

101 Ways To Be More Paleo by Jenna Shannon

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By Jenna Shannon



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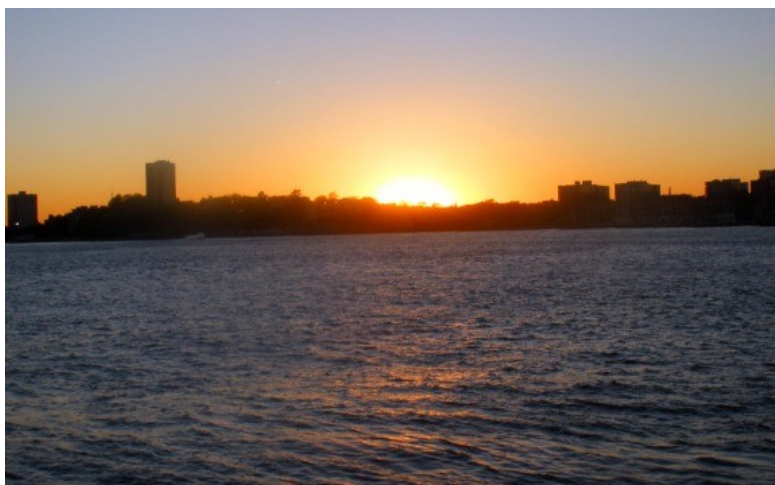
101 Ways To Be More Paleo

Incorporating Paleo into your busy life can be as easy as popping a chicken into the oven and spending some time outdoors. This list of **101 Ways To Be More Paleo** will give you some ideas on how to make the Paleo diet and lifestyle work for you.

This list is meant to be fun and I hope you will add to it.

1. **Roast a chicken**—the ultimate quick & easy Paleo dinner
2. **Use fresh & dried herbs**—they make cooking really interesting
3. **Grill a whole fish**—serve it with cooked greens
4. **Eat the whole egg**—the yolk is where the action is
5. **Snack on melon**—when you want something sweet & juicy
6. **Try some pemmican**—it's unlike anything else
7. **Set up a minimalist kitchen**—you can do a lot with a good knife, a cutting board and a big pot
8. **Become a minimalist cook**—start with fresh ingredients and you're halfway there
9. **Eat a mix of raw and cooked foods**—a variety of flavors and textures will make your meals great
10. **Eat some of your meals outdoors**—because picnics are fun
11. **Drink water**—instead of soda, juice and sports drinks

12. **Eat avocado**—it's good for you and tastes incredible
13. **Breathe deeply**—make relaxation a priority
14. **Sprint once in awhile**—your body will get leaner
15. **Make hard-boiled eggs**—the most convenient snack ever
16. **Spend time near water**—it's good for the soul
17. **Make a big colorful salad**—top it with animal protein and healthy fat
18. **Eat something you hunted**—and become part of the process
19. **Eat something you pulled from the ground**—that's fresh
20. **Eat something you pulled from a tree**—they grow good stuff
21. **Eat something you picked from a vine**—turn it into dessert
22. **Take a nap**—it will make you more cheerful and productive
23. **Render some lard**—then cook with it
24. **Watch a sunset**—nothing else compares



25. **Stretch**—it will keep you young and flexible
26. **Cook with coconut oil**—it's stable under heat and very healthy
27. **Use olive oil on salad**—mix with apple cider vinegar and a pinch of salt for a simple dressing
28. **Make homemade jerky**—impress your friends
29. **Enjoy the scenery**—it's gorgeous
30. **Be adventurous**—and life will be way more fun
31. **Cook a steak**—it's a great skill to have
32. **Go to bed early**—unplug and get some quality rest
33. **Satisfy your sweets craving with a frozen banana**—and dip it in dark chocolate
34. **Eat something off the bone**—it tastes good
35. **Sample some marrow**—simply amazing
36. **Create your own "world-famous" guacamole**—and make it often
37. **Make homemade broth**—then turn it into chicken soup
38. **Share a Paleo recipe with someone**—and spread the word
39. **Throw a Paleo party**—caveman theme optional
40. **Roast up a big pan of root vegetables**—a great side dish
41. **Drizzle a salad with macadamia nut oil**—it's a good oil hot or cold
42. **Nibble some dark chocolate for dessert**—and really enjoy it

