite Primal workout is **chasing my dog** around the house for 30 or 40 minutes at a time.

At this point, I'm just getting started on Primal Fitness. So, all I've really done that's primal is to walk around the neighborhood. My three-year-old daughter is just learning to ride her bicycle so I walk with her. I live in west Texas, and it is very very very flat here. There are no hills, and the only trees are the ones planted people's front yards. So, all the suggestions I've read about going on a hike... they just don't seem possible here. Also, this summer it was over 100 degrees most of the time. So – I am reading the primal fitness book now, and I want to start working on the essential movements at the gym. I recently bought a jump rope because it is something that I can do quickly around the house when I've got a spare 10 minutes – and 10 minutes is plenty when your are jumping rope! I also had a friend recently teach me how to use the TRX at the gym... not sure if that counts as primal but it seems a lot more fun to me than the circuit of weight machines.

Slow jogging with barefoot sandals from Barefoot Ted. Pose Running has really helped me to do this.

I have three favorites: **sledgehammer training**; **power lifting** with assistance exercises in the Leangains style; and **bodyweight exercises**. My most enjoyable workout is on the "tarzan rings" just south of the Santa Monica Pier. After years of envying the acrobats flying around on those, I'm actually one of them! I love hiking (move frequently at a slow pace). I live near Joshua Tree National Park so I have miles of trails to hike on and rocks to jump around on and climb.

5 rounds of 3 mins, **AMRAP clean, front squat, push press complex**. I like the flow from one movement to the next.

Walking, seriously, at the lake, through the mud; and rocks, collect large rocks for herb garden.

My most favorite primal workout is **hiking or trail running** in the mountains. It allows me to be outdoors in the sunshine, breathing fresh air, and enjoying the company of my lovely fiancé, while at the same time getting an awesome workout. For resistance workouts, I love doing a quick 30-40 minute session of pull-ups, pushups, kettle bell swings, overhead and bench presses, and squats. I typically just get creative with the fundamental primal movements and scribble down a circuit on a scrap of paper before each workout so I have a plan. I also like to mix and match my favorite moves from Mark's WOW (Workout Of the Week) posts when I'm running out of

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ideas. The key for me is to keep it interesting by not sticking to any kind of regimented schedule (I used to be a workout DVD junkie and hated always having a schedule to stick to, regardless of what my body felt up to).

100 **push-ups** as fast as I can do them. I use a timer to make it interesting. I can take breaks, but the clock keeps going until I finish the last push up. My current best time is 4:52. For only taking 5 minutes, it's a heck of a workout.

I love my **lake laps** that I do on my lunch break at work. I use all sorts of obstacles to create an interesting workout. From doing sprints up hills, to climbing trees, traversing the brick wall (builds up my climbing strength), pull-ups off of tree branches, and doing "box" jumps off the stone wall it is WAY more fun than being trapped inside on that stupid treadmill.

Barefoot running to the jungle gym near my house. Chin-ups on the bar, upside down hanging on the bar from my bent knees or from my "crunched" waist, planks and pushups on the parallel bars, climbing above the monkey bars on all fours.

From my house to my work is about a mile. At work, we have all the accessories for a CrossFit gym (big tractor tires). I will jog to work then alternate **tire flips, dragging the tire, and hitting the tire with a sledge**. I'll flip 10 times, drag the tire back to the starting point, then spank the tire with the hammer 10 times. I like to do 5 rounds for time. After, I'll stow the equip, let my heart rate come down some and jog home. I also like to train with my Garmin Fore-runner, and do my work in a specific heart-rate range. Before I had a heart-rate monitor, I was pushing WAY too hard. Having the heart-rate keeps me honest, but keeps me within my limits.

I **play with my kids**. Getting up and moving around at the park - soccer, t-ball, catch, whatever they want. Find a big park area and just PLAY. Run. Jump. They get it - honestly I think they helped me "get it" too. I'm now far away from the days of the mom that just watched. It's AWESOME! Plus, it brought my kids and I closer.

For time, this work-out will only take about 20 minutes to complete and is extremely intense!

- 25 walking lunges
- 50 box jumps
- 25 pull-ups
- 30 triceps dips
- 30 kettle bell swings
- 25 cleans
- 25 thrusters
- 30 back extensions
- 30 sit-ups
- 30 knees to chest
- 25 wall balls
- sprint 400 meters

I love **dancing**! I've been a swing and blues dancers for many years, and it's still my favorite way to get moving. Conveniently, fast swing dancing is pretty intense and only lasts 3-5 min at a time (1 song). And blues and slower swing dancing are slower, so it's a good way to keep moving and have fun, without over-straining and injuring yourself.

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Turkish Get-Ups, with a 20-lb kettlebell.

Weekend sprints! Sunday mornings, at the beach or the park... I like to say that IF NATURE IS MY RELIGION, SUNDAY SPRINTS ARE LIKE GOING TO CHURCH!

With the primal workouts I try to follow exactly the **WOW**, but I love **burpees** or some other types of Tabata sprints seeing as I have trouble running.

My favorite workout is one that we do once or twice a week. It is a circuit done in our back yard, involving flipping a 400 lb tractor tire, **sprinting** the length of the yard (about 75 yards), **climbing** the 25-foot section of 3-inch (yes, 3-inch thick) rope, doing walking lunges back across the yard, doing some variation of pushup, and then either barbell shoulder presses or dumbbell/barbell snatches. And occasionally we break out the focus mitts and throw some punches somewhere in there. We typically go through the circuit anywhere from 5-10 times.

I will do **squats, pull-ups, planks, pushups, and jack-knives** often while watching TV or in the yard with the kids (they think it's hilarious, but love that I "play" more than the other dads). I alternate my sprints (sometimes on foot, sometimes bike, and sometimes in the water), but always 15 minutes pausing only to catch my breath.

Ever since becoming Primal, I'd have to say my favorite workouts consist of getting things done. Cleaning the garage, carrying heavy boxes/logs etc, and also **climbing trees**. BUT, for a more conventional answer, I'd have to go with **uphill sprints**. The burn you feel during those is intense and quite satisfying! It takes a little while not to be daunted by the task, but once you do it you feel your whole body pulsating!

My favorite primal workout is **hiking** in the woods with my dog then I suddenly sprint in the opposite direction from him pretending that if he catches me I'm his food. When he passes me then I pretend he's my food and try to chase him down. It's great fun for both of us!

My favorite Primal workout is called, **Junk In Your Trunk** that I do at the local high school football field. It's a circuit involving kettlebell snatches and swings, sprints, backwards tire drag, sledgehammer slams, and tractor tire flips. (A light truck tire and harness, kettlebell, and sledgehammer are always in the truck of my car!).

I love **shoveling dirt and carrying rocks!** Any physical task outdoors that needs doing. I often volunteer to do those tasks for my much younger neighbors. It feels good.

The **W.O.W.** where you do as many reps as possible in 5 minutes of Body Squats, 5 min of Chin ups, and 5 min of push-ups is my favorite. Great, great muscle fatigue is reached in a very short amount of time. Great muscle pump too. I love trying to beat the last workout, even if it's just by one rep!

My favorite Primal workout is **YOGA!** I belong to myyogaonline.com and can do a session any time of the day or night and at my own level and timing. I've turned a lot of people onto this site, for beginners and advanced levels, they even have belly dancing! How fun is that! When I travel it's right there at my disposal to use so I don't miss a workout. Another thing I enjoy is working in my yard, raking and weeding. Being in nature feeds my soul like nothing else.

Squats; Double up on my body weight and go until exhaustion. It shocks your body which is precisely what I need.

Question #8

What is your favorite Primal workout and how do you do it?

I modify Mark's **body weight exercises** so I can do them at the playground of the school I work for. There are rings that are low to the ground, so I can do a modified pull up, there are places to do my push ups and planks, I do the overhead press off of one of the steps to the play structure, I'll use one of the ladders to steady me and a squat, and as a break between sets, sometimes I swing on the swings, just because it's FUN!

Sprints. Really, really hate to run... I've ran marathons, triathlons, used to jog all the time... but never really enjoyed it, and it never seemed to help me get in better shape. Sprinting makes me feel healthy... lungs expand, heart pumps, legs get stronger over time and can take the load... and take it faster and faster! I will take a light jog to the park, or my favorite spot... a long, dead-end pathway between two large buildings about 120 yards long. I sprint as hard as I can down the lane, then jog back. Brief rest, re-do. Depending on how I'm feeling I'll do 10-15 reps. I also use a stopwatch to make sure I'm not slacking off on each sprint and hit a similar time.

Sprints with the kiddos in the backyard (red light, green light and furious bouts of duck duck goose) and weights at the gym or at my house during cardio intervals.

This may be funny, because I'm not good at it yet, but I love my **over-the-door chin up bar**. When I first got it I was so excited. I grabbed hold, tensed my abs and yanked myself up. Well, up a few centimeters. Holy spaghetti arms batman! I was a total weakling and I don't know when that happen.

So now every time I go through that door I pause and attempt to pull myself up. Sometimes I just hang there like a monkey for a minute. I do see progress. Not a full clean chin up, but progress. I like the challenge and feeling my muscles all tensed up holding my weight. Plus I don't know many chicks with chin up bars and my boyfriend thinks it's pretty hot that I have it too. :)

I like to do the **headstand, shoulder press** work out. First off because it is a great shoulder work out and even ab work out (if you tighten abs while doing exercise). Secondly, because I NEVER see anyone else do it at the gym and a teeny, tiny part of me likes to show off!!

My favorite WOW involves **carrying a sandbag** and carrying over my shoulder like a dead animal I just hunted. It is a different kind of full body exercise, and gives me a great opportunity to walk barefoot in the grass. A few of the 10 Primal Rules are involved on that one.

I **walk** a minimum of 45 minutes almost every day along with **50 crunches and 30 crunches**. When I have time I will do some work with weights; however I'm restricted due to a shoulder problem.

I feel like working really hard in my garden and yard is my favorite "workout". I **move rocks and huge bags of dirt**, and shovel compost, and break things with my hands, and kneel and squat and pull and push. I'm in the sun and the dirt, and I swig water from the hose, and I chew on my garden for a treat.

A four move **kettlebell circuit** consisting of: 1 minute 2 handed swing, 20 high pulls, 20 snatches, and 15 sumo squat into shoulder press. Then 20 barbell torques (both sides of course) and a one minute hand stand. Repeat the whole thing as many times as it takes to fill an hour.

My favorite thing to do is go for a **walk** with my daughter, and at any given time one of us can shout 'go!' And we sprint as fast as we can for as long as we can... Which is usually followed with a good laugh. It's really fun for both of us.

Question #8

What is your favorite Primal workout and how do you do it?

Walking with my slosh tube is my most used Primal workout.

30 minutes of **weights** targeting major muscle groups - a class I do every Wednesday night. We do a lot using a bosu which adds the core strength training as added bonus.

Now living in Florida working out has been challenging from June – Sept. as the humidity is disgusting. (I was born and raised in Southern California). However, I have been tagging along with a friend to the gym lately and spend about 12–20 minutes doing 30 seconds full on speed/90 seconds cool down on the Elliptical. **Yoga** on Fridays. Bike riding. A few attempts at pushups during the week.

I work on the 10th floor of a building so my favorite workout is to **run those stairs** as fast as I can for 10 minutes with rests in between. I do this after work. It will hurt so good, but there is no excuse to not do it.

Pull ups. A year ago, it was hopeless, but I started with pull-up negatives, then had a friend assist with a regular pull up. Now I can do them myself. I also like **rock climbing**... it's the first sport I've done that actually makes me competitive.

Going for all-day **hikes** in the Shenandoah mountains with my dad. We are volunteers for the Potomac Appalachian Trail Club, so hiking usually involved carrying trail tools in case we need to clear out a fallen tree or anything else from the trail.

