

The Paleo Way

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Myth Busters

The Science Behind Paleo

EAT THIS!

PALEO ON A PLATE

AT HOME *with* Pete

"We cook, connect and laugh in the kitchen"

MIND, BODY & SOUL

TIPS FOR A HAPPIER,
HEALTHIER YOU...



7 Delicious Recipes

Beef Burritos
Ginger Chicken
Lasagne
Spanish Omelette



The Paleo Way

Spring issue

The Paleo Way team

Chef and founder Pete Evans

Health coach Luke Hines

Nutritionist Nora Gedgaudas

Chef Monica Cannataci

Health, product and wellness specialist Kate Allan

Communications manager

Tyron Lawless

Publisher Robyn Foyster

Managing editor Franki Hobson

Creative director Ryan Guppy, 21-19

Senior designer Stephanie Mulder, 21-19

Chief sub-editor Delicia Smith

Cover photography Steve Brown

Lifestyle photography Steve Brown;

Faulkner Photography

Food photography Mark Roper

Food styling Deb Kaloper

Food preparation Monica Cannataci

Tour de feast photography Earth Events

Illustrations 21-19

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Pete's letter



Pete Evans

OUR CHEF AND FOUNDER

One of Australia's leading chefs, health coaches and food personalities, Pete's passion for cooking, wellbeing and paleo has inspired individuals and families in their kitchens around the world.



I believe living a paleo lifestyle is about taking the most natural dietary approach possible to support optimal physical and emotional health so that we can all live our best lives.

I am so excited to be sharing the first issue of the official *The Paleo Way* magazine with you. This is a true culmination of my passion to see others reclaim their health through the most nutrient dense foods on the planet.

So what does it mean to live a paleo lifestyle? Well I believe it is about taking the most natural dietary approach possible to support optimal physical and emotional health, so that we can all live our best lives. Sure, it might take cues from our ancestors, but it's also mixed with the most up-to-date nutritional research from the 21st century. What's important to understand is that this philosophy is as simple as returning to eating nutrient-dense wholefoods and living in a sustainable and holistic way. Once you start eating real food and see the change it has on your body and overall wellbeing, it's hard to go back because you feel so good.

I'm a trained health coach and when I studied over 100 different health and wellbeing theories at the Integrative Institute for Nutrition (IIN), paleo was the one that made the most sense to me. So, moving forward with this magazine, one of the most important things to understand is that paleo isn't a diet – it's a way of life that is completely sustainable. It isn't

a fad nor is it nutritionally incompetent.

I hope the recipes the team and I share, the stories we hear from our readers and the science we discuss allows you to reclaim your health and be the best version of you.

The team and I have developed this initiative to give you an easy-to-follow guide to support you on your journey to optimal health and wellbeing. As Hippocrates, the father of modern medicine said 2500 years ago, "Let food be your medicine." And in Australia we need to find a new kind of medicine because, as a nation, we've never been sicker or fatter.

I look forward to teaching you how to shop and cook, trainer Luke Hines will be helping with the cooking and will give you tips on how to move your body, and our nutritional expert Nora Gedgaudas will be providing support and information so you can learn along the way. Not to mention countless special guests and experts in their field. Hold on for the ride as it is going to be an incredible journey.

PETE EVANS, FOUNDER

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Eat this!

The science behind paleo



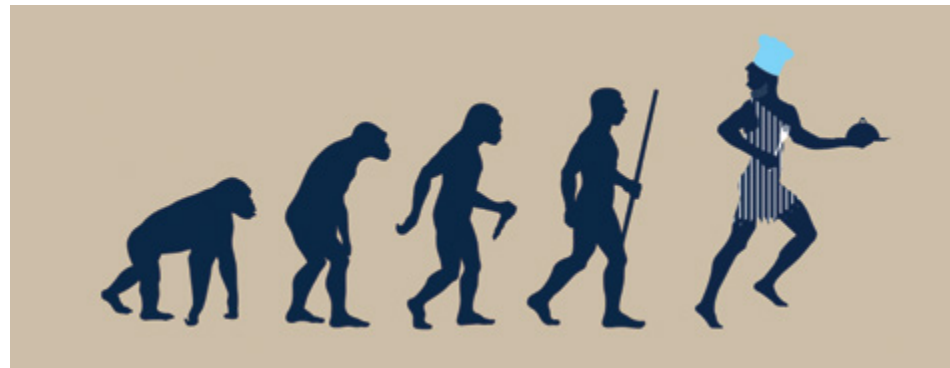
Nora Gedgaudas

OUR EXPERT NUTRITIONIST

Nora is an author and widely recognised expert on all things paleo. She's been an avid nutritional researcher for more than 35 years, has a 20-year clinical background and has been in full-time private practice since 2002.



Following a paleo diet leads to huge improvements in health, weight and wellbeing.



PALEO in a nutshell? Nutritionist NORA GEDGAUDAS explains the principles, PALEO'S HEALTH BENEFITS, the SCIENCE supporting it, plus she busts those 'MYTHS' you may have heard – minus the sugar coating...

Firstly, paleo is based on dietary habits we have followed throughout most of our evolutionary history, so it uses foods that humans are the most genetically adapted to eating. These are the foods we ate for 100,000 generations (or around three-million years) as hunter-gatherers. So even though the paleo diet is often accused of being a fad, if that is the case, it's literally the oldest fad in all of human history!

Secondly it places a strong emphasis on food quality. People following a paleo diet eat organically based, chemical-free produce and 100 per cent grass-fed/pastured meats, with all foods grown and reared according to sustainable practices. And finally, the paleo diet avoids processed, refined, genetically modified (GMO), chemical-laden, post-agricultural foods and "food-like substances".

Following a paleo diet can lead to huge improvements in health, weight and wellbeing. This isn't just based on hearsay – a large number of peer-reviewed research papers support this proposition, along with countless glowing testimonials.

For instance, a 2011 peer-reviewed article in the *Journal of Research Reports in Clinical*

Cardiology recommended an overall paleo approach to health. It says that the lifestyle and diet changes we went through after the Neolithic Revolution took place too recently for the human genome to have completely adapted yet.

