

Paleo Beginner Checklist

Don't let going Paleo be overwhelming! These are my 5 no fail tips for beginners to have a positive Paleo experience.



1. Implement One Principle at a Time

- Eliminate sugar, dairy, grains, etc one at a time over the course of a few weeks

2. Align Paleo with your Lifestyle

- Identify Paleo foods and recipes you currently use and keep using them!

3. Stagger Meal Prep

- Utilize Paleo dinner leftovers for other meals throughout the week

4. Start Reading Ingredients

- Keep an eye out for sneaky ingredients

5. Have a Back-up Plan

- Have pre-made foods on hand for emergency situations

Find the full text at <http://fruitionfitness.com/5-no-fail-paleo-tips-beginners/>