I love **lifting heavy things**, although as someone who tends naturally toward skinny-fat, I do traditional weight training in the gym with the machines to help maintain my form. I have tried lots of body weight exercises, low reps and high weight exercises, and big full-body-movement exercises without getting the results I want. So traditional weight training it is. As for cardio, though, going Primal has totally changed my concept of cardio. I love doing body weight intervals, like squat-thrust intervals or kettlebell swings. Occasionally I like to sprint, but it doesn't wipe me out nearly as much as 10 minutes of 30-second squat-thrusts. Those, kettlebell swings, and jump rope are the best! Especially because jump rope almost feels like playing.

Gekko Walk to sprints. I conduct a gekko walk for ~10m (push up position slowly moving forward with alternate arms/legs with a low arse – like a gekko). Then I begin to monkey run (hand and feet as fast as I can) then breaking into a flat out sprint for 50m. I feel it replicates a practical hunt, staying low and stalking into a scramble to get up then into a flat out sprint. It is also a good way to feel how we evolved over millions of years in mere seconds.

My favorite Primal workout is using the rebounder for **sprints**. I have trouble with my knees and alternate running in place as fast as I can, lifting knees high, and doing jumping jacks really fast, engaging back muscles during arm movements.

Body weight circuit training for ten minutes. Quick and easy but effective.

I go to a boot camp class, which uses mostly **body weight exercises** like planks, pushups, dips, squats plus sand-bags and weights. I love the structure of going to a class. It helps with discipline!

Question #8

What is your favorite Primal workout and how do you do it?

Rock thrusters and table hops. 20 rock thrusters and 15 table hops is one round. Do five rounds as fast as possible. A rock thruster is where you hold a rock in each hand with the palms facing up and next to your ears, much like a waiter would carry something. You then squat down as low as you can go and come up. The instant your body is standing straight up again, press the rocks overhead until your elbows are locked out. Bring the rocks down to your ears and repeat the entire squat/press movement. A table hop is where you step up on the seat of a picnic table, step up on the table top itself, down to the other seat, then both feet touch the ground. Repeat. The idea is to get as fast and athletic with this as you like. Maybe plant the hands on the top and swing your feet up and over?

I'm a neophyte: The **push-up/chin-up/squat/overhead/plank** recipe from your site, 2-3 times a week. I get up from my desk, close the office door, get out of my clothes, and do.

I am not that far along when it comes to my fitness, but this is what I do. **Box jumps** on my steps (I can't jump that high yet), door frame push-ups, plank, and squats. I also love to ride my bike on days that I am not doing body weight exercises.

Just **walking, running and climbing** in the bush. Ducking, weaving under branches, climbing trees/rocks sometimes bare feet which really tests how light you are on your feet and helps you notice the terrain a lot more.

I do CrossFit on a daily basis, but **mud runs and warrior dashes** are some of my favorites! I also love highland games with Scottish barbarian-type events--tug o' wars, stone throws and the like.

My workout is mainly **living**: gardening, walking, sometimes go for a sprint/walk, play with grandchildren, push ups, kick boxing, and do some pull ups in the basement.

I Have two: **Hill sprints** - usually 10-12 up a reasonably steep hill every 2.5 - 3 mins depending on how long the hill is usually about 30 sec sprints. Brutal but great - its a love hate relationship.

Interval body weight: I would do two set with 2-3 activities for 3 rounds a piece and finish with tabata workout always include upper middle and lower body.

Moving my cows - you never know what's going to happen and sometimes your adrenals really get going and sometimes there's a bit of dodge like in football.

Snowshoeing! I LOVE getting out in the fresh air and sunshine in the winter but you have to move! Once you are moving, headed upwards you warm up and can strip down. It feels so good to the skin to get fresh air and sunshine in the winter when we spend too much time inside and covered up.

All there is to it is to get a pair of snowshoes, pack a lunch and head out. Take the dog or a friend for even more fun. Don't forget to let someone know where you are going and when you'll be back and head out. Strap on your shoes and head up the nearest hiking trail or unplowed road. One foot and then the other.

Splitting wood. Intense work. Other wise Mark's basic workout with some yoga mixed in.

I love **lifting heavy things**, as well as trying to beat up my boyfriend (he wins... all the time...). I pretty much lift anything I can get my hands on.

Question #8

What is your favorite Primal workout and how do you do it?

With my kids: Supine Bridge, Bird Dog, Kettlebell Swings, Mountain Climbers, Incline Pushups (with 40-lb child on my back).

I do not really have a favorite Primal workout, but I do have a Primal inspired activity that I do when I can. I love to go **hiking/camping**, but when I do I usually find an area with tons of massive rocks and I like to run all over them. It's like parkour, but on some rocks and I use my legs and arms to bounce around like an infant in one of those bouncy chairs

I go to my local park for **hill sprints** on Saturday mornings. 20 seconds sprint up hill, 40 seconds jog downhill to recover, repeat 8 times. Afterwards I sit in the sun on top of the hill and feel amazing.

After years of damage from arthritis, I'm mostly limited to **yoga and walking**. But I do them religiously and I look ten years younger than my age.

Warm up, swim or run or bike for 5 minutes, sprint hard for 20 seconds, rest for 10, repeat 8 times. Rest and do again for another set or 2.

The workout that makes me feel most Primal is **sledgehammer slams**. I sometimes do them in Tabata format (20 seconds of slamming with 10 seconds of rest, repeated 8 times). I switch arms after each round. Ideally, you would have a large tire to smash, but a patch of ground also works.

I work with a trainer who is focusing on strength. Dead lifts, squats, bench, pull ups, etc. I couldn't do 1 pull 4 months ago, I can now do 8 on my own without assistance. I will do an intense sprint/cardio day and try to get in at least 2 days of lower level exercise. Usually the bike.

I like the "**long, slow**" **movements** best and I enjoy them so much I sometimes also classify them as "play." I'll paddle my kayak down the river for several hours. Or hike beautiful state park paths. Or ride my bike to take care of an errand. Or even just meander around my neighborhood for long, slow strolls. So easy, so leisurely, so good! I find the restful pace and the long amount of time just moving to be powerfully restorative!

My favorite primal workout is **splitting firewood**. I feel like rolling, lifting, wheel-barrowing, splitting and stacking wood is an unbelievable workout and it is very functional as well with our cold new England winters.

I've gotten very creative over the past couple of months. Little ones like to be lifted up high, held, carried, chased, and played with. I chase my 18 month old nephew around the house, then we head outside as often as possible to **play** some more. He has a broken-down Power Wheel Jeep that I've tied a rope to so that I can pull it. Sometimes I pretend it's a sled and I push it across the backyard with him on it. He thinks he's driving and we both have a blast. We also go local playgrounds quite often, where I'm constantly lifting, pushing, chasing, climbing, hanging and just being silly with him. I've come up with my own version of MovNat routines that I do with him at the playground. I've gotten some weird looks from other adults, but I'm getting fit and having fun with my little guy, so I don't care.

Push-ups, and I try to do them as many different ways as I can. Walking, clapping, using dumbbells to balance on, elevated ... heck, I'd even try singing if I wasn't busy holding my breath. When you are overweight, push-ups are that much more effective because you are moving more than your natural body weight.

Question #8

What is your favorite Primal workout and how do you do it?

My favorite primal workout is running around with the medicine ball. It is literally that simple. I have a ten pound medicine ball, that I will run around with in a field by my house. I will toss it up in the air, from one hand to the other. Then bringing my arms back behind my head and throwing it up and catching it in front of me going into a squat. I will throw it behind my back and catch it. I will throw a body twist into it by starting at the ground on one side of my body, and launching the ball away from me in a diagonal motion with as much force as I can muster, then run and grab it and do it from the other side. It is just so much fun to juggle this ball around, and quite a work out too, if you get out there and give it your all, your going feel it the next day. Try it with a friend too. We like to turn it into a game where you have to jump in the air, catch the ball, and throw it back before you hit the ground. If you drop it, that's a point for the other guy. Go to 21, yeah, you may have trouble lifting your arms after this one.

My favorite workout is... **Parkour**. Parkour is the physical discipline of training to overcome any obstacle within one's path by adapting one's movements to the environment. Parkour requires consistent, disciplined training with an emphasis on functional strength, physical conditioning, balance, creativity, fluidity, control, precision, spatial awareness, and looking beyond the traditional use of objects.

The **Grok Hang**, chin-ups, pull-ups, swinging around... I have a chin-up bar in my kitchen (just a big hunk of industrial pipe sticking out of the wall - it's awesome) that I kill time on while waiting for water to boil.

Walking. 3 times a week I grab a friend right after school drop-off and we walk steep hills for an hour near my house. Meets exercise and social goals.

Right now I am all about the **Kettlebell**. It has high intensity that I like. It makes me feel like I've really freaking accomplished something. I can do about three minutes of squats with a 35-lb weight and I feel amazing (and wracked) afterwards.

Recently I've been trying Scott Sonnon's **Tacfit Commando**. The marketing for it is pretty cheesy, but it's a very good bodyweight workout centered around Tabata intervals, and it encourages flexibility and joint mobility.

Planks are my favorite. I do a basic plank: push-up position, on my forearms and toes, hold for one minute. Then 45-60 sec hold for side planks. I usually try to dip my hip to the floor and back up for most of the time during side planks.

My favorite primal workout is **yoga**, if that counts. I love, love, love yoga. I find it pretty primal because it's all about what's right for your body, and all of the strengthening is done using your own body weight. Plus, the giddy high I get after every class is amazing. Oh, and I'm pretty crazy flexible now.

I've just purchased a new workout toy – a **Cellercisor Rebounder**. I remembered that as a child, I love the trampoline and I loved jumping and moving fast. Now I have a mini-tramp in my living room and I can play while I watch TV. I'm starting out easy with just a few minutes three to five times a day, but there are many workout options – or I can just bounce and be happy!

We just went camping this weekend, and brought a body board. Put my 50 lb 5-year old on the board in shallow water and skimmed him down the beach, racing the other kids and parents. It was a killer weighted sprint workout!

Question #8

What is your favorite Primal workout and how do you do it?

Walking a lot now and trying keep the car in the garage on the weekends... Walking even when driving might be more convenient...

I love to do **sprints** with my dog. It utilizes the same time I'd be walking him anyway, he gets to enjoy the benefits of the extra exercise, and it gives us a chance to play together. It's nothing crazy regimented or anything, just alternating between running and walking, with random little interstitials like chasing each other around a tree, weaving around parking meters, etc. He helps motivate me in a way that I don't get when I'm alone.

My favorite primal workout is **dancing**! Sometimes I do it by going to a Zumba class at my gym, we dance to salsa and merengue music and I love the feeling of moving to the music and just letting go for an hour to have fun. It feels like a party. I dance at home quite a bit too, I put my music on after dinner while I am cleaning up and have a little dance party with my kids. It really is fun and makes me feel free.

Primal Poker, one of the WOW's. Using a deck of cards, assign one exercise to each suit:

- Hearts are Pushups
- Diamonds are Pull-ups
- Clubs are Squats
- Spades are Planks

Basically, you draw a card and do how many reps as the number on the card based on the suit that it is. Face cards are 11 and Ace's are 12. Joker's are 10 burpees. You have a different workout each time and you can rest more or less dependent on what kind of metcon workout you want. It's great!

Walk to the park, and do a less aerobically intense version of tacfit commando exercise workout, which involves lots of different body weight exercises and movements challenging my muscles core and coordination, it feels very refreshing and only takes about 20 minutes, throw in The Barbell Lug-A-Long. I have one of those massive barbells that weighs like 50 lbs and is about 7 ft long. I carry, push, drag this thing around the house whenever I want to simulate carrying something heavy (and awkward to boot). Some chinups on the bar of a soccer goal and if I feel up to it a couple of sprints and I'm done.

A 20-30 minute **hike** up the steep grades in the nearby hills followed by a good stretch and a few sets of squats and push-ups.