According to the article, this "underlies many so-called diseases of civilisation, including coronary heart disease, obesity, hypertension, type 2 diabetes, epithelial cell cancers, autoimmune disease and osteoporosis, which are rare or virtually absent in hunter-gatherers and other non-westernised populations".

In addition, the version of the paleo diet that I've long advocated – and which The Paleo Way program embraces – is based on modern human-longevity research principles. It further improves the paleo diet and takes into account the world we live in today.

Mainstream dietary guidelines – which are based upon the corporate interests of the past several decades – have not led us to better health. In fact, a study published in May this year in the journal *Nutrition* showed that the more closely people follow government guidelines, the worse their health outcomes seem to be. ❤️

Paleo myths debunked

So many myths are regurgitated by those who simply don't know much about paleo! Nora Gedgaudas busts them once and for all and gives us the lowdown on what living a paleo lifestyle is actually all about



MYTH 1: A paleo diet has to be a high-protein diet

There are many misguided versions of the paleo diet that emphasise eating lots of meat and little else. However, current scientific evidence suggests that although it is important to eat sufficient amounts of protein from complete sources, such as animal source foods, there is no advantage to exceeding the amount that our body needs for its maintenance. In other words, it's healthy to meet our protein requirements from meat, but not to exceed them. It is also more affordable.



MYTH 2: Paleo cannot feed the planet, it is unsustainable and harmful to the environment

The idea that meat-eating is destructive to the environment is absurd – unless we're talking about feedlot farming based on grains and soybeans. Two-thirds of our planet's landmass is not usable for agriculture, yet there is plenty of non-agricultural grassland that can be used for sustainably raising livestock, as organisations such as the Savory Institute in Zimbabwe are proving. The Paleo Way is about restoring natural systems – both within our bodies and our natural world.



MYTH 3: Eating meat and animal fats is bad for your heart

Cardiovascular specialist Dr Aseem Malhotra created a storm when he declared that "saturated fat is not the major issue" for heart disease. While a March 2014 Cambridge University study looked at data from 27 randomised controlled trials and more than 600,000 subjects in 49 observational studies. "It's not saturated fat we should worry about," said Rajiv Chowdhury, lead study author. "It's the high-carb or sugary diet that should be the focus of dietary guidelines." Bingo!



MYTH 4: Avoiding grains and legumes is harmful to your health

There is no evidence for a grain/legume-based diet anywhere in the pre-agricultural human fossil record. This has been established by analysing human bone collagen remains at the Max Planck Institute for Evolutionary Anthropology in Germany. Samples taken from multiple periods of human evolutionary history confirm the absence of proteins from grains and/or legumes in our fossil record. Therefore grains cannot be essential to us in any way.

What's on the paleo menu?



HEALTHY ANIMAL SOURCE FOODS (ASF)

So that means meat, fish and seafood, all either wild caught or fully pastured.

NATURAL BRAIN-BUILDING FATS

From healthy animal source foods, coconuts, olives, avocado and nuts (rather than refined and/or hydrogenated commercial vegetable-seed oils and margarines).

FIBROUS PLANT-BASED FOODS

Raw, cooked and/or naturally cultured/fermented.

SOME NUTS, SEEDS AND EGGS

If your body can tolerate them.

OCCASIONAL LOW-SUGAR-CONTENT FRUITS

A small amount of seasonal fruit, such as berries, is purely optional.

PURE, FILTERED OR ARTESIAN SPRING WATER

Drink these (primarily), together with delicious herbal teas and probiotic-rich cultured/fermented beverages.

HOME is where the *heart* is...

Teaching KIDS that lollies aren't a healthy food choice or giving up your morning coffee (and evening glass of wine!) aren't the easiest feats...

PETE EVANS gives us a peek into how it works for his FAMILY

When Pete Evans adopted the paleo lifestyle four years ago life just got better and better. "I felt the changes pretty much straight away," says Pete. "Within a month, the digestion issues and skin irritations I had suffered from all my life disappeared, and now, at 41, I'm in the best shape I've ever been in."

It's a way of life he shares with his whole family, including daughters Chillii, 10, and Indii, 9, who also follow in their father's paleo footsteps. "As a family, we are just so much healthier than we were," he adds.

Here, Pete opens up about how his family became paleo converts, overcoming the challenges a lifestyle change can bring and his hidden talent for juggling...

How did you and your family become paleo converts?

It was through my Kiwi partner Nic Robinson. She grew up on a farm in Christchurch, so she has always been pretty connected to her food sources and, because she's always seeking out knowledge, one day she was reading *Primal Body, Primal Mind: Beyond the Paleo Diet For Total Health and a Longer Life*. It's a very well-researched book written by nutritional expert Nora Gedgaudas. After Nic finished reading it, I started and I couldn't stop. So much of the information in the book resonated with me and that was when I began to ditch starchy carbs, refined sugar, toxic oils, dairy and legumes and

embraced a new world of nourishing alternatives. I cut out dairy, sugar and wheat for three months and I felt the changes pretty much straight away. My energy levels increased, I was able to focus for much longer periods of time and my memory and mental alertness increased.

What was your nutrition, fitness and health like prior to paleo?

I knew a lot about food because I was a chef and I ate in a pretty standard way, consuming lots of wholegrains, fruit and vegies, meat and fish. I also ate a bit of dairy and pasta. I really thought I had a good diet but once I discovered the path to total health and optimal wellbeing, I realised how little energy I used to have and how sluggish I often felt after meals. I put it down to digestion issues I'd battled with since I was a kid and just accepted it. But since going paleo all of those little niggles have evaporated.

What is your family life like now that you are all paleo?

Life is awesome. We're so much healthier, and that comes down to the fact that we've ditched gluten, dairy, processed foods and refined carbohydrates and sugars. Instead we eat a diet that's abundant in seasonal vegetables, moderate amounts of protein from quality sources, good fats and oils, along with having a daily dose of fermented foods, such as sauerkraut or drinking coconut water kefir. This has all helped to build up our immune and digestive

systems in particular, allowing us to live in the best possible health we can.

