

PRIMAL AVOID AT A GLANCE

DIET

Baking Ingredients: Corn products (meal, starch, syrup and HFCS), other starches and syrups, grain-based flours, powders (gluten, maltodextrin, milk), sugars and sweeteners (dextrose, fructose, lactose, malitol, xylitol, agave, artificial sweeteners, brown sugar, cane sugar, evaporated cane juice, honey, molasses, powdered sugar, raw sugar, table sugar).

Beverages: Bottled, fresh-squeezed, or refrigerated juices (Odwalla, OJ, Ocean Spray, etc.); “energy drinks” (Red Bull, Rock Star, Monster, etc.); soy milk, rice milk, and other non-dairy milks that are sweetened (e.g., almond, coconut—although these are great in raw/unsweetened forms); other flavored powdered drink mixes (chai, coffee, or hot chocolate flavored); soft drinks and diet soft drinks; sports performance drinks (Gatorade, Vitamin Water); sweetened cocktails (daiquiri, eggnog, margarita); sweetened teas (Snapple, Arizona).

Coffee: Avoid excessive use or as energy crutch in place of adequate sleep and healthy lifestyle habits.

Condiments/Cooking Items: All products made with sugary sweeteners and/or refined high polyunsaturated vegetable oils: honey mustard; jams and jellies; ketchup; mayonnaise, spreads, and salad dressings made with canola, safflower, sunflower, or other refined vegetable oils; low-fat dressings and spreads.

Dairy: Conventional and GMO milk products with hormone, pesticide, antibiotic, allergenic, and immune-suppressing agents; ice cream; nonfat/low-fat milk; processed (e.g., American) cheese and cheese spreads; sweetened nonfat/low-fat yogurt and frozen yogurt.

Eggs: Limit mass-produced eggs (fed with grains, hormones, pesticides, and antibiotics). Find local, pastured eggs at farmers’ markets!

Fast Food: French fries, onion rings, deep-fried foods, burgers, hot dogs, chimichangas, chalupas, chorizos, and the rest of the industrialized fare we are inundated with daily; it’s chemically treated, deep-fried, insulin-stimulating, and devoid of nutritional value.

Fats & Oils: Partially hydrogenated; refined high polyunsaturated vegetable/seed oils (canola, etc.); interesterified fats; buttery spreads and sprays; margarine; vegetable shortening; deep-fried foods.

Fish: Most farmed fish, all Asian imports (polluted waters, lax chemical regulation), Atlantic salmon (farmed in dirty conditions), shrimp (farmed in dirty conditions), endangered/objectionable catch method fish, top of food chain fish (shark, sword, etc.—concentrated contaminants).

Fruit: Limit or avoid GMO, remotely grown, or conventionally grown, especially those with soft, edible skins.

Grains: Corn, rice, and wheat; bread and flour products (baguettes, crackers, croissants, danishes, donuts, graham crackers, muffins, pizza, rolls, saltine crackers, swirls, tortillas, Triscuits, Wheat Thins); breakfast foods (Cream of Wheat, dried cereal, French toast, granola, grits, oatmeal, pancakes, waffles); chips (corn, potato, tortilla); cooking grains (amaranth, barley, bulgur, couscous, millet, rye); pasta, noodles; pretzels; puffed snacks (Cheetos, Goldfish, Pirates Booty, popcorn, rice cakes); and all other baked or processed high-carb foods. Even avoid whole grains due to higher levels of objectionable phytochemicals, lectins, and gluten.

Legumes: Alfalfa, beans, peanuts, peanut butter, peas, lentils, soybeans, and tofu. Less objectionable than grains, but still contain anti-nutrients. Unnecessary and possibly counterproductive to health and weight management.

Meat & Fowl: Commercially grown, grain-fed ranch or CAFO animals (with concentrated hormones, pesticides, and antibiotics); pre-packaged processed products (breakfast sausage, dinner roasts, lunch meats); smoked, cured, or nitrate- or nitrite-treated meats (bologna, ham, hot dogs, jerky, pepperoni, salami).

Processed Foods: Energy bars; fruit bars and rolls; granola bars; protein bars; frozen breakfast, dinner, and dessert products; and packaged, grain/sugar-laden snack products. If it's in a box, package, or wrapper, think twice—or find the rare exceptions to high-sugar-content products.

Sweets: Brownies; candy; candy bars; cake; chocolate syrup; cookies; donuts; ice cream; milk chocolate; milk chocolate chips; pie; sugar-/chocolate-coated nuts and trails mixes; popsi-cles and other frozen desserts; syrups; and other packaged/processed sweets and treats. The less you consume, the less you'll want!

Vegetables: GMO, remotely grown, or conventionally grown, especially those with large surface areas or edible skins (leafy greens, peppers).

Supplements: Cheap, bulk-produced supplements with additives, fillers, binders, lubricants, extruding agents, and other synthetic chemicals.

EXERCISE

Chronic Cardio: Avoid a consistent schedule of sustained cardio workouts at medium-to-difficult intensity (exceeding heart rate of “180 minus age” in beats per minute).

Schedule: Avoid consistent application of stress with insufficient rest (compromises health, energy, and motivation levels). Consistency is *not* key when it comes to fitness!

Stretching: Avoid static, isolated muscle group stretches of “cold” muscles in favor of simple, dynamic stretches.

LIFESTYLE/MEDICAL CARE

Medical: Strive to avoid or wean off prescription medication for lifestyle-related health problems. Reframe “fix it” mentality into a “prevention” mentality.

Sleep: Avoid excessive artificial light and digital stimulation after dark, morning alarms after insufficient sleep, or fighting off a much-needed nap with caffeine.

Stupid Mistakes: Avoid multitasking (e.g., texting and driving), zoning out, or trusting that the world will keep you safe. Don't blame others for your stupid mistakes.