All my workouts are primal, as I supplement training and teaching **Brazilian Jiu Jitsu with heavy lifting workouts** built around either squats, deadlifts, or snatches, as well as sprints (HIIT). Brazilian Jiu Jitsu also fulfills the PB Rule about Play, so it makes up probably 75% of my dedicatedly physical habits. When I have extra time and energy, I put my FiveFingers on and hit the trail for a free play workout. (I swear the 1-person game of "dodgerock" will catch on soon. You throw a rock up a hill as high as you can and try not to get hit in the feet when it rolls back down).

I've done **martial arts** for almost 20 years, and nothing beats a good round of kicking, punching, forms, rolling, sparring, and grappling. Most classes are punctuated with lots of laughter (Play!) and I'm constantly learning new things (use your brain). The pace varies from intense workouts to easy going nights where I hardly break a sweat.

I'll name this one "**2 birds 1 Stone**". It doesn't involve any birds or any stones, but it does manage to achieve two

Question #8

What is your favorite Primal workout and how do you do it?

things at once. Great for dog owners. I manage to work my abs, legs, and cardio vascular system, and play with the dog at once. Its a circuit of 4-5 rounds, performing each exercise for the proposed reps in order, resting, then repeating another round. 20 body weight squats, 10-15 Hanging Knee Raises, 20-30 bicycle crunches, then chase the dog around the yard for 2 minutes. Keep your agility high, jumping and skipping left and right and don't let the dog get away. I find it pretty damn hard to catch "Yella" my 6 month of Kelpie/Ridgeback, and this pushes my heart rate nice and high to really test the cardiovascular system.

Get a whole bunch of **heavy stuff** (plates, sandbags, medicine balls, atlas stones, heavy bags, Barbells etc) until you have around 500 lbs or whatever you feel comfortable with. Dump it at one end of a track/field/hallway and get it all to the other end as fast as possible. You cant get more functional than moving a bunch of stuff from point A to B.

I play floor hockey and am constantly **sprinting** and then recovering over the duration of 1 hour/week. It is much more fun than running on its own.

LIFTING HEAVY THINGS!!! I have no idea why so many women are freaked out about weight lifting. I love it! It affords me so much influence over the shape of my body. Once again, for the sake of efficiency due to my busy schedule, the gym is my best option. I lift weights three times a week - heavy and intense, different body parts each time so there's tons of recovery time - and I'm out of there in about thirty minutes. Perfection!

I used to get a little upset with my husband (who does most of the cooking) because he would always seem to use the heaviest pots and pans we own. As it turns out having the extra heavy pot and pans to wash contributes to my lifting of heavy things! I then take the next step to make sure I squat when I'm drying them off and putting them away!

I have started a **ballet workout**. I also am looking at a program called the Daily Method. It involves Ballet, Yoga and Pilates. I am 52 and wanted something not too hard and something I could enjoy. Actually, the workout is a pretty good workout, but it is something I can work up to. Ballet works a lot of your in between muscles. It is good for stretching, core work, balance and muscle tone.

Combining Planks and push ups. I so the standard two hand plank (30-45sec), then 5 push ups, the sixth one I turn into an updog for a stretch, then a couple more stretches on the way to standing. Then I do a side, one hand plank, then 5 push ups, the few stretches and then the other side plank then 5 push ups and a few stretches and then back to standing up.

I'm a big fan of workouts that require minimal space/equipment, hit the major primal functions, and allow me to take advantage of the conditioning side of things if I do desire. My favorite workout is 10 supersets of 10 **burpees** (with full pushup and squat jump) and 10 kettlebell snatches (changing sides with each set). It covers pressing with the pushup, legs with the squat, hip mobility and pulling with the snatches, and core engagement all around. Plus, the metabolic benefits are outstanding!

QUESTION #9

What is your best dining-out tip?

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Do not try to eat things you do not like just because you think they are healthy. If you do not like salmon then do not order it. Eating things you do not prefer, will lead to regression and failure. Always pick a dish you like and then just adjust it a little bit.

Just because they serve you bread, you don't have to eat it.

Find places that make a big ass salad and don't charge an arm and a leg for it. Bunless burgers are good, but when you have to omit the fries, it gets a little pricey. Give me a big Cobb salad any day.

Be assertive, and nice. I always joke and am self deprecating with servers because I used to be one. Since I actually can't have gluten in any of my food, I'm super specific but also flexible. If they don't have broccoli, I take the peas. If they don't have peas, I pass on the side dish altogether. AS long as they can grill me up a piece of meat or fish sans grains, I'm usually a happy cavelady.

Get a salad or eat Thai curry dishes. Don't worry about the crappy dressing or cooking oil, you can fix this with some omega 3 pills later and then you don't even have to stress.

Can't go wrong with Steak and Veggies & Salads with Oil and Vinegar.

Keep it simple. If you can't see all of the ingredients on the plate, it's probably not primal.

Dining out is supposed to be fun so enjoy the company don't worry about ordering primal if there aren't options.

Oh, dinning out... We don't do that often but I just order meat/veggies hold the bread and potato.

Always ask to substitute French fries, pasta, whatever for vegetables. Sometimes it costs more. If you can afford to eat out, you can afford a couple bucks for some veggies.

If you are at all involved in choosing where you will be dining out, go online and find a menu beforehand! This way, you can choose a place that has Primal options, and you'll know what to stick to. And don't be afraid to ask for little changes in your dish.

Realize that you probably wont be perfect in your choices/options but do the best with what's available.

Tell the waitstaff you're allergic to grains. They're pretty much always willing to accommodate a food allergy. Also, nearly everywhere will substitute a side of mixed vegetables for any other side (rice, etc.)

I look for things like fish filets with non-starchy veggies on the side.

There's always something that will work. In most cases, you aren't going to find the perfect match for what you would normally cook at home. The key here is to do the best you can. They may cook in bad oils, they may put an ingredient or two that doesn't fit with your diet – but it's better than going the extreme opposite, and just eating whatever. Protip: I always go with a Cobb salad when I can, they are delicious, and usually pretty consistent wherever you go.

Question #9

What is your best dining-out tip?

Meat & veggies, the simplest preparation available. Don't overlook the salads, they often are the best deal. Don't go cheap, usually the real food costs a bit more - but it's more fun to share.

Don't be afraid to ask the staff about the ingredients they use. You may be getting a steak or chicken but it may be cooked in canola oil or it may have brown sugar in the spices or something of that sort. Another good tip is to tell them you have gluten allergies (Even if you don't).

Know where you are going, and if you can know what you want before you get there. This speeds up the time that the food can get to you and gives you less time wanting to grab those chips and salsa, or bread with random butters and dips. Plus it keeps you from ordering that non-primal dish that you find.

Mexican restaurants, no rice and beans, substitute for side salad/guacamole.

Don't freak out, especially if it's only an occasional thing, just read the menu front to back, pick something with lots of meat and say "Can I sub the baked potato for extra broccoli?"

Say you're allergic to gluten. It makes things go smoother, if you have other requests, such as replacing bread with veggies.

My best dining out tip follows one of your rules in the guide to restaurants – treat it as a TREAT. I usually know in advance when I am going out to dinner (because it tends to be rarely, since I enjoy preparing my own healthy food and knowing what I am putting into my body) so I can usually use the dining out as my treat. I will nibble on a piece of bread before dinner, and maybe even have a glass of wine or dessert. I try not to feel guilty because I know the majority of my meals are full of good nutrition, so I can really savor the flavors of my special night out. Also, don't waste this meal on a crappy dinner out (chain restaurant). If you're going to approach dining out as a treat, go somewhere that serves DELICIOUS food, not somewhere that will leave you thinking, "I could have made that better at home and for less cost." This doesn't necessarily have to be the most expensive restaurant in your area. It could be the local food truck for a \$4 empanada, just make sure it is something you can truly savor.

Most places will accomodate you. Ask for no bread, double the veggies (in place of fries), food to be cooked in butter vs margarine. Look at the menu ahead of time and decide what you want before you get hungry. If you're going out to a really nice place that is known for a particular type of food that's not primal, splurge every now and again.

There are lots of decent Primal options when dining out, don't be afraid to ask for a little bit of a custom order in order to satisfy your Primal needs.

It is usually not a problem, many times they're are options that are perfectly primal. For example, my friends and I had a Mexican themed dinner the other night. You may think how can you have a Primal meal with all the rice, beans, and tortillas. Nonsense. It was great! I grabbed a plate skipped the tortilla break and went straight for the meat and chicken. Afterwards I loaded up on tomatoes and peppers on top of my meat and then added some cheese, fresh guacamole, hot salsa and sour cream. It was heavenly and while everyone was stuffed and tired after their meal I was feeling satisfied and full of energy. All you have to do is be creative.

Order the barbacoa bowl from chipotle. Yum.

Question #9

What is your best dining-out tip?

Order an entree salad. I think eating out is easier than some people do, but maybe it's because I eat dairy. A cobb salad without croutons is something I order fairly frequently.

I ask the server a lot of questions and then ask for exchanges or no "such and such". I even had one chef redo something for me in a small plate instead of putting in a puff pastry shell. If you are nice, they are usually so nice and accomodating.

Do it as little as possible, always get double veggies over the starch.

Go to dim sum if you can...

Steak salads. Almost every menu has one, and they have few things you can't control or anticipate (mostly just dressing and what they cooked the steak in).

Most restaurants will substitute grain or starts for extra veggies.

I bring a little baggie of nuts, and a little bottle of balsamic vinaigrette. And, I always ask the server to modify dishes if it means changing one little thing to make the meal primal.

Most places have a salad with meat in it, and if that fails, just order the meatiest meal you can and toss out any bread or pasta that comes along with it. You don't have to eat everything on your plate.

Choose the simplest meat (fish, red meat, chicken) dish with fresh salad and take olive oil and lemon as the dressing.

Ask for anything pan-fried to be cooked in butter.

Only do it when you have to. Try your best to go places you already know will have things you can eat. Don't be afraid to ask for substitutions.

Don't be afraid to say "no bread, please!"

We tend to dine places where I am able to get primal foods, such as hibachi (I get a double order of veggies and no rice) or Mexican food (I order fajitas but I don't use the tortilla and I do not eat the rice or beans). Otherwise stay away from bread. Get a salad if available and if you really want that burger tell them that you do not want the bun. Most restaurants (even though they don't like to do it) will gladly just put your patty on the plate instead of putting it on the bun and wasting it.

Don't be too hungry. Count it as part of your "20". Don't dine out too often.

Find some combination of meat/fish and salad/veggies to order. Order olive oil and vinegar as salad dressing, and lots butter on the veggies! Hold the bread. Substitute veggies for grains. It's easy enough - I haven't had any trouble finding something to eat when I go out (except at the ballpark, where I smuggle in nuts/seeds/dried fruit to munch on... please don't tell the ballpark staff!).

Do the best you can with what they have, and leave the guilt at home.

Question #9

What is your best dining-out tip?

Don't. LOL! Or look for places that promote Primal eating. Fortunately, Portland (Oregon) has options, and the demographics support the Primal Blueprint.

Relax. And do get the cheesecake.

I usually get something grilled and I always go for the veggie of the day as a side. Or use that as an 80/20 day.

Brazilian Steak Houses are the FREAKING mecca of primal dining out! But you can get good service at burger king with your request to skip the bun, add bacon, add more lettuce/tomato/etc, hold the ketchup. And when you aren't buying a value meal you can spend that extra 2 bucks your saving to get a nice big triple whopper with extra everything, primal style... That bugger'll fill you up!

The best dining-out strategy for me is steak. Its really hard to mess up steak. It won't always be grassfed, but I'd rather have a regular medium rare steak with a little butter, than have to harass the server to harass the cook to make me something special.

Look up the menu before you go to have a primal plan in place!

The best thing to do when you know you'll be dining out is to look at the menu ahead of time. It usually takes me awhile to study a menu and pick out the primal options, so I like to have time in advance to plan what I'm going to order. That way I never get rushed and pick something in a hurry, only to find out it actually isn't primal. Planning is key!