For myself, there have also been many more ripple effects that have happened since finding balance through the foods that I choose to eat. When I'm at home, I'm more present than before – I have more time for the kids, for Nic, and I just don't get stressed in the way I used to because I live mindfully. That's a pretty cool feeling. I've also become more confident as I've worked with different holistic health techniques to get rid of self-limiting beliefs I once had, and today I'm really able to fully focus on the goals I want to achieve.

Buying our farm has enhanced our lives as Nic is teaching me to live off the land, which is an incredible experience, and that's helping to connect all of us to our food sources. Like me, both Chillii and Indii don't digest dairy well, and Chillii is also intolerant of gluten, so removing these foods has also helped to improve their daily health significantly.

What challenges did your family face when adopting paleo?

Honestly, there haven't been too many challenges because once I made this lifestyle adjustment and commitment to living paleo, I knew I wanted to stick to my guns. I'm pretty determined once I put my mind to something. But when the team and I get emails from people facing challenges while doing our 10 Week Activation Program, trainer Luke Hines and I always point out the fact that ▶



FAMILY FOOD

often the biggest challenges you may face are from those around you who try to judge you for your decision or want you to defend your views. You don't need to. Like I always say, "I like to fit out, not fit in."

It's important to be clear that living a paleo way of life isn't extreme. It's about being informed and taking the most up-to-date scientific research, coupled with nutritional information about what our ancestors ate and today's hunter-gatherer societies continue to eat, and putting all of that together to eat in a way that provides optimum benefits to your health and wellbeing. It's not dramatic and it's not rocket science. And once you start to understand the relationship between what you eat and the way it can make you feel, you don't get the same cravings you once used to because your body chemistry is balanced. Also you know how you feel when you eat those foods – and it's not good!

How do you encourage your children to live paleo?

I see it with my kids and it's interesting because they generally make the right choices, even when I'm not there, which is awesome. For example, one day, I picked my girls up from a birthday party and they had a bag of lollies and they asked if they could keep them. I asked the girls a question: "If I bought them a bunny each and one of the ways they could help to ensure the bunnies would stay healthy would be to feed them the foods they have evolved to eat, like grass and water, what would they feed them?" They answered grass and water, of course. I then asked them, "What if the bunnies wanted to eat lollies because the other bunnies in the street were and there was a chance that maybe their bunnies would get sick or not live as long or be in pain, would they ever feed the bunnies the lollies?" Both said, "No, we wouldn't feed the bunnies the lollies." Then I told them that they were my "bunnies" and I would do everything I could



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Often the biggest challenges you may face are from those around you who try to judge you for your decision or want you to defend your views.

to make sure they did not get sick by choosing food that would not cause their bodies harm. I said that they need to think of themselves as "bunnies" and hopefully they will learn to make wise choices when it comes to what they feed themselves.

Was it difficult for you to give up alcohol and coffee?

A lot of people say to me, "You don't drink alcohol? What do you do for fun?" Nic and I might occasionally

have a glass of wine if friends pop over, but it's very rare because when you don't drink much at all, you really can feel it the next day. I've never been much of a coffee drinker, so I didn't have a problem giving this up as some people do. Instead I like to start my day with a "brothee". It's hot bone broth in a cup and I usually add some turmeric, lemon or slices of ginger to give me an extra boost. I also love a nice cup of herbal tea.

And sure, my life is busy – frantic, in fact – but I've always been a juggler. I actually learnt to juggle at a speed-reading course I took when I was 19 and I've always relished juggling all the things I'm passionate about in my life. The good thing is that I sleep really well, but sometimes my working schedule doesn't allow for seven-to-eight hours a night, especially when filming *MKR*. Sometimes I get as little as two hours sleep, so I use meditation techniques and paleo helps me immensely to stay sharp, focused and on top of my health.

Above Indii (left) and Chilli have bags of energy.



How would you educate kids about healthy eating?

Children love being responsible for growing or looking after things, so get them to grow some herbs or care for an animal. Try to teach them about how foods have changed so much over the decades and why there is so much ill health these days. For example, I've seen a lot of changes in my kids since we've moved to the farm and they are really hands-on with where their food comes from. They particularly love checking out the new produce that's growing in the garden each day. But the most important thing, by far, is to get them in the kitchen with you. That's the hub of our household and where the girls and I connect over what we've got up to

during the day. We cook together and laugh together – this is where my favourite moments happen when I'm at home. And the flow-on effect of this is that kids start to get interested in ingredients, they learn to experiment and really begin to have a relationship with the food they are putting in their bodies.

That's the first step. It's a technique that's worked wonders for my own daughters who have been involved in creating yummy meals and playing with flavours ever since they were little. And I'm proud to say they know instinctively what foods make them feel good and make their choices accordingly. As a parent, it's been a really interesting journey because I've discovered that the more my kids understand

Left Pete loves cooking with Indii (left) and Chilli.

Below left Pete has much more energy. "Now, if the surf's pumping, I'll ride waves for four or five hours without even tiring," he says.



the power of food as medicine, the less inclined they've become to eat, or crave, unhealthy food. Plus, our family dialogue and intrinsic relationship with what we eat has allowed them to have a really dynamic relationship with the food they put in their mouths. We also have lots of discussions and enjoy fun times together with a little 21st-century hunter-gathering – foraging for fresh produce at a weekend farmers market or hitching a lift on a mate's boat and heading out for a morning fish. As a result, they are happy in their skin and very aware of how certain foods make them feel. They both love surfing and playing outside a lot, as well as being involved in heaps of after-school sports. **P**

Above Pete enjoys creating healthy meals for the whole family.

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My daughters and I cook together and laugh together – the kitchen is where my favourite moments happen when I'm at home.