43. **Sprinkle chopped nuts on salads**—they add texture, flavor & nutrition
44. **Enjoy meals with family and friends**—often
45. **Have a bowl of berries**—top with coconut milk to make it really rich



46. **Eat when you're hungry**—you don't have to deprive yourself
47. **Think outside the box**—there's a lot of incredible Paleo food out there
48. **Make homemade applesauce**—it's a good side dish or dessert
49. **Take a long walk**—your body likes to move
50. **Fall in love with coconut**—it's one of the most perfect foods
51. **Have salmon for breakfast**—the perfect blend of protein and fat
52. **Experiment with spices**—this is fun and makes cooking exciting
53. **Cook mussels**—or something else simple and out of the ordinary

54. **Make homemade salsa**—with fresh ingredients
55. **Cook vegetables with coconut oil**—add a little salt
56. **Make a smoothie**—with coconut milk, frozen berries and almond butter
57. **Have some chilled shrimp**—the perfect appetizer



58. **Make beef and vegetable stew**—toss everything in a pot and let it bubble on the stove for a couple hours
59. **Be thankful for your meals**—and all the people and creatures who made it possible
60. **Add some bacon**—a little adds a lot of flavor
61. **Skinny dip**—because it feels good and you're beautiful
62. **Plan regular playtime**—it's the best exercise you can do
63. **Lift something heavy**—make your body strong

64. **Inspire someone to become fit and healthy**—set a good example
65. **Experiment with a slow-cooker**—for convenience
66. **Treat yourself well**—you deserve it
67. **Go barefoot sometimes**—because you were born that way



68. **Cook with aromatics**—like onion, garlic, chiles, and ginger
69. **Do a short workout**—and make it intense
70. **Squeeze lemon over dishes**—to add *zing* to your meals
71. **Make omelets**—fill them with cooked meat & vegetables
72. **Eat grass-fed meat**—it's good for everyone
73. **Hug a farmer**—he/she works hard
74. **Join a community supported agriculture group**—it will save you money and support farmers
75. **Make sauerkraut**—fermented foods are good for your immune system

76. **Moisturize with coconut oil**—it's great for skin and hair
77. **Hang out with other Paleo eaters**—healthy, energetic people are cool
78. **Order the sashimi**—if you like raw fish
79. **Light candles for dinner time**—it's a celebration every time
80. **Let the whole family help with kitchen prep**—cooking can be fun
81. **Learn some knife skills**—and you will rule in the kitchen
82. **Find Paleo inspiration**—from other cultures and traditions
83. **Fill your plate with colors**—color indicates nutrition



84. **Start a new family food tradition**—this makes Paleo really fun
85. **Climb something**—just make sure you can get down

86. **Take time off to relax**—even if you have to schedule it
87. **Make a big platter of raw vegetables**—great for parties and snacks
88. **Make herb-infused olive oil**—tie with ribbon or twine for a gift
89. **Cook a big pot of greens**—add some bacon and you've got a really good side dish
90. **Learn to fish**—it's a cool thing to know how to do
91. **Pick apples**—for your homemade applesauce
92. **Sunbathe**—sun is healthy when you don't overdo it
93. **Explore**—see what's out there
94. **Sleep in**—the ultimate luxury in our modern world
95. **Keep it simple**—you'll get better results
96. **Shop at farmers' markets**—meet the people who grew your food



97. **Say good-bye to low-fat eating**—it won't make you healthy and lean
98. **Say good-bye to calorie counting**—focus on quality, not quantity
99. **Ask a butcher for advice**—they give great ideas
100. **Make surf & turf**—it's perfect for special occasions
101. **Feel good in your own skin**—a Paleo diet and lifestyle will get you there fast

I hope you enjoyed this list. There are so many ways to incorporate Paleo into your life. It really comes down to eating real food, doing some fun activities and then getting quality rest when you're tired. You can do that!

Wishing you all the best on your Paleo journey,

Jenna

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