I don't usually dine out more than once a week or so. Usually I try not to worry about it too much, but I only eat something non-primal if I really enjoy it. If the mashed potatoes or rolls that came with my meal are exceptionally good then I'll have some. If they're just ok then I leave them on my plate. I try to order as primally as I can, sticking to simple meats like steaks, chops, chicken or fish and go for whatever seems less likely to be processed. I've never been much on desert, but if my wife orders something and it looks good I'll steal a bite or two.

Keep ordering burgers but ask the kitchen to hold the bun, and substitute the veggie of the day (or a salad) for the fries. People aren't put off by this at all, I've noticed. I don't get look of surprise or confusion.

Keep it simple and don't sweat the small stuff. I don't eat out a ton so I can "afford" to chill a bit. I mostly keep my choices low carb and gluten free and chill on the other concerns.

My best tip for dining out would be don't fool yourself into thinking that something is healthier than it is. It's hard to sit down at a restaurant and keep your head on straight when perusing a tasty dinner menu, but you have to try your hardest. Yes, eating pork ribs is great and Primal, but the ribs are SMOTHERED in sugary BBQ sauce! Yes, eating chicken is awesome, but not when it's covered in teriyaki glaze! Those are the things that will kill your primal eating at a restaurant. The best thing for me to get is a greek salad with feta, and a side of spiced grilled chicken. Add some salt, pepper, and vinegar, and you've got a pretty filling and tasty meal.

If you can, figure out where you're going and try to look at the menu before you go. Once I get there, I always ask questions about what I can and cannot substitute. You don't always get grass fed meats, but you are able to make it work for you. It gets easier the more you do it.

Question #9

What is your best dining-out tip?

You can't go wrong with meat and veggies. And if they ask if you want bread, say no!

Don't eat the soup. Seriously. Most restaurants don't make the soup in house. Also, salad dressing are generally nasty. Just ask for olive oil and lemons. Other than that, most places will have some kind of dish that can be turned into a piece of meat with a pile of veggies.

Stay strong. Remember how eating non primal foods feels. Then make the decision what you are going to eat. If you want to feel like garbage, eat the garbage. It's all your choice.

Do your research before you go out to eat. Google is your friend. As someone who's very sensitive to gluten, I've got to do it anyway. Now it's second nature.

Stay away from Italian restaurants.

Salads seem to be the safest bet. Or, if you've been doing a good job, don't worry about it and get what you want.

Stick with steak and veggies; order things plain, and sneak in your own Kerrygold! Also, Italian places are no longer any fun.

Always check the menu in advance, so you know what you can eat. I also think it's important to ask for a very detailed description of the meal (I hate nasty surprises like a side of bread!).

I try to prepare in advance - eat before I go places, pack my lunch, etc. I also love to talk about my diet, so I don't mind the inquisitive looks! :)

There's always a Chipotle. Also, take solace in the 80/20 principle.

Look at the menu before you get to the restaurant if possible. Even if you don't have a meal picked out when you get there, you'll have an idea of what you can substitute and expect.

Don't be afraid to ask "what's in it?" Thai and Indian food are the easiest adapted (I eat a lot of curry with no rice). And sometimes you just have to decide that dinner at a nice restaurant falls under the 20% rule

There is a brazillian churascarria in Montreal called La Milsa. All you can eat meat, cut fresh off the grill for you at your table. Lamb, Sirloin, T-Bone, Roast Beef, Turkey wrapped in bacon, Chicken, etc.

For dining out, I recommend looking at the menu ahead of time on-line. Make your decisions, that way you won't be tempted by smells or what others order.

Do not let the waiter bring bread to the table.

My best dining out tip is to try and pick the restaurant! Most menus are online now and you can look ahead at the options. Then, stick to a salad or basic grilled meat and vegetable dinner. Also, don't go to dinner starving! Eat a small snack earlier and focus on the company, not the food!

Question #9

What is your best dining-out tip?

Focus on company (be social with people) rather and consumption.

Don't be afraid to ask the waiter if they can make variations for you. Like getting the burger without the bun, cooking your veggies in real butter... things like that to make your meal more primal friendly.

I tend to go with a steak or salad if I'm dining out. My tip: Never get french fries as your side just because it comes with them and just plan to not eat them! Impossible! Restaurants almost always offer a salad or vegetable instead.

Order what you want before you eat and ask for a togo container. I box half of it (or more depending on the restaurant) and then know I have lunch the next day covered. Every meal I eat is a 2 for 1 OR more depending on the portion size.

Try to avoid places that you know will be difficult to create a primal option, i.e. Italian or Chinese restaurants.

Check out the menu before you go! Most restaurants showcase their menu online so you can get an idea of how to "work around" their offerings.

Almost everywhere will do a salad with their meat specialty, and often the special sauce from a non-primal dish also makes a great salad dressing for the revised meal.

Tell the waiter you have a ton of food allergies and you're sorry in advance for your complicated order and tip well in case you like the meal and go back.

Switch the bun for double lettuce leaves!

Order from the appetizer menu. Good primal choices at just about every restaurant.

If a dish comes with something that you don't want (i.e. garlic toast, a roll, french fries), ask them not to bring it out! It's much easier to make a good decision if it's not sitting right in front of you.

If there are no gluten free items on the menu, get something with "removable gluten" like a hamburger, a sandwich, or something similar.

Don't trust your waitstaff when you tell them what you do not want in your food. Most aren't sure whether those things are in there or not.

Don't give into the mob! If you have to eat out choose moes or chipotle!

if you really crave something on the table that is non-primal, go ahead and take a couple bites of it—scratch that itch, and then be done with it.

I find that when it comes to eating out, seeking traditional (ethnic) restaurants is a best bet. Love Thai, Indian and Mexican. Most places like this make it relatively easy to eat real food and they generally seem more apt to substitute/accommodate requests.

Question #9

What is your best dining-out tip?

Don't over think it... stick with protein and vegetables. Avoid meals with lots of ingredients especially sauces.

The next best thing is dining out with fellow primal eaters. It helps when you're not the only one asking for your burger w/o a bun and salad instead of french fries. It also helps when you're not only one declining that gooey, warm chocolate dessert b/c you know you have some dark chocolate waiting at home for you.

Everywhere serves a garden salad. And everyone can pocket two cans of tuna. Always carry at least 2 cans of tuna with you (preferably 4) so that you have at least 1 meal (or two) you can do anywhere. Get the good tuna without the soy broth.

K.I.S.S. - This stands for Keep It Super Simple - I go for meat or fish and vegetables.

McDouble-no bun. Thank me later.

Don't be afraid to DEMAND exactly what you want when dining out. They want your money, they are lucky to have you there in the first place and the kitchen has every ingredient and utensil required to make your primal meal.

Don't let perfect be the enemy of good. If you're not at a restaurant concerned with sourcing (local/pastured/organic), just make sure the macronutrient profile of what you're getting is good. Ask that your food be cooked in real butter, but if that's not available, try and avoid ordering anything cooked in oil – i.e. fried, sautéed, etc. I've found it's hard to mess up grilled fish/shellfish or a nice steak.

Have a small wine and a few nuts with friends before you leave for the restaurant.

Ask for your veggies to be topped with butter. I've rarely been to a restaurant where nothing would work, but sometimes there isn't much and the meal sucks. As you get used to eating better food, you'll want to eat out less overall. Good for your waist and your budget!

If I can't find anything unique to eat, then I just go for a bun-less burger or a steak and switch the fries/potato for a side-salad.

Fruit is ALWAYS an option for Potatoes or Rice.

Even if you don't feel awkward asking for modifications (and you shouldn't!) it's difficult to control all of the variables. Most places don't bother with grass-fed meat and canola oil is standard. If you're avoiding dairy, things get even trickier. So I guess my advice for dining out is, unless you know of a primal/paleo-friendly place that you can afford to frequent, try to cook at home. When you do go out, "don't let the perfect be the enemy of the good." Make sensible choices.

Honestly, my best tip would be to stay home. It's crazy what restaurants pass off as "food" these days! That being said, when we go out we usually go to the BBQ place as it's easier to get meat + veggies there.

Chipotle!

Question #9

What is your best dining-out tip?

If your mother-in-law wants to go to her favorite vegan buffet, try to go at a time when you know there won't be any parking, so you can go someplace else instead.

Make the basis of your meal the flavor, not the filler.

Use salsa as salad dressing!! Best thing I've ever done, and what restaurant doesn't have some salsa on hand!

Bacon cheeseburger, no bun, triple veggies, extra bacon!

Be brave and try a type of meat/fowl/fish you've never eaten before.

Get a side of salad with a hunk of meat. Don't be afraid to pay more for it. Don't sweat it if you can't follow PB perfectly. Enjoy your time out with your family / friends.

Find some "paleo friendly fast-food" staples so you won't slip when you go out. Chipotle salads with peppers, meat and guac are one of my eating out staples, as well as low-carb flame broiler bowls with green onions.

Order something you would not necessarily cook at home.

My best tip is to not fear eating out. If people are afraid to eat out they'll be more prone to avoid restaurants and won't open up to the diversity this diet can offer. Eating out is simple! I have a long list of things to eat: 'Unwich' at Jimmy John's, Protein Style at In-n-Out (now in Dallas!!!), stir-fry at clean Chinese restaurants, steakhouses (many in Texas), salad appetizers and meat entrees at Italian restaurants, Fajitas w/extra veggies (usually free too), salad bars, Mongolian grills, oyster bars, Cajun seafood, grocery store delis, and even chain restaurants like TGI Fridays. All of these places have options perfectly fit for this diet, or have acceptable alternatives. I'll let my friends pick where to eat, because I can find something anywhere! Besides, if I've been eating clean I have a 20% buffer if I want to be really bad!

Find places with all-day breakfast menus, bun-less burgers or simple salad and veggie options. The Counter is a fantastic chain of build-your-own burger restaurants that does a 'burger bowl' and you can choose exactly what you want in it. I opt for the burger patty with assorted veggie toppings (with some bacon thrown in for good measure) and everyone else can get their cheeseburgers with BBQ sauce. Gastropubs are also a good option because they usually have pretty-darn-paleo menu items like sautéed kale with bacon.

Avoid sauces! There is thickener in nearly everything and it's seldom Primal... if ever. Eat meat and veggies. It's not that hard!

Breakfast omelets for dinner.

Avoid big chains, and if you're going to eat out, treat yourself to a nice bistro or similar. Usually ingredients will be better, or locally sourced, or organic, and the owner/chef will care. Most of these dishes contain few grains, and can be omitted with a simple request.

Ask questions! Not sure if it is breaded? Ask. Want to leave the bun off? Ask. And be prepared with reasons for not partaking of the gluten-heavy appetizers when you are out with friends.

Question #9

What is your best dining-out tip?

A lot of Thai, Korean, and Vietnamese food is already paleo friendly. You really need to try thai curries and soups made with coconut milk, and vietnamese pho made with beef bones and other ingredients. Korean kimchi is awesome too. It's a lot easier to order food at these restaurants and just make sure it's sugar and grain free since it's already 90% paleo anyway.

Make reasonable choices and don't sweat the small stuff. The stress of trying to make sure every last detail of the meal is 100% primal is probably not worth the benefit.

Sashimi is your friend.

I bring my own coconut oil, bacon fat, or butter to supplement the meal with healthy fat, unless the restaurant serves real butter.

Ask for the to-go box BEFORE you start eating. Put the food you shouldn't eat into the box. Voila, want to over-eat? You have to suffer the embarrassment of getting out your to go box and rather rudely eating from it at the table.

One tip is to find your local paleo group on Meetup.com they can point you in the right direction when it comes to restaurants.

If it's a special occasion, employ the 80/20 mentality and and enjoy yourself with friends and family. Being a part of a group is more primal than turning down the communal nachos.

Mongolian Grill <http://www.gomongo.com/>. Very easy to eat primal.

Make a list of paleo friendly meals from all the restaurants in your general vicinity and always keep it on you.

Avoid eating out, because, if you learn to cook, you can make it at home, far better than they every could in a restaurant and for a fraction of the cost.