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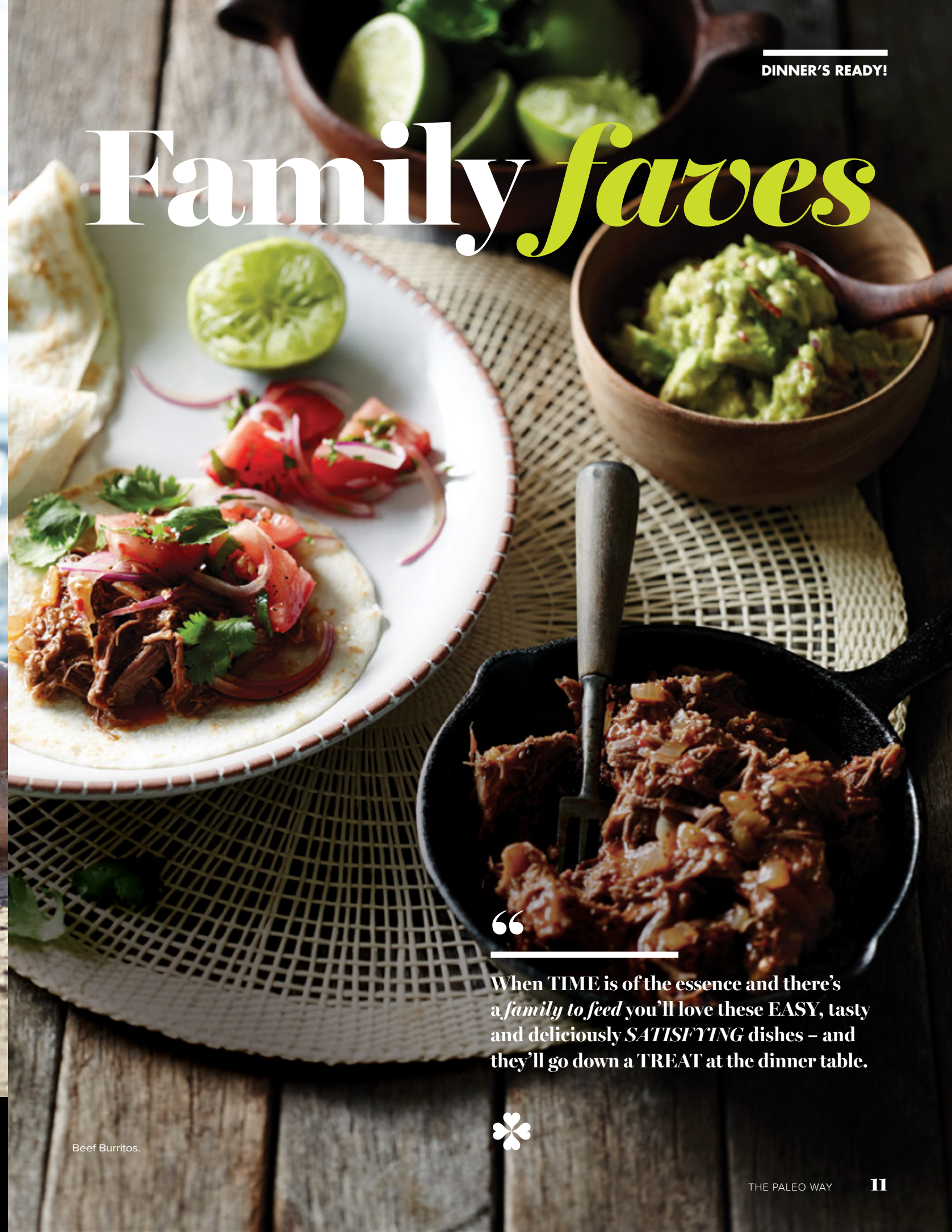
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Family *fav*es



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When TIME is of the essence and there's a *family to feed* you'll love these EASY, tasty and deliciously *SATISFYING* dishes – and they'll go down a TREAT at the dinner table.

Beef Burritos.





Braised Ginger Chicken with Spring Onions and Chilli.

BEEF BURRITOS

Serves 4

- 1 tablespoon coconut oil, duck fat or tallow
- 1 onion, chopped
- 2 cloves garlic, minced
- 500g grass-fed beef rump steaks, cut into cubes
- ½ teaspoon ground coriander
- 1½ teaspoons ground cumin
- 1 teaspoon chipotle powder
- ½ teaspoon chilli flakes (optional)
- 2 ripe tomatoes, roughly chopped
- 500ml beef or chicken stock, extra if needed
- 1 handful picked coriander leaves, to serve

Coconut flour tortillas (makes 8 tortillas)

- 25g (¼ cup) coconut flour
- 2 tablespoons arrowroot
- 8 large free-range eggwhites
- ¼ teaspoon fine sea salt
- 125ml (½ cup) water
- coconut oil, for cooking

Avocado salsa

- 1 avocado, diced
- 1 tablespoon extra virgin olive oil
- 1 tablespoon red onion, finely chopped
- 2 tablespoons coriander, chopped
- juice of 1 lime

Tomato salsa

- 2 vine ripened tomatoes, cut into 2 cm pieces
- 1 clove garlic, finely chopped
- ¼ Spanish onion, thinly sliced
- 1 small handful picked coriander, torn
- 2 tablespoons extra virgin olive oil
- 1 tablespoon lime juice

HEAT a saucepan or casserole dish with the coconut oil over medium heat. Add the onion and cook for 5 minutes until soft and tender. Add the garlic and cook for a further 30 seconds until fragrant. **ADD** the beef and cook for 1 minute on each side to seal, then add the ground spices, chilli flakes (if using) and tomatoes and cook for 1 minute. **POUR** in the stock, bring to the boil, cover with a lid, then reduce to medium-low and gently simmer for 2 hours, or until the meat is soft and tender. **ADD** more stock or water if needed. **SEASON** with salt and freshly cracked pepper to taste.

TO MAKE THE TORTILLAS:

WHISK the coconut flour, arrowroot, eggwhites, sea salt and water together in a large bowl to make a smooth batter. **MELT** 1 teaspoon of coconut oil in a non-stick frying pan and swirl around to coat over a medium heat. **POUR** 3 tablespoons of batter into the pan. Tilt and swirl the pan to spread the batter into a round, thin tortilla shape of 12 cm in diameter. **TURN** the heat up to medium-high and cook until light golden brown on one side, then flip and cook the other side to a light golden brown. Repeat.

