

## Paleo Challenge 2012

## Guidelines For Success

1. **Eat real food.** Meat, eggs, vegetables, nuts, seeds, fruit, oils (like Extra Virgin Olive Oil or coconut). Eat foods with very few ingredients, all pronounceable ingredients, or better yet, no ingredients listed at all because they're fresh and natural.
2. **Do not eat dairy.** This includes butter, cheese, yogurt and milk (including cream in your coffee).
3. **Do not eat grains.** This includes bread, rice, pasta, corn, oatmeal, and also any gluten-free pseudo-grains (quinoa, etc).
4. **Do not eat legumes.** This includes beans of all kinds, lentils, and peanuts. No peanut butter!
5. **Do not eat processed sugars of any kind, real or artificial.** White Sugar, Brown Sugar, Splenda, Truvia, Stevia, etc.
6. **Do not eat processed foods.** This includes protein shakes, processed bars like Zone and Balance bars, dairy-free creamers, etc.
7. **Do not drink alcohol, in any form.**

Be sure that you get **8.5+ hours of sleep** per day.

# Paleo Substitutions

## **Instead of mashed potatoes:**

Mashed parsnips, turnips, rutabaga, butternut squash, any squash really, sweet potato (in moderation)

## **Instead of wheat or rice noodles:**

Kelp Noodles- they really don't have any weird flavour at all and are really neutral tasting, they are a bit crunchy but I really like them. They work great in Vietnamese style soups and salads, wrapped in nori with fun fillings, or even as spaghetti and meatballs. You can get them at Community Natural Foods and The Light Cellar or online at: <http://www.kelpnoodles.com/>

Spaghetti Squash- works great as a pseudo noodle with any of the tomatoes sauce based dishes.

## **Instead of bread crumbs:**

A 50/50 mix of fine almond flour and ground flax meal does the trick if you are "breading" chicken fingers or making breaded fish fillets. Don't forget to season with herbs, lemon zest, or salt and pepper.

## **Instead of Milk:**

Almond milk, coconut milk, or hemp milk. Be careful and watch out for added sweeteners!!

## **Instead of Cornstarch and other thickeners:**

Arrowroot powder can pretty much be substituted 1 for 1 in recipes.

Flax powder/meal can be used to thicken stews, but I still use arrowroot to thicken nicer gravies.

## **Instead of Hummus or sour cream dips:**

Make a Roasted Red Pepper dip or Baba Ghanoush (roasted eggplant dip)

## **Instead of potatoes chips and other salty crunchy snacks:**

Make or buy Kale Chips (they are really good), they are easy to make but you can buy them in most health food stores too.



Favorite web sites:

<http://www.elanaspantry.com/>  
<http://robbwolf.com/>  
<http://everydaypaleo.com/>  
<http://www.paleoplan.com/>  
<http://www.thefoodee.com/>

So be creative and try lots of new things and when you find a recipe that is great share it with the rest of us.

## Places to shop:

**In Town:** Community Natural Foods: <http://www.communitynaturalfoods.com/>  
Planet Organics: <http://www.planetorganic.ca/>  
Crossroads Farmers Market: <http://crossroadsmarket.ca/>  
Kingsland Farmers Market: <http://www.kingslandfarmersmarket.com/>  
Calgary Farmers Market: <http://www.calgaryfarmersmarket.ca/>  
Health food section of Super Store

**On-line:** JK Gourmet: They make the best and most finely ground Almond Flour they also make a paleo friendly granola:  
<http://www.jkgourmet.com/>

The cheapest **Almond Butter** is found at Costco, it is half the price there for whatever reason. I have search on-line and tried manufacture direct and Costco is still the cheapest by a long shot. They carry the brand MaraNatha and it's a really nice finely ground product that once it is stirred and stored in the fridge it doesn't re-separate but it still stays soft enough to spread.

The best place for quality **nuts and seeds** is The Light Cellar. They carry fresh raw nuts and seeds. They have the most reasonable price for stuff like hemp hearts too. You get a discount to if you order more than 5 lbs of an item at a time. Their web site is: <http://www.thelightcellar.ca/>

The Light Cellar also offers some great classes on how to make your own Raw Chocolate from scratch and creative ways to use dehydrators.

If anyone wants to talk food or has, questions don't hesitate to e-mail me at [dawnkrpan@yahoo.ca](mailto:dawnkrpan@yahoo.ca)