I look for restaurants that have good Cobb Salads as they tend to have a good amount of protein and good vegetables, and I'll swap the dressing for oil and vinegar.

Don't be afraid to be "High Maintenance". I used to give my wife a hard time for always asking something to be prepared differently than it is on the menu, but now that we've gone Primal we never order anything "as is"

I travel alot for work and this has helped me tremendously since I know exactly what I am going to have before I get to the place. If it is lunch time, I always get a salad with eggs and grill meat (steak, fish, chicken). If it dinner time, I always order meat (steak, lamb, pork chops, roast chicken, fish) with salad or veggies.

Order 1 to 3 appetizers or 2 appetizers and a side dish. It may be more expensive and seem a little weird, but it's the best way to go in some restaurants.

Get a big salad with a protein and squeeze lemon on it, but drink 1 TB coconut oil mixed with warm coconut milk before you go out so you won't be starved.

Question #9

What is your best dining-out tip?

Don't get wrapped around the axle about potatoes or beans - it's better than eating the rolls, chips, or anything like that.

My best dining-out tip is to ASK. In the US, no matter where you go, they will have a book that explains what ingredients are in each dish.

Stick with fish or salads. Stay away from fatty cuts of meats because when the source is unknown, you're better off not having all the nasty toxins and omega-6s stored in the fat. It sucks to be that person ordering salad with dressing on the side but show them you can eat by inviting them over your home for some grass-fed steak! Or simply, when you're looking fit and strong, no one's going to think you're living on lettuce heads alone, so don't worry about it!

Many restaurants now have a gluten free menu or at least items that meet the criteria, which is a good start. Ask your waiter and go from there.

Find the best steak in town, the juiciest hamburger, or the largest salad bar. Order with your favorite red wine.

Order steak fajitas and just don't wrap them up. Delicious.

Don't be a wet blanket for your dining companions. Appetizers are typically more primal friendly. Try saying, "oh, I really want to try all of these appetizers, I can't decide, so I'll just have three for an entrée,"

If you have a phone that you can download apps on, there's an app called 'Restaurants' that gives very detailed food info (carbs, anyone?) on most menu items at specific restaurants

I've discovered that if you ask you shall receive. Just don't be a ass about it.

Go somewhere regularly. The staff gets to know you and getting what you want is simpler.

A lot of restaurants have breakfast menus which may have better options. Southern style restaurants and cafes tend to have meat and veggie options as well.

Most places have a low carb menu - just order off that. It is usually gluten free and about as primal as it gets.

Don't feel bad about asking questions, don't worry about being "that person", this is your health and you have the right to have it the way you want it. Sugar is hidden in the most ridiculous places, ask about everything.

You can eat anywhere, promise. Almost every restaurant has grilled meat. Order it with a salad, green veg, or any other veggie that's darn close enough. Don't be afraid of butter, but leave the other 'sauces' off.

Ask questions as some new place adapt to primal eating.

Learn to communicate with the server. Also, make sure they know that you appreciate their efforts in helping you stay true to your eating plan.

Question #9

What is your best dining-out tip?

Stay away from the raw vegan places. I do best if I keep it simple when eating out. Basic meat, veggie, salad and with oil and lemon.

I have to travel a lot for my job so I'm actually pretty good at this: my best tip is probably to order a burger, no bun, on top of a side salad instead of French fries.

Nobody cares if you omit the bun. And usually you can sub in extra veggies. Sometimes the waiter will say "Wow that looks really good." :) They'll give you all the extra butter/olive oil you can handle, at no extra charge.

NEVER finish the portion.

There are so many options these days. You can even get a lettuce wrap at in and out. I just make the best choice I can and don't sweat the small stuff.

Dining out is about learning to enjoy the moment instead of the food. When my wife and I squeeze a date into our busy schedule I try to focus on the person and not the food. Salads are always a good choice!

Ask for your food to be cooked in butter if possible or scope out the menu online before you go so you know what you want and aren't tempted to waver when you get there.

It's easier than you think, just look at the whole menu - it's pretty easy to make substitutions.

Get creative! eat primal and make the dining experience be a fun one

One meal isn't going to ruin you and it might be good to see what your missing because I bet that you'll decide that it's not as good as you remembered it being... whatever it is.

Mega-salads. Get the biggest Oriental Chicken salad you can - or make your own with a big fish portion (not fried) over anything you can get at the salad bar.

Use it as a time to enjoy yourself and think about all the things you get to have instead of how limited you are. It's so liberating not to have to give instructions to leave the dressing on the side or broil the fish in lemon juice instead of butter.

I find that, a steak and roasted veggies, a few grilled mushrooms and a side salad will more than fill you up and satisfy you. Typically I'll end up having to take part of it home.

One meal, or maybe two, per week I allow myself to eat what others eat. It may not be 100% right, but it works for me. I'm batting a very good percentage that way.

I go to Zupas where the menu is all healthy, primal stuff!

Chicken or beef fajitas without the wraps. Most restaurants will bring you a sizzling platter of meat and veggies and let you wrap your own fajitas. Just dig in to that yummy mix and ditch the wrap!

Question #9

What is your best dining-out tip?

You can find Primal on just about any menu if you look hard enough, are creative and have discipline to not eat the grains that might come with your meal.

Buy the best steak you can afford and forget dessert.

Be “that jerk,” but don’t be a jerk. Ask the waiter questions about how the food is prepared if necessary, and don’t be afraid to send them back to the kitchen to ask a manager or a chef if they can’t give you a straight answer.

Go to fewer restaurants, but nicer ones. At least in NY, most of their entrees are primal these days - great meat and interesting veg.

Splurge on 1-2 appetizers for 2 people. I like mussels, salads, cheese and meat plate, etc. You can also order only 1 to 3 appetizers or 2 appetizers and a side dish. It may be more expensive and seem a little weird, but it’s the best way to go in some restaurants.

It’s incredibly easy unless you’re going out to one of those horrific fast food places like McDonalds’ or a fish and chips place in the UK.

Study the menu beforehand or google “eating primal at [restaurant]”.

If I’m out for drinks or having people over for cocktails (I’m 30 and it is a big part of our social and work life) I do drink wine, and I do make amazing drinks with tequila/vodka/rum and muddled strawberries, blueberries, mint, cilantro, or any other herb and fresh lime or lemon juice and some stevia. I don’t miss out on anything and they taste incredible. If you are out for cocktails, you can just ask them to skip whatever “sweetener” is added - I usually get the drinks on the menu minus the sour mix or the triple sec or what have you, and have them make it with just the fresh lemon or lime juice and always have stevia packets in my bag. I know splenda is not “primal” at all, but better than nothing if you are stuck or having a craving for something sweet and don’t want to sacrifice taste. There is always dirty martinis too!

My best dining out tip is to definitely HAVE A PLAN. Know where you are going and what you are going to order. If you can’t get that specific, have a go-to option in mind that will work anywhere, such as a steak, steamed veggies, and a salad. If you don’t plan ahead, you will make bad choices out of desperation.

It doesn’t have to be hard - we personally follow an 80/20 rule. 80% of the time, we follow our Primal eating habits strictly, which means that at restaurants we order salads, lean meats, with vegetable sides. When we allow for “cheating”, we hardly ever cheat with grains/grain products. If we’re “cheating” and we want a rich, carby dessert, we get one and split it.

QUESTION #10

How do you manage to stay Primal when friends, family, co-workers and the rest of the world aren't?

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All I have to do is remind myself how much better I look and feel and how I will feel after I eat whatever I'm tempted too. I know that I'll live a longer healthier life and that is important to me.

I will allow myself to indulge once in a while, but the longer I live my new primal life, the better I choose my indulgences. I'm not going to blow it on a slice of pizza, but I might blow it on an amazing red velvet cupcake.

I always remind myself in awkward situations that the reason my life is so rich and enjoyable is because I'm healthy. Without my health, everything else will cease to be vibrant, and that's not something I'm willing to settle for.

Don't let other peoples weakness in life get you down, I don't murder just because others do, I don't need to eat garbage just because others do. If your friends are making fun of you, challenge them to a physical competition or a body fat comparison and then let them make judgments about your eating habits.

What you choose to eat is a decision made by you and you alone. No one can force you to ingest something that you do not want to.

Be prepared. I bring snacks and just politely refuse grains and other bad things. I also ensure that exercise and an active lifestyle are part of my daily routine.

By being vocal and explaining it to others you have more courage to follow the *Primal Blueprint*.

I have always done things differently, so most people just consider it another thing. "Oh that's just Dave, being a health nut again."

Staying Primal when everyone else isn't wasn't easy at first. However, I finally got everyone to understand why I was doing this, and I bring my own stuff. In my family (well, my in-laws), I'm the "salad girl". For every family gathering, it's now just expected that I'll be bringing the salad. I make a HUGE one, and some homemade Primal dressing of some sort. This way, even if there are no other options at the table, I'm good to go.

I just touch my stomach (feeling tight) and think of how this is the best I've felt in 10 years.

I love looking at myself in the mirror.

Get on the forums. Start chatting with people. Build a good support network, even if it isn't in person. Having a community, even an online one, makes it so much easier. Also, take the least flattering "before" pictures you can. When you're feeling weak-willed, get the picture out and remind yourself how much better you look and feel, and that willpower will come surging back.

I just do it anyway. Sometimes it's a struggle other times it starts a conversation that gets them thinking.

Everyone loves bacon! You can never go wrong!

If challenged, I have no problems acting like a pompous prick ;-) so I usually condescendingly ask about info on their diet, since "clearly, it's working so well for you."

Question #10

How do you manage to stay Primal when friends, family, co-workers and the rest of the world aren't?

That's easy – it's the most important thing I've learned in all of the reading and experimenting I have done with this diet, and lifestyle. Something Grok was very familiar with: Self Reliance. I don't expect anyone to change, or alter their lifestyle for what I am doing. Every meal, every workout, every decision is my responsibility, and mine. To quote He-Man, "*I have the power*".

It's an opportunity to lead by example. It's the obese guy drinking the diet shake for lunch that's the strange one.

The first couple months were really hard. Friends would eat pizza, ice cream, burgers with buns, etc. After that, it really wasn't a problem at all because of how much better I felt everyday and the results I was seeing with my workouts and on the scale. Once I started seeing the great results, there was no desire to go back to my old ways.

I slip from time to time, but my friends and family know what I am about, that helps me a lot. I try to show up to events or friendly gatherings already full of primal foods. I use this same tip when I am going grocery shopping.

I have always had a lot of willpower, but I truly enjoy the Primal plan, and eating grains is not as appealing to me, since I know my body reacts very poorly to gluten and other grains. Also I love meat and healthy fats, so it is a win-win.

I just remind myself of how much better I feel living this way and how crapping I'd feel if I ate that bowl of pasta

I know how I feel. I feel full of life and proud of my body. I see family members and coworkers tormented by food choices, exhausted all the time, and unhappy with their figures. The simple pleasure I get out of the increased energy and confidence is enough to keep me going, even if there is a tray of cupcakes in the coffee room.

PLAN in advance. I try to eat before a party so I'm not tempted by non-primal offerings. I suggest gathering at restaurants I know have lots of primal options. If I am bringing a dish, I'll bring something that suits ME - maybe deviled eggs or a big salad. Sometimes I just say NO to social events that don't fit into my new lifestyle.

Education is power, the more you know about what you are no longer putting in your body, the easier it is to not care that you are different from everyone else.

It's tough sometimes. My wife has become much more supportive of my eating choices over the past 7 months that I've been Primal, though she's not willing to try it out and believes in the CW. She's been pretty good about making meals that are Primal, and if she makes something that she knows I won't eat, she doesn't mind if I make something for myself. My toughest time was in the beginning, when I still had some cravings for the donuts and bagels that people bring into the office, but once I got into being Primal for a couple of weeks, it became much easier to pass on those cravings. Once in a while, it's okay to have a bit of cake for a birthday or to have a little lapse in judgement, but if you don't beat yourself up over it, for me at least, it's easy to get back on the Primal wagon.