TO MAKE THE AVOCADO SALSA:

COMBINE all the avocado salsa ingredients in a bowl and mix gently. **SEASON** with salt and pepper and set aside.

TO MAKE THE TOMATO SALSA:

COMBINE all the tomato salsa ingredients in a bowl and mix together. **SEASON** with salt and pepper and set aside.

FILL the tortillas with a generous portion of the beef mixture, top with the salsas and coriander leaves. **WRAP** tortillas and serve.

BRAISED GINGER CHICKEN with Spring Onions and Chilli

Serves 4

- 1 x 1.8kg whole chicken, cut into 8 parts
- 1 teaspoon tapioca flour
- 3 tablespoons coconut oil, duck fat, tallow or other good quality fat, melted
- 1 brown onion, chopped
- 4 cloves garlic, thinly sliced
- 5cm piece ginger, julienned
- ½ cup white wine
- 1 cup (250ml) chicken stock
- 1 tablespoon fish sauce
- 1 tablespoons tamari
- 3 long red chillies, deseeded and julienned (leave some seeds in if you like it spicy!)
- 4 spring onions, julienned
- 1 bunch bok choy, trimmed
- toasted sesame seeds, to serve
- cauliflower rice, to serve

PREHEAT oven to 160°C. Place chicken in a large bowl and mix through 1 tablespoon of tapioca flour. **IN** a frying pan, heat oil over medium-high heat. When the oil is hot, add the onion and cook, stirring occasionally, for 5 minutes or until softened and translucent. **ADD** the garlic and ginger and cook for 1 minute. Add chicken pieces skin-side-down, season and cook for 2 minutes until lightly golden. **TRANSFER** the chicken, onion, garlic and ginger to a roasting pan, then pour in wine, chicken stock, fish sauce and tamari. Scatter over the chilli and spring onions. **COVER** with a lid or a double layer of foil and braise in the oven for 1 hour or until chicken has cooked through. 15 minutes before chicken is ready, mix in the bok choy. **SEASON** sauce to taste. Sprinkle on sesame seeds and serve with the rice.

CRISPY PORK & RADICCHIO SALAD with Apple Balsamic and Walnuts

Serves 4

- 800g pork belly, skin on, scored
- coconut oil, for rubbing, melted
- 2 granny smith apples, cored, cut into 8 wedges
- 2 tablespoons maple syrup
- 250g savoy cabbage, finely shredded
- 3 radicchios, trimmed, leaves separated and torn
- 80g walnuts (activated if possible), toasted and roughly chopped
- 50ml extra virgin olive oil

Balsamic and Apple Glaze

- 200ml balsamic vinegar
- 100g honey
- 1 granny smith apple, chopped into small cubes

PREHEAT the oven to 240°C. **RUB** the pork with a little coconut oil, then season with salt and place in a large roasting tin. Roast until the skin starts to bubble, about 30 minutes. **REDUCE** the heat to 150°C. Place the apples around the pork, brush with maple syrup, and cook for 45 minutes until the apples are tender and caramelised. **REMOVE** the apples from the tray, set aside until needed and continue to cook the pork belly for a further 1 hour or until tender. Allow to rest for 10 minutes before serving.

TO MAKE THE BALSAMIC APPLE GLAZE:

PLACE the balsamic vinegar, honey and apple in a saucepan, whisk to combine, and bring to the boil over medium heat. **REDUCE** the liquid by more than half, or until a thick syrup forms (yields approximately 120ml). **REMOVE** from the heat, cool completely and strain.

TO MAKE THE SALAD:

COMBINE the cabbage, radicchio and walnuts in a large bowl. **CHOP** the pork into bite size pieces, about 2cm, and add to the salad. **ADD** the olive oil and drizzle half of the apple balsamic over, then gently toss the salad to coat with the dressing. **SEASON** with salt and pepper. **ARRANGE** the salad onto a serving platter and serve.

NOTE: You can store the remaining balsamic glaze sealed in a jar for up to 3 months.



Crispy Pork and Radicchio Salad.



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Tasty, *delicious* and good for you, these *nutrient packed* meals will fuel your body the *right* way.

Motivational tips for a happier, healthier you

LUKE HINES *is a beacon of health and happiness. Here, The Paleo Way's health coach reveals his SIMPLE SECRETS to living the best LIFE possible...*

Being the healthiest and happiest version of yourself is ultimately what we all want to achieve. Living a fruitful life spent learning, discovering, exploring and truly feeling what each and every day has to offer doesn't have to be just a dream. Through *The Paleo Way* magazine I'll be sharing my passion for living well and inspiring you to make some incredibly positive life changes that allow you to reclaim your health and flourish on every level. By focussing on three aspects of your life you can begin to make these changes today...

TRAIN SMART

I encourage you to move your body, in a safe and functional way that you enjoy. It really is that simple. I have worked in the fitness industry for the past 12 years and I have seen so many messages around the term "exercise" and "working out" become misinterpreted, which can create an environment that some people may feel threatened or intimidated by.

Sometimes when I suggest people "get fit, get moving and get active", they imagine this means a commando-style personal trainer standing over them and yelling while they are being pounded by the rain in a boot-camp style session. Or they may imagine themselves walking into an exclusive gym, surrounded by perfect physiques, feeling judged for not looking perfect, or not having the best training gear or not knowing how to use the equipment. So whether it is fear of intimidation or fear of judgement, many people associate exercise as being a chore that can be quite confronting.

Alternatively, some people just do not know where to begin. They think that if they don't have a set program laid out for them, then they are destined to fail.

But exercise doesn't have to be any of these things. It doesn't have to be structured,

regimented or programmed. It can be fun, exciting, gentle, nurturing and, what's more, something you actually look forward to doing.

So let's define what exercise can actually be. For me it is going to the gym and doing weights, but for you it might be a yoga class, or maybe Pilates, even meditation or perhaps as unstructured as taking the dog for a jog, kicking the footy in the park with the kids, or Pete's favourite, going for a surf. It's not that complicated, just move!