For me, it's all been about my story. Everyone wants to lose weight and feel healthier, so when I tell them about how much better I feel, how my medical problems went away, how I accidentally lost weight, then they look at what I'm doing a lot differently. When they know I'm doing it for me, because I feel so much healthier and am happier because of it, they stop thinking about it as a fad diet or some kind of gimmick (or, worse, something I'm proselytizing at them), and they usually become very supportive and helpful.

Question #10

How do you manage to stay Primal when friends, family, co-workers and the rest of the world aren't?

My immediate family is very supportive and I am doing my best to persuade them but they understand my reasons behind me going Primal. My friends on the other hand do give me a hard time. But the fact is the too are tolerant and even though I get the occasional joke I don't feel bad. We all have choices to make in our life and I feel like the social pressure I may get from my friends and family is not a reason enough for me in stop being Primal. After a few weeks or so they all got over the "shock" value of a person never eating grains (ever again) and become very tolerant of it.

I cheat! I have everyone convinced that eating the "four starches of the apocalypse" hurts me. And that's largely true, it's just not the primary reason to cut out things. Also, I try to bring something to a get-together.

I understand how i am helping my body by being primal so I am really unaffected by others lifestyles. I dont try to impose my will. I let the results speak for themselves and when a friend or family member asks how I keep in shape i explain the principles of being primal.

I just say "no thank you" to cake and most desserts. Sometimes you just have to go with the flow, have some dessert. It won't kill you.

I plan ahead. I bring my own snacks or dishes to share. Most people don't know the difference.

Easy, I have lost my cravings after a while and I remind myself they are about to eat a heart attack.

As I said I'm somewhat of a natural no real cravings for old way ,I just look for the good things they are doing and be helpful when I can , if you respect others choices they usually respect yours.

As I mentioned before, I haven't been the best at staying Primal, but I've seen myself slipping back into a Korgish body and malaise when I'm not strictly following the principles. I know how good I can feel, and it's been when I've eaten the cleanest and exercised vigorously.

You just do. At times apply 80/20 principle. Some mashed potatoes on Thanksgiving is not going to kill you, just be careful not to open up the Pandora's box and start reaching for that cake.

I just think about how WONDERFUL I feel when I am primal and how groggy and nasty I feel when I am not. I also remember that if I had known about this life style, I would have done this years ago! So, I do tell people what my family is doing but more importantly why. I stay primal because I love how it makes me feel and perform. I wouldn't give that up for anything. My strong motivation to be healthy is enough to overcome the external pressures to "let loose." I feel most people try to get you to "cheat" because deep down, it makes them feel guilty that you're devoted to your health and they are eating junk. Don't hold yourself to the same standards as others hold themselves to, unless you want to achieve the same mediocrity as them.

I don't care about what they are eating, I go prepared to the social occasions, if it's appropriate I bring my own food enough to share with the others. I don't talk about what I don't eat if they don't ask, making a big deal about what I don't eat makes me uncomfortable but I explain if they are interested. I always carry food, snacks, fruit in my bag in case I cannot find anything primal around.

The promise that I'm doing the best thing for my health.

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My commitment to not eating grains has helped a lot. Even after getting re-addicted to sugar in July/Aug from eating too much ice cream (more or less a daily habit) the commitment to no grains kept me from eating many many things that I would have otherwise eaten after falling off a diet.

Having a friend also doing primal and my whole household being at least mostly primal has helped a lot too. You feel like less of an outcast when you're not the only one. It also got easier once everyone knows what you're doing... you get fewer "What? Why? Can you eat this? What about that?"

It never bothers me what people think of what I do. I'm kind of a nut anyway so people expect me to be different.

I am a pretty dedicated person. When we have a family get together I know there will be meat so I usually just eat that. I tell them not to put BBQ sauce on anything. Sometimes when we go places I will usually pack my own food so I know what I am eating is primal and I do not have to leave it up to anyone else. I have not ran into any trouble yet and I tend to travel a lot due to work and I still manage to stay primal.

I try not to touch their snack food. I occasionally say I'm allergic to wheat (though that often makes them think I can eat WHITE just not WHEAT which is annoying). Meals have basically always been primal.

I work at home rather than in an office, so am not constantly surrounded by other people's food snacks. My family and friends know how I eat, because I've told them. Most of them, the few times they feed me, are willing to present me with something I will eat -- eating meat or fish and veggies is not TOO far out for most of them to handle. If I've traveled to visit family for a few days, I go with them to the grocery store and buy what I need to sustain me for the duration of my visit. And when I need to be in an environment where I am not sure I will have access to the food I want to eat, I either eat first and don't eat there, or bring along what I need (see ballpark coping strategy above). I always have on hand at home -- and thus ready to carry with me at a moment's notice if I need to eat somewhere other than home -- raw veggies, fruit, hard-boiled eggs, raw cheese, nuts/seeds/dried fruit, or canned salmon or tuna. I travel around town with a personal cooler in my car, stocked with however much I need for the day. It's simple enough, once you get in the habit.

Working from home :) Avoid eating out. Surrounding ourselves with a community of either like-minded eaters, or other people who respect our choice to stay healthy. Our son has many allergies (gluten & grains, soy, eggs, all nuts & peanuts, and sensitive to dairy), so it was easier for us (I imagine) to go Primal as a family than it might be for others.

This works for me and it helps. I don't expect anyone else to subscribe to it. If they are interested, I love to talk. If not, no harm done.

I cook most of my own food, from scratch and I bring a full meal and snack to work.

I recognize how amazing I feel and either try to convert them or I just make polite excuses about why I cannot eat the processed dry cake or other "goodie". If they are really pushy I have been known to claim an allergy.

I recognize it's not going to be perfect. Last week we had a 'team building exercise'. Lunch was provided. My boss said they could cater in something grain free for me... I got rice cakes. LOL! Seriously, just make a choice. I also find that eating a BIG breakfast helps when I'm out and about and lunch isn't going to be a good option so I

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pretty much tend to try for a BIG breakfast every work day...just in case.

I simply changed the way I viewed eating. In the past, eating was a huge social thing for my family and friends. I changed that. I suggested other things to do for fun that didn't involve stuffing our faces. Playing outside, sittings and chatting, going to the movies, etc....all things that can be enjoyed without food. If we did want to go eat, I played an active role in choosing the location. Usually steak or seafood.

The easiest solution is to simply not eat with your family and friends when nothing primal is around. You can pass it off as intermittent fasting and use it as an opportunity to explain to them a little about the primal lifestyle! Also, your primal diet won't leave you suffocating for food the way carb-heavy diets do.

Staying Primal when those around you are not can be really TOUGH! For example, my boyfriend eats a SAD (Standard American Diet) rich in grains, sugars, and soda. All day long. My fridge is half healthy Primal foods and half junk... and I often cook two separate meals for us. (He won't eat veggies...) I finish cooking his meal, give it to him, and he's often done eating by the time I have my meal prepared. It's a bummer. So, how do I manage? First, I'm confident that I'm doing the right thing for ME. It's my life, my health, my happiness at stake. Second, I'm convinced that eventually I'm going to win him over. Rather than doing it by nagging him or refusing to cook something he likes, I'm leading by example. As for living this lifestyle while the rest of the world doesn't, I figure that it's their loss, and I'm going to keep taking care of me and being an example to others. The people that I care about understand my absolute NEED to eat the way I do, and they are supportive. Anyone who isn't supportive of my eating habits clearly doesn't really care about me, so I don't worry about their opinions anyway. Being confident is so important in this situation.

It's actually not that hard. Every once in a while I'll have pizza or go out for a beer or two with my coworkers, but most places have something on the menu that can be considered primal. Most of the primal things I do are fairly personal and don't come into my public life all that much so it hasn't really been an issue. People are interested in hearing about it, and these days eating organically and naturally are fairly well excepted by most people I talk to. In fact, most people say things like "I should really try to eat better foods" to which I say "It's really not that hard."

This is easy for me because of the nature of my personality: I either try to teach them, or I ignore them.

I embrace my love of cooking and offer to have people over or bring food to events. I also keep a stash of nuts in my purse for emergencies. Now that I'm primal I don't have those crazy blood sugar drops where I need to Eat. Food. Now. but the memory of those times is still in the back of my mind so just having something on hand makes me feel in control and carefree whether or not I feel like eating them or not.

This is the million-dollar question. In the beginning, it's hard. Really hard. To sit at a restaurant, and turn away beers, or go to a BBQ, and eat no buns or chips and other junk food that is around is HARD. But, like anything, once you do it for a while, it becomes super easy. At this point, this is just 'how I eat' now - it's not like I feel like I'm sacrificing anything because I'm not anymore. I'm am forgoing certain standard meal-time foods in favor of others. I wish I had a better answer for this, but the truth is, for me, I just stay Primal because I know that if I revert back to CW, all my hard work will be undone. I will feel worse than I do while living Primal, and put weight back on, and feel guilty that I am putting toxic things in my body. Knowing that keeps me doing what I do. You can't go wrong with meat and veggies. And if they ask if you want bread, say no!

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At home, it is not that much of a problem. It's just my son and I and he has never complained about the food I make. I always considered myself a "healthy" eater so he is used to eating tons of veggies and fruit. I did eliminate the rice and potatoes and but he doesn't ask for them or miss it as far as I can tell. But then again, he does eat those things at his dad's house and at school.

When going out with family or friends, I try not to bring too much attention to myself. I started primal/paleo about six months so most of them know what I'm doing anyways. At family gatherings, I may still put a scoop of mac and cheese on my plate, but I don't actually eat it. This helps people from commenting on what I'm not eating.

At work, same thing as the family. I've been able to convert some of my coworkers. One coworker put the pieces together and with the help of her doctor was able to identify that she had celiac disease. We have a TON of meetings and usually always have food offered. A group of us will usually "suggest" ideas of what to order for meetings. My cube mate and I are known for being the snack girls; between us we have fruit and nuts all the time.

Our whole household is primal- and I do the shopping and cooking, so that isn't a problem. We eat at home all the time and if we travel to visit extended family, we travel with a cooler or two. It isn't easy, but I know it is important, so it is worth the effort.

Because I know how I will feel if I don't stay Primal. That doesn't mean that I am 100% Primal, I tend to get off track once in a while. But getting back on track is a lot easier when I know how crappy I feel from eating the CW way.

No big deal. Ask if you can bring something to family functions. I did this when I was vegan, and as long as you try to help by bringing something to share and take the load off your friends and relatives with the "special diet thing," I think you're golden. Anyone who won't accept you isn't worth hanging out with.

I am fortunate. My husband eats anything I put in front of him. He doesn't even know I've gone Primal. I add a side dish to my son's plate - potato, rice, or mac n cheese. He's happy. My husband is one of those guys that thinks nothing is a good idea unless its his. I don't want to listen to him tell me all the reasons Primal isn't good (without really even knowing what it is). I am doing this for myself and will only be answering to myself, so I don't need other people's opinions. I am also fortunate, that I work out of my house, so all my contact with co-workers, clients, etc. is via phone or computer. No "donut days" at my work.

I do the best I can and I've been totally happy with that. I eat alone a lot, but I don't mind that at all.

It's easy, you just choose what you eat wisely. If someone "makes fun of you" or "influences you to eat differently" than most likely they are not healthy anyways.

I try to prepare in advance - eat before I go places, pack my lunch, etc. I also love to talk about my diet, so I don't mind the inquisitive looks! :)

It's difficult, especially around family. Sometimes I just cave, but just for that event.

After doing it for 10 months, I just roll with it. Most of my family & friends are cool, and try to accommodate

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me when they can. If I'm at a social gathering or party, sometimes I'll invoke the 80/20 rule and indulge a bit. If I find myself surrounded by temptation at work or elsewhere, it may sound a bit harsh, but I just have a look at people who are eating that garbage, and ask myself if I'd rather look and feel like them or like me. That usually does the trick.

Even if people don't agree with me that this is the proper way to eat, I know that it is, I can feel the results, and I know that soon others will be able to see them as well. It doesn't matter what others think, I do what I feel is right and enjoy every minute of it. Grok on!

I find that if you don't make a big deal about it, no one else does. In the end, you're making a choice for yourself, not your buddies.

I have been on some sort of self-induced "restricted diet" for over a decade. PB is by far the easiest! I have been turning down pizza, pastries, anything sugary or fatty for years while not enjoying my alternative foods. Now I eat fat and lots and lots of meat!

I've never had a problem doing what I needed to do no matter who was around me, and as I've piled on the results, they've become more receptive to the idea and I've started evangelizing them.

I stay Primal when those around me aren't by careful planning. I plan ahead for meals out. I have snack foods ready, if there's an emergency. I remind myself of how much better I feel living this way and don't let snide comments get under my skin. It's a conscious effort, and likely will be for a long time.

It is very hard. I try to have items that I can eat around me.

First of all, I tell my friends and family about the way I eat and live. Some are curious and try it as well. At the very least, they respect my decisions and actions. Yes, sometimes I bring my own meal to a family gathering. Just last week I went to a birthday dinner at my Gram's where everyone was having lasagna, salad and bread. I decided to make my own lasagna with zucchini instead of pasta and brought the whole thing with me. As it turns out, half the family ended up eating my lasagna because they liked it so much. So I guess my answer is that I embrace it, and I try to share my experience and knowledge with those who are open to it. I have several friends and family members who have changed their eating and lifestyle over the last year or so, some of whom were inspired by my participation in the Primal Challenge last year.

My wife has decided to not go primal at this time so our meals can sometimes be divided. I find that we both like meat and veggies though and I just try to not chastise her too much for that late night peanut butter english muffin. As far as work goes, I have pretty good will power and politely say no whenever poison treats are brought in. If my coworkers inquire why I am declining I explain the evils of grains and processed foods in as nice a way as possible and point them to marksdailyapple.com if they want more information.

I don't. I do what I can and it's a continual work in progress.

I look at it as an opportunity to enlighten people. When they take notice the food options I have made and then decide to enquire about them I use that as an opening to give them a brief rundown and how this lifestyle choice has completely changed my life. When I first started my primal journey I was so excited about it that I would

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just blert it out to anyone and everyone around me, now after about a year and a half I have learned that a lot of people just aren't ready to hear what you have to say or are put off by it if your too upfront about it. So I let them approach me, that way they are more inclined to listen to what I have to say. I am also blessed in my entire family has hopped on the primal wagon so any type of celebration that we get together for is always stocked with delicious primal foods!

How do you manage to stay Primal when friends, family, coworkers and the rest of the world aren't? I cook at home as often as possible, dissect my lunch sandwiches when provided lunch at work (removing bread and cheese and only eat the meet, lettuce, tomatoe for example), and saying no thank you to non primal food options whenever I possibly can.

If a social event comes up with the wrong kind of foods involved I usually just don't eat. "I'm not hungry" can go a long way. Also, most the time if you don't announce it, people won't notice that you're not eating the exact same thing they are. They are too busy worrying about what they are eating.

I make the company and NOT the food the center of the interaction

It is all mental - I look at it the same way I look at my workouts...mind over matter! I know what the right decision is, I just have to take the steps to make it.

Pick your battles. If you eat well at home most of the time, allow yourselves a few treats in groups. But I make the treats real treats--if I'm having grain, it's going to be a brownie that makes me happy, not just toast cause it's in front of me.

Politely refusing food I don't eat without saying why I am refusing it or saying I already ate or I am not hungry is the best way to stay under the radar and deflect negativity.

I don't make it a habit to call it out or give it attention so that I'm commented on "dieting" since that is what everyone would consider it instead of a lifestyle choice.

Stay constant with Primal with the simple knowledge that I'm acting as the protector of my body. As any body-guard, you would respect your charge and keep it as safe as possible. Grains and gluten are NOT safe. This is how I stay Primal when it seems like I'm the only one.

I don't keep any non-primal foods in my home, but I allow myself to let loose a bit in some social situations.

We got around this hiccup by creating a primal community online and inviting all of our family and friends to join! It's hard to not be primal when your girlfriend and everyone else in your family is primal.

I don't apologize about my choices, and every once in a while I beat them in a debate, or send them an article related directly to a problem they have or something they told me about! I won't tell them what to do, but I nudge occasionally...

I look at their bellies and pretend I have a secret that nobody knows unless they ask.

Because it feels and tastes so darn good! I'm also way hotter now then my family and friends so....The real ques-

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tion is why aren't my friends, family, and coworkers Primal??

Don't go on and on about primal and DO NOT Say, "I can't have that". Cuz you can have anything you want. I just order what I want and go on about my business. If I am somewhere that has choices I don't want to eat, I either don't eat or take one for the team to not be rude.

What helps with friends and family is to stay quiet, don't brag. People do that when it's a fad diet. They will see your changes!

I don't label it "Primal", I just say that I have food sensitivities and don't digest certain foods well.

80/20 - If you let it completely get in the way of life, it won't last. Don't freak out about friends and situations. Recovery is easier than melt-down.

Hope. I always try to instill small nuggets of hope and truth into those around me. Let's be honest, most folks could benefit from even just a small sliver of the primal lifestyle. If you can give a person a reason to hope that there is a better way to live the few years we are blessed with, then they'll come along at their own pace. Ultimately, we don't need another reason to stress. So don't stress about others or what they think of you. Do you best, lead by example, encourage and hope a few meaningful connections and changes are made along the way.

Sometimes I blame it on my GI tract so they won't harass me. Sometimes I eat the food that is there, knowing it isn't Primal, knowing I will have a stomachache later and knowing I will get back to Primal at the very next meal.

Now that I understand and have experienced the benefits of a primal lifestyle, I find it much easier to resist temptation. I also just had a baby in July who I am breastfeeding. It's a constant reminder to stay healthy because my body is nourishing my daughter. I also want her to grow up understanding the benefits of this lifestyle, an opportunity I wish I would have had growing up.

I think about when I was diabetic, bloated after every meal, feeling sick. Restriction is so much better. Sometimes I screw up. When I screw up, I let myself be mad with myself. I acknowledge the pain I am putting my body into and I almost "savor" it. Then instead of trying to punish myself (I ate something bad, therefore I should fast for a day or do some dumb workout), I just start right where I left off.

I like the primal lifestyle better. They cannot tempt me. I fudge and eat some bread every once in a while, but I honestly prefer meat and fat.

Discipline! Underpinned by the confidence that what I am doing is RIGHT, for my body.

I try to eat for me, when holidays and birthdays come around I can make healthy options or I can use the occasion for a little indulgence. I always offer to bring a dish to parties so I know there is at least one safe dish. When I choose to indulge in a dessert or special meal I just make sure the rest of the week is in line with the Primal Blueprint.

I simply politely told them that I was eating for better health. I apparently have very supportive friends and family because they didn't say much else. I need to do what is best for me and my family and I cannot give in to what

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others are doing just because it is different. I know my body and I would rather spend more money on food than on medication.

Who cares what they think about my eating habits?

I remember that I am solely responsible for my health and well being. I have been Primal for 2 1/2 years now, and all of my friends and family know that I will not eat gluten. They also know that I'm an amazing cook, and I can almost always please a crowd with a 100% Primal meal (and they usually don't even realize that the bread/pasta/insert-crappy-food-here is missing).

All of the meals my family consumes at home are wholesome, good, delicious food. My husband takes his lunch to work, which not only is healthier, but saves \$\$\$\$. When we have guests over, I try to serve something that wouldn't seem weird to not have grains - so I try to avoid soup - most people like crackers or noodles with their soup. You can do pretty well with a roast (beef, pork, chicken...whatever) potatoes, and carrots. Serve a salad on the side. Offer tea and water to drink. Now, one thing I have always said was that if we are the guests, that we will happily and thankfully eat whatever is served us. But really, that doesn't happen frequently, and can easily be part of the 20% of the 80/20 rule. The only other exception we make is for birthdays. Whatever the birthday person wants to have to eat on their special day, they can.

That is one of the toughest challenges. I would say, if you are having guests over, you have full control of what is cooked. Try to see what your family and friends like and prepare a Primal meal that they would enjoy! If you are out and about, pack your own healthy snacks. It is tempting to stop for a non Primal meal when you are on the go and in a hurry. But just remember, this is your lifestyle choice. You should not feel pressured by others and try not to pressure anyone else. Hopefully, if they see your results, they will consider making the switch too.

Confidence... I fuel my body with what feels good to me. If everyone around me is eating cake and ice cream i just politely decline or always offer to bring my own primal recipe if its a dinner party and also pack lots of my own snacks just in case the foods i enjoy aren't around. It really doesn't take too long to plan ahead!

Once they notice the results they understand and respect it. You just have to get the process started.

Easy, I was dying before and now I'm not.

It's super easy when I watch them getting sicker and sicker and having no energy. That is all the motivation I need to stick to it. :)

I'm not afraid to Fast if i dont see good primal food available.

Will power, and learn to get over it. There will always be people that lean towards conventional wisdom, if there weren't it wouldn't be conventional wisdom! Do your best to plan ahead and always be prepared. And if you slip, like I said earlier - don't use it as an excuse to have a whole weekend binge, always be trying to attain 100% primal.

"To each his own". I don't preach, but will TESTIFY! if I'm asked to spread the gospel.

Social situations with food & drink can be difficult. Don't get preachy on other people, and simply do the best

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you can to minimize the bad stuff you consume, and instead just focus on having great conversations!

I tell them that I'd rather be primal for the rest of my life than diabetic. Filling myself with fat is better than jabbing myself with insulin needles.

It's not hard when you eat food that tastes good and all of your coworkers get jealous. Every once in a while, I still can't resist the donuts.

First, I make about 90% of the food in our house (which my wife loves). Making your own food means you control what you eat.

Second, I let everyone how I'm trying to live. Usually others ask me because I've lost about 45 lbs in 6 months. Results are a powerful tool of persuasion. For food, I try to bring food with me to get together. Then, I share the primal goodness. Bringing awesome primal food is a good way to convince others that eating well doesn't mean eating stuff you don't like. A lot of people are at least somewhat interested when I do this and they see the results I've had.

Knowing that what I put in my body is fuel — When I eat like crap, I feel like crap. Also, this is where the 80/20 rule comes in handy...it's not what you eat one day out of the week that makes you fat, it's what you consistently eat six days out of the week that makes you fat.

I look for my internal personal approval, not for the approval of others. Knowing that I am making the best choices for my body keeps me going... and I focus on myself instead of getting wrapped up in judging everyone else's decisions. No judgment, no competition... just a life of balance and promoting positive energy.

I'm not looking for their approval. I follow the beat of my own inner (primal) being.

It's easy enough when going out to a restaurant. Not so easy when there's a meeting with a continental breakfast. Then I try to eat before or after or bring something of my own and explain "I'm on a diet" and let it go at that. If there's an opportunity I'll also try to give a little push for them to start eating primal too!

I think the most detrimental thing a person could do while on the PB is to avoid those that don't understand it. Do everything you used to do, just do it a little different.

You do what you can. I'm much more lenient now on myself that I have good habits and lost a lot of weight early on. I can gorge at family dinners or politely eat what people put in front of me. With my close friends/family I'm not shy about talking primal and often bring side dishes and stuff to share. You also can't be judgmental about other people's lifestyles- they'll change when they're ready to change.

I'm blessed with open-minded friends and family, but mostly I just cook for myself and get used to the awkward questions. And the phrase "I have food allergies" tends to cover a lot of sins...

I've had my slip ups, but ultimately I have to want to do it for me. Not for how it makes me look (clothes fit so much better now!!), not for how socially acceptable it makes me, but for me, for health, and for keeping myself as FUNCTIONAL as possible.

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Get my cave man on, its an attitude.