I would love for you to have a think about a type of movement you can incorporate into your life that is something you enjoy doing. That is exercise. So think outside the box and know that any type of movement is providing your body with benefits. Go on, get out there and get amongst it.

EAT CLEAN

For me, eating clean is about fuelling our bodies with the most nutrient-dense foods on the planet so we can perform at our absolute best. It's also avoiding the foods that can cause us harm or inflammation – basically avoiding anything that may slow us down on our journey to health and happiness. When you understand the direct effect different types of food have on how

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I live by the MANTRA: train smart, eat clean, feel good. Three SIMPLE statements that when combined, work in SYNERGY creating the BEST FOUNDATIONS for a healthy body and mind.

you look, feel and perform, you will be able to make an informed decision on what passes the gatekeeper, so to speak. So it is about being a really strong willed gatekeeper of your own health by only letting nourishing foods pass and saying no to anything harmful.

Let's look at it like this: if there was a label on something unhealthy alerting consumers that "this product may cause drowsiness, mood swings, sugar cravings and bloat", and then a label on something else saying "this product contains real ingredients that may cause a feeling of satiation, energy, vitality and focus", I certainly know which one I would be choosing. Food labels basically do this already, but instead of spelling it out in simple terms, we need to learn about the ingredients that we are putting into our bodies. The best thing to do is to always

choose whole foods in their most natural forms. Choose food the way nature intended it to be consumed – and always make ethical, sustainable choices when possible.

FEEL GOOD

Right now you should be feeling stoked that you understand how to move your body and what to eat to nourish it. But all the exercise and healthy eating in the world doesn't mean a thing unless you have a healthy mindset. And that is where part three of my mantra kicks in – feeling good. It's a constant journey we go through in life – striving to achieve personal happiness.

So how do you do it? Well to begin with you need to think good thoughts. If you do not believe in something, it is impossible to make a change. So think good thoughts about yourself and the world around you.

Be mindful of how lucky you are, as opposed to focusing on the negatives and complaining about the small stuff. By putting energy into looking at the fantastic side of life, we begin to create a fire, of sorts, in our belly. This fire can only grow, burn and spread if we keep the good energy flowing. So when we start treating others well it's like throwing kindling on the fire.

By thinking positively about difficult situations, being grateful and meditating we genuinely feel good. So cut the crap, pull your finger out and be a good person – you'll be amazed at how great it makes you feel!

How we move, what we eat and how we think is linked to our happiness. The combination of making the right choices around training smart, eating clean and feeling good leads us to a happy existence. So embrace it, be brave, be strong, and most of all respect yourself enough to look after yourself, so you can be the healthiest and happiest version of you possible. ❤️

Tour de feast

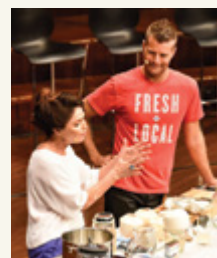
The **LEARN TO COOK THE PALEO WAY** tour dished up **DELICIOUS** recipes across **26 destinations**, with a host of **INSPIRATIONAL** speakers to boot!

Words by **Tyron Lawless**

► *The Paleo Way team has just hosted the biggest national health tour ever in Australia.*

And what an incredible experience it was! Over two mouth-watering months, visiting 26 locations across Australia and New Zealand, we delivered the Learn To Cook The Paleo Way tour with Pete Evans, Luke Hines and a huge array of inspirational guest speakers.

Clockwise from top Pete Evans and Luke Hines whip up a tasty dish; inside Sydney Town Hall; Pete with Helen Padarin, naturopath and nutritionist; Maria Hunt, health practitioner, educator and speaker with Pete; Luke and Pete; Pete with Charlotte Carr, advocate for children's nutrition.

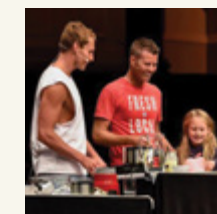
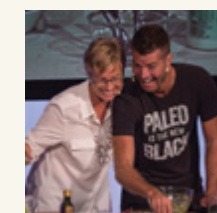


► *Our message was simple: eat real food, stay active and, most importantly, feel good!*

Every moment – and morsel – was savoured, as we delivered 22 simple but healthy and delicious recipes at each location. With plenty of laughs, motivational talks and uplifting tales from our guests, our tour shared and showcased the life-altering benefits that can be, and are increasingly, being achieved by Australians and New Zealanders alike.

We want to thank everyone who came along and brought an open mind and heart, and helped make the Learn To Cook The Paleo Way journey of 2015 the great success it was. We had a blast teaching, speaking, laughing and sharing everything with you all. We hope that the new ideas, tips, skills and tricks you learned will help you continue your amazing work to reclaim your health and be the best version of you that you can be!

Clockwise from right Dr Libby Weaver, nutritional biochemist, talks with Pete about the importance of a healthy digestive system; Pete and Cyndi O'Meara, nutritionist, author and speaker create one of her super nutrient salads; Singer Wes Carr performed; Luke, Pete and his daughter Chilli.



◀ *More than 12,500 people flocked to take part.*

They welcomed us with warm smiles and even warmer hearts – we truly were overwhelmed by the enthusiasm and affection of our audiences. There was excitement, emotion and, at times, tears of joy. Without a doubt, the highlight for us was hearing the hundreds of touching personal and family stories of how The Paleo Way has positively changed people's lives through improved health and wellbeing.

Using only fresh, sustainable and organic produce sourced locally from every city and town we visited, we busted paleo myths and proved just how healthy, simple, affordable and incredibly enjoyable this way of life can really be.

Clockwise from left Pete and tour regular, Helen Padarin; experts at the Brisbane event hold a Q&A with the audience; Luke and Pete demonstrate a delicious paleo recipe; queues for the tour outside the Sydney Town Hall venue.

Life-changing Transformations



“I went from an overweight smoker to a healthy, happy, marathon runner!”

TONYA, 41 – BEAUTY THERAPIST



BEFORE WEIGHT: 90kg
AFTER PALEO WEIGHT: 63kg

In 2011 I was terribly overweight, a pack a day smoker and I drank lots of wine. I loved my life – or at least I thought I did. But after breaking up with my boyfriend I found I wasn't in a good place emotionally and I decided I had to do something to change things.

My first stop was exercise. Walking and jogging progressed to running, which I loved. After a few ups and downs I found a running coach who's training included a paleo eating plan. I ate paleo and found I had so much energy, I recovered better after runs and felt amazing.

After four months I ran the New York City Marathon. When I returned home, however, the weight crept back on as I fell into my old ways with food.

By this point it was 2014 – the year I'd turn 40. By June I began to follow The Paleo Way religiously. I read about it online, ordered all the recipe books and stocked up on all the ingredients I needed (which was often only possible on trips to Perth, as supplies are limited on Christmas Island!) and off I went.

Since beginning The Paleo Way I haven't looked back. My goal was to lose about 15 kilos and after a few months the weight just fell off. I feel incredible and so happy that if I could I would do cartwheels!

I truly believe you can achieve anything in your life if you put your mind to it, and through some hard times and the information provided in The Paleo Way program I have changed mine. It has been a bumpy road but without the support from family, friends, my running coach and Pete Evans and crew I would not be where I am today. I look back at that girl in 2011 and don't recognise her...

“My energy levels, overall happiness and confidence have changed incredibly”

RUBY, 14 – YEAR 10 STUDENT

As a young girl, I was cheerful, fit and healthy. I loved fresh fruit and veg and couldn't get enough of the outdoors. As I got older, the things I ate began to change, and at the age of nine, I started gaining weight and losing energy. I was also reaching an age where I cared about the way I looked and I wasn't happy with it. My transition into high school was no help. Moving from a small Montessori school, where I had no access to a tuckshop, into a school where they sold ice creams and pies was exciting. I started eating junk food every day and gained more weight. I had no energy and became more depressed. I felt horrible – not only about the way I looked, but also the way these foods were making me feel.

Then, in July 2014, my uncle passed away suddenly from organ failure caused by untreated, chronic fatty liver disease that caused cirrhosis. His death came as a huge shock to my entire family. This was the wake-up call that made us change our ways. We removed all processed foods from our diets and I began exercising two-to-three times a week, riding a bike with my dad. We started following an 80 per cent paleo diet in September 2014 and began the 10 Week Activation Program at the end of May 2015.

When I went 100 per cent paleo, it was noticeable to others at school that I wasn't eating the same way they did, and I was questioned about my food choices – people didn't understand why I would change the way I eat and the way I live. I just hope they take the time to educate themselves on this incredible way of life. Doing the 10 Week Activation



Program taught me so much – I've even been inspired to start a blog about my experiences (upliftinghealth.tumblr.com). My energy levels, weight, happiness and confidence have changed incredibly – I feel better than ever! This is just the beginning. It is how I want to live the rest of my life and I'm grateful to have had the opportunity to learn to live like this.



BEFORE WEIGHT: 91kg
AFTER PALEO WEIGHT: 68.5kg
(still on the program)



“Within weeks my Crohn's disease symptoms slowed down... then they stopped completely”

GARY, 49 – POLICE SERGEANT

I have been suffering from an inflammatory bowel disease for over 15 years and was finally diagnosed with Crohn's disease in 2009. By 2012 I was on high doses of medication, I'd ballooned in weight and ended up hitting 91kg. I felt like I was in a black hole and I couldn't get out. So I ate more rubbish, drank more alcohol and became more sick.

I was introduced to paleo when my wife Melvina was diagnosed with a brain infection, which spurred her into looking at her overall health. When she took up running I became jealous – I felt we were slipping away from one another as she was exercising and I wasn't. So one day I decided I wasn't going to let my diagnosis beat me and put on some running shoes. I managed about 200 metres before realising how poor my fitness was. But it was a start!

I started to research paleo for myself and soon our whole family had adopted the lifestyle, including my son Callum, 13, and my daughter Poppy, 17, who is vegetarian, so she made changes based around that. Within three weeks I'd lost several kilos and my symptoms slowed down, then stopped completely.

My wife and I attended The Paleo Way tour in Perth and I was enlightened. I then joined the 10 Week Activation Program, which I'm still on. I am now 100 per cent paleo and I exercise every day. I am so much fitter and stronger – and I've dropped six trouser sizes! I have never looked or felt so good. Many of my friends have seen the changes in me and are now following the lifestyle too. Also my relationships are all dramatically better – my wife and I are closer than ever and now have a passion for food and exercise that we share.



The Paleo Way

10 week activation program with Pete Evans, Nora Gedgudas, Luke Hines and expert guests

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Melting pot

“

Eating *THE PALEO WAY* doesn't mean you have to give up your *favourite* dishes, we've rebooted some **CLASSIC MEALS** we know you and your family will *ENJOY*.



Paleo Lasagne.



Gado Gado with Cashew Satay Sauce.

PALEO LASAGNA

Serves 8

2 large sweet potatoes, (about 700g) peeled and sliced to 5mm strips

½ green cabbage, (9 leaves) separated

3 tablespoons coconut oil

1 onion, finely chopped

4 cloves garlic, finely chopped

700g grass-fed beef mince

1 tablespoon fresh oregano leaves, roughly chopped

2 tablespoons tomato paste

200ml red wine

500ml passata or whole peeled tomatoes

200ml beef or chicken broth

2 tablespoons fresh parsley, finely chopped

200g field mushrooms, thinly sliced

100g baby spinach leaves

White Sauce

600g cauliflower, chopped

400ml coconut milk

2½ tablespoons arrowroot

2 free-range organic eggs

BRING a saucepan filled with water to the boil and season with salt. **ADD** the sweet potato strips and cook for 3 minutes until slightly softened. Remove with a slotted spoon and place onto a paper towel to soak up any excess water. Bring the saucepan back to the boil. Add the cabbage leaves and cook for 2 minutes until tender. **STRAIN** out the water through a colander and place the cabbage leaves onto a paper towel to soak up the excess water. Set aside. **TO MAKE** the meat sauce, place 2 tablespoons of coconut oil in frying pan or saucepan over medium heat. Add the onion, and cook for 4–5 minutes or until softened and translucent. **NEXT** add the garlic and cook for a further 1 minute, or until fragrant and starting to brown.