I make it a point to explain to family and friends what my eating habits are and WHY it's important for me personally to live a primal lifestyle, and ask that they not hassle me about it - usually that works quite well. With people I don't know so well, I often just say that I can't eat grains/beans/sugar/dairy because of what they do to my body - it's true, and is often met with less resistance than saying I'm eating "Paleo"

Never go out with friends and family if you are starving. You should be eating throughout the day anyway. You can bring some snacks with you. An apple, orange, nuts, etc. These are all convenient and portable.

We invite people to our house, instead of going to theirs, so that we can control the cooking. This also gives us a chance to show people it's not hard to cook primal meals and that they taste great too!

Honestly, it isn't that hard. I usually find that people are more curious than condemning. (Especially if you are willing to cook for them!) And honestly, the compliments from friend, family, and the rest of the world make it easy to keep going, too.

Don't evangelize, live and let live, remember you were faithfully CW once. A lot of people probably won't even notice if you don't draw attention to yourself. Let your results speak for themselves.

If they ask, say, "my guts feel better without (fill in the blank)."

Its not easy. However, when you've done it long enough, its like asking a non-smoker why they don't smoke. They don't because they don't like it. Quitting the inferior foods is like quitting smoking. Take it one minute at a time, and with each minute, it gets so much easier. Do we slip up sometimes? Of course! But knowing that what you are doing for your body, mind, and spirit is enabling it to thrive to the best of its abilities should be enough motivation to persevere.

I don't preach or push. I let the results do all the talking.

Bake your own cake for your birthday.

I tell them I am not eating any grains. If they ask if I am allergic I say yes, it makes my ass swell up.

I don't feel the pressures around food; I've discovered that i can be just as social and eager without relying on food. Sometimes even more so... I can sing 'happy birthday' a lot louder if i'm not eating a piece of cake.

I do my best not to inconvenience people and not to insult them. Having a couple bites of my mother-in-law's macaroni won't kill me, but refusing to eat anything she cooks just might!

I Notice the way my wife looks at my body now... that's motivation enough. I also tell myself that feeding yourself anything less than what your body is made to eat is cutting your life short... literally.

Not being a dick about it. Don't try to convert people, and don't say "oh I don't eat gluten, that'll tear your gut up" when someone offers you something that's not primal. I'm not a big advocate of lying, but it's normally easier

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to just say I'm not hungry, or I don't feel like eating pizza. If you don't project your views onto others you'll either avoid unwanted attacks or, at worse, only receive interested questions.

For me, knowledge was the sole key. I spent three full months discussing, debating and conducting my OWN research, cross-referencing/verifying the information Mark provided and doing my best to disprove or disestablish it. The final result was that I had to go Primal. I found no other realistic alternative. This was convincing enough that, no matter what the others do, I've made my decision and am sticking to it. Along the way, I've also gradually introduced my wife to the Primal way of thinking, and, she has been reading about it vociferously. So, I suppose one interesting "method of managing to stay Primal" would be "converting those close to you." But, it's not a cult. :-)

Embrace your inner hipster. Fortunately or unfortunately this is a fringe group and part of the appeal can be simply that we are on the cutting edge of understanding fitness and how the human body reacts. So feel free to take a little pride in your differences.

Folks tend to glaze over with a confused look on their face when you try to explain the concept of the primal lifestyle. Mark does a much better job of doing so in a concise and reasonable way! So I write down www.marks-dailyapple.com on a post-it and tell them to check it out for themselves. Then I strap on my Vibrams and stroll away through my concrete jungle.

The exercise portion of the lifestyle isn't too hard - just MAKE the time to do it. I, myself, go at lunch. It provides me a nice break in the day, and lets me get my mind off of the office. This is probably the dorkiest answer for "Use your head," but once a week I play Dungeons & Dragons with a few coworkers. I also have a "Brain Quiz" app on my phone, as well as a few structural engineering games on the iPad. Yes, I dork it up... but I'm using my brain.

I do all the cooking, so my wife doesn't have much of a choice ;)

If we are at someone else's place who have not been able to accommodate us for whatever reason, we simply eat what they have provided. A little less stress over one night of grains/carbs goes a long way in the lower stress department.

Don't preach! Everybody reacts differently to certain foods because we've grown up in different homes and eaten different diets for the past couple decades if not more.

Confidence and let my actions speak louder than words ever could. I want people to have a pleasant experience when they are around me and being Primal makes me pleasant.

I don't mention it unless asked. People want to argue with you about all aspects of it and I don't have the time or inclination to argue. If we are eating out, I can order whatever I want. Nobody cares about special orders any more. If I'm at someone's home, I eat mostly primal and take the inevitable starches but only eat a few bites. If I'm sticking with my plan 80% of the time, I am not going to be rude or inconsiderate as a guest. My rule is that if you are difficult about it and act like it's such a big freaking deal, then no one will be encouraged to ask you questions or want to participate. It's easy as pie and you shouldn't make it appear difficult to the casual observer.

B.Y.O.M. - Bring Your Own Meat.

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It's actually way easier than me being vegetarian; primal workouts are easier to fit in than chronic cardio. I actually do more social activities like hiking or kayaking, and I can still partake in happy hours and stuff as long as I drink wine. So far it's been a breeze; I might run into speed bumps later down the road, but so far I've been cruising along.

This is the hardest for me. I try to explain to extended family as they are true meat, potatoes, bread and butter people. I know everyone still thinks I'm crazy however, my results to date are more noticeable. If people ask me what I have been doing I always let them know.

I convert them! I spread the word as much as I can. I have not had anyone come back to me to dispute. Most if not all have gone completely primal and have passed the word or book on. I thank my dad for buying the book for me.

It is really about valuing your health more than the opinion of CW people. I've actually never had a person be nasty to me as other people have reported.

The 80/20 rule. I'm not as "strict" on the weekends as I am during the week. I'll have a few cocktails with friends or go out to dinner, but I never stray too far. These breaks from the primal life are good and I think necessary because 99% of the people I know aren't primal.

The wife is a big motivator, so that it huge, the rest of the world has heard a lot about it from me, and they have actually worked around it for me.

Remember that no one is ever forcing you to eat something. There isn't a gun to your head.

A lot of my friends have adopted the same lifestyle. Be happy with your own results, and many times that will be convincing to others.

Honestly, I just lie. I say that I can't eat gluten. Most people drop it at that. If they offer me something that is gluten free but still non-primal I will just say it is one of those foods that is iffy and I stay away from.

I manage to stay primal when everyone else isn't because the results speak for themselves. You can't help but look into the mirror and want to keep it up while everyone is packing on the pounds from processed foods!

It's hard to stay Primal when everyone else around me feels that GRAIN is such an important part of their diets.

Don't talk about it until they ask.

Try and act subtle and not act like you are on a "diet".

I derive a lot of pleasure in the fact that after eating this way my friends and family take notice of all my changes and whether they eat my way or not they are proud of what I have become....and that there is my inspiration to stay on the right track.

I keep one of my fat pictures in my wallet at all times. When I'm feeling challenged...

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I've taken the time to slowly fill them in on what and why I'm doing what I'm doing. Many ask for advice and guidance to start their own Primal journey based on the success they can see.

My wife tolerates it pretty well and through my influence (cooking most meals, purchasing most groceries) she has inadvertently become about 80/20 Primal herself.

I find it easy amongst non-primal people. I mostly switched my family to the way i eat and friends can eat what they want and i'll find my own food if they don't have something for me.

Sometimes you just can't make it fit 100%. Don't beat yourself up over it. And don't create stress by being to inflexible. Everyone deserves a free day every now and then.

I simply refer to that image to remind me of how I USED to feel.

It's not about them—it's about me. I try not to talk about food too much or it becomes more of an issue.

At my home, I trust my guests will be polite if the menu varies a little from their norm. There's enough primal options that I can serve a meal that looks and tastes artisan while keeping to the primal path.

Frankly, I don't feel like I'm missing a thing. My high-school peers nibble animal crackers - I dine on grass-fed steak or wild-caught fish! Fresh veggies, rich meat and high-quality produce are my staples, so I'm not jealous of my classmates so much as sympathetic. My family accommodates me as much as possible, and I've even gotten my father to start eating Primal! There are exceptions, of course; being a high-schooler, the occasional slice of pizza or sandwich is almost compulsory, but that's my "80/20." The vast majority of the time, I eat and exercise Primal, and have no trouble doing so.

I just fix my own lunches (usually leftovers from dinner), at home I fix a basically primal dinner, and just allow them to get their bread for themselves, and when we are at family get togethers I focus on eating veggies and meats more than rest of spread laid out before me.

First thing is I brag about the difference that my choice in food has made in how i feel and look. Second, I take responsibility for myself and let everyone else do the same thing. They may not understand but that's okay, I was definitely skeptical the first few times I heard about the primal blueprint.

After a while, it's not hard to be Primal anymore. I happily eat the cheese and veggies off the top of a pizza and toss the rest. I drink my red wine and eat a ton of the cheese - no crackers. I just go along and choose things I know are Primal and try not to pay any attention to it. However, it may be easier for me because when you have 7 kids and a dogsled team, you get pretty used to people looking at you like you're crazy!

I feel smug. Really--I feel like I've been let in on this amazing secret and if others aren't smart enough to see it for themselves, well, it's too bad for them.

This one's difficult. I'm still having problems with this. Mostly, just be stubborn. Everyone has their own views, everyone likes to think that they're right, or more informed, or whatever. It takes way too much energy to argue with these people. So just leave it as a personal choice. "It's my choice to live this way, I'm not asking you to agree

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with it or even condone it, I'm just asking that you accept it as my choice and leave it at that."

A little bit of willpower, and a little bit of honesty. If they don't know what you're trying to do, they won't understand why. Honesty is different than rudeness.

If there's nothing for me to eat, I just don't eat. It's one of the great things about being Primal. I can skip meals and regularly do. I also go on business trips prepared with pop-top canned salmon, nuts, dark chocolate, jerkys....

I take care of me. Everyone else is their own concern. If people want to sneer, or criticize, or just misunderstand, that's not my problem. Feeling good and living well is all the proof I need that I'm doing what's best.

My co-workers can't believe the food I eat is allowed on a diet. They envy me. My family is being converted slowly to eating healthy.

This may sound really obnoxious, but it is the feeling of superiority being able to stick to something that most people find impossible, that's what keeps me going. Also I do all of the cooking at home living with 3 non-primal family members.

We eat before we go somewhere and/or pack snacks and meals.

I just say I don't like this or that.

I always bring something I know I can eat to gatherings, and I try to reserve my "20" of 80/20 for those moments.

I like to stand out from the crowd a bit anyway - why be that boring guy who does exactly what everybody else does? Plus, the chicks dig it when a guy can talk about some quirk he's passionate about. Although that might just be because they're distracted by my damn sexy caveman body => The world may never know...

You just do. How do diabetics or allergic people do it? You do it because you have to - for your own sake. I just am getting used to answering lots of Whys!

I've actually been pretty inspirational to family and friends. They see all the success I've had with my health and are inspired to try it themselves. I encourage all to talk about your success!

I find that if I am almost always prepared, then I have no problem following a primal lifestyle. Preparation is key for following a good diet, no matter what your personal plan is. I find that I am actually rubbing off on those around me, and opening their eyes to the primal way of life!

I try to just take it one day at a time. It's also important that you learn (if you haven't already) not to let what other people think affect your own choices or behavior. You have to embrace being an individual and you have to embrace your individual choices, otherwise you'll be too easily toppled by others' opinions.

It's not always easy, and I'll be honest, we've had slip-ups and we probably will again. We just forgive ourselves, remind ourselves of the reasons behind making the change to PB, and move on. The primal lifestyle is NOT

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common where we live, but we're happier, healthier, and it's worth being the "weird" ones on occasion.

I make it about me. If I am ever asked about it then I state it's benefits for me. I try my best to not use judgemental words. And my DD is primal when she's with me. To the point that she eschews grains herself (at 13 mo!). So it makes it easier when I know my decisions are doing her such good.