ADD the mince and brown for 5–6 minutes, breaking up the meat with a wooden spoon into smaller pieces. Stir in the oregano.

ADD the tomato paste and cook for 1 minute, then add the wine, bring to the boil and reduce the wine to half, about 3 minutes. **ADD** the passata, beef broth, and season with sea salt and freshly ground pepper. **SIMMER** on low heat for 15 minutes until it reaches a saucy consistency. Stir through the parsley. **REMOVE** from heat and set aside.

TO MAKE THE WHITE SAUCE:

BRING a saucepan filled with water to the boil. **ADD** the cauliflower and boil for 15 minutes or until tender. Drain out the water and allow to cool. **MEANWHILE**, pour half of the coconut milk in a saucepan and bring to the boil. **MIX** the arrowroot and remaining coconut milk until combined. When the coconut cream has boiled, reduce to a simmer and whisk in the coconut and arrowroot mixture. **COOK** until thickened for 1 minute, whisking constantly. Once the sauce has thickened, remove from the stove and whisk in the raw eggs. **PLACE** the white sauce and cauliflower in the blender and blend until smooth. **SEASON** with salt and pepper.

TO ASSEMBLE THE LASAGNA:

PREHEAT the oven to 180°C. **LIGHTLY** grease a 25cm x 12cm oven-proof dish with the remaining coconut oil. **LAY** 3 slices of cabbage in a single layer into bottom of the dish, then add the sweet potato – just enough to cover the cabbage in a single layer, about 6 slices, followed by the mushrooms and spinach. **NEXT** spread 1½ cups of the meat sauce out evenly. Top the meat sauce with 1 cup of white sauce and spread out evenly. **REPEAT** the layering twice starting with the sweet potato, then the cabbage, mushroom, spinach and meat sauce, with the remaining white sauce to finish. **PLACE** in the oven and bake for 45 minutes until slightly golden on the top. **REMOVE** from the oven and allow to sit for 10 minutes before cutting. **CUT** the lasagna into portions and serve with salad on the side.

GADO GADO with Cashew Satay Sauce

Serves 2

1 bunch asparagus (about 8 spears), trimmed

2 heads baby bok choy, trimmed

1 turnip, peeled and cut into 2cm pieces

½ Lebanese cucumber, sliced

1 large handful (about 80g) bean sprouts

6 okra, sliced length ways

100g Chinese cabbage (wombok), shredded

3 hard-boiled eggs

1 handful coriander leaves, picked

1 long red chilli, sliced (optional)

Cashew Satay Sauce

80g cashew nuts (activated if possible)

60g 100 per cent pure organic almond butter

4 tablespoons water

1 tablespoon finely grated ginger

½ long red chilli, deseeded and finely chopped

1 tablespoon tamari

1 teaspoon sesame oil

1 teaspoon maple syrup

sea salt

TO MAKE THE CASHEW SATAY SAUCE:

COMBINE all the cashew satay ingredients into a food processor and blend until smooth. Add more water if needed. Season with a little salt if desired. Set aside.

BLANCH the asparagus, bok choy and turnip separately in boiling salted water until just tender. The asparagus and bok choy will take 1 minute to cook and the turnip will take 5 minutes. Refresh briefly in cold water, then drain. **ARRANGE** the cooked vegetables on a large platter along with the cucumber, bean sprouts, okra, Chinese cabbage, eggs, coriander leaves and chilli. **SERVE** with a bowl of the cashew satay on the side to drizzle over the salad.

NOTE: Any leftover satay sauce can be stored in the refrigerator for up to 2 weeks.

SPANISH OMELETTE with Chorizo, Sweet Potato and Black Olives

Serves 2

½ sweet potato (about 150g), peeled and cut into 1cm dice

6 large free-range eggs

1 teaspoon coconut oil, duck fat, tallow or other good quality fat

2 x 100g cooked chorizo sausage, cut into 1cm slices

¼ red onion, thinly sliced

60g pitted kalamata olives

pinch smoked paprika

small handful flat-leaf parsley, roughly chopped

extra virgin olive oil, to serve

sea salt and cracked pepper, to taste

PRE-HEAT oven to 180°C. Put the sweet potatoes in a saucepan filled with boiling salted water and simmer until tender, about 5 minutes. Drain in a colander and set aside. **CRACK** open the eggs into a large mixing bowl, then beat the eggs with a fork or whisk with sea salt and pepper. Set aside. **MELT** the coconut oil or fat in a 20cm non-stick oven-proof frying pan over medium heat. **ADD** the chorizo and fry for 40 seconds on each side or until golden

and crispy. Add the onion and sauté for 1 minute, then remove from the heat. Add the potatoes and olives and gently toss through, spread everything out evenly, then pour in the egg mixture. **TRANSFER** the pan to the oven and bake for 8 minutes or until the egg mixture is golden and cooked through. **SPRINKLE** with a pinch of smoked paprika and fresh parsley and drizzle with olive oil. Serve immediately.

“

Bring your favourite flavours to the table using the best organic ingredients.




Spanish Omelette.

Berry *blast*

This zingy **fruit tea** gives the ultimate **refreshment** on a hot day. Sweeten it with a little **honey** if it's too tart for your taste.



Hibiscus Iced Tea

 Serves 6

½ cup Jamaica (dried hibiscus)
155g (1 cup) fresh or frozen blueberries,
plus extra to serve
1–2 tablespoons lime juice
ice cubes, to serve

Place the Jamaica in a large stain-proof container or teapot and pour in 1 litre (4 cups) of boiling water. Allow to steep for 15 minutes.

While the tea is steeping, place the blueberries, 750ml (3 cups) of water and 1 tablespoon of lime juice in a blender. Blend on high speed until the mix is as smooth as possible. Pour through a fine strainer into a jug.

Strain the steeped tea into the blueberry mixture. Stir, taste, and add more lime juice if needed.

Chill the tea then stir and serve over ice cubes and with extra blueberries.

ASANA

BY PETE EVANS



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