

*Hundreds of Primal Enthusiasts Share Their Challenges,
Solutions and Practical Tips for How to Get and Stay Primal*

PRIMAL LIVING IN THE REAL WORLD PART II



PRIMAL
BLUEPRINT

By: Mark's Daily Apple Readers

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INTRODUCTION

On May 29, 2012 I asked Mark's Daily Apple readers to share their infinite wisdom and experiences leading a Primal lifestyle. I received 1,000 emails in just a few days. Now that's the power of the Mark's Daily Apple community! In the following pages you will find answers to common stumbling blocks, and practical tips that will help you get and stay Primal for life. Still new to the Primal Blueprint and just trying to figure out the basics? Part II of this reader-created series is just what you need. Ever wonder how to keep costs down while eating Primal? Or what to snack on? Are you struggling with adding more play time into your life, or with finding your 80/20 balance? You'll find solutions to these and many more questions in this e-book. Grok on!



QUESTION #1

How do you keep costs down eating Primal?

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- Eat eggs. Eat at home. Buy bulk and shop around. Don't waste money at coffee shops and the like.
- Largely I do this by dividing my shopping list into three categories: proteins, vegetables, and other. By knowing that I need x days amount of proteins and vegetables, I can look for the best deals (buying in bulk) in those two categories. Meals become a mix and match of what proteins and veggies I am able to get. By limiting the "other" category (which includes things like oils, nuts, chocolate, etc), I focus my shopping on affordable Primal basics from which I get the majority of my meals.
- Buy a spacious chest freezer - you might find a good used one for as cheap as \$50 (I did). Buy chicken breasts and pork chops / loins when they go on sale at a supermarket. These are cheapest, but you can often find good sales on beef steaks, especially on sirloins. Buy a lot when they go on sale and freeze them. Perhaps invest in a vacuum-sealer to protect your meat. Honestly, if I can do it, anyone can. I have eaten a lot of meaty meals that cost \$2-3. Really, when I think about it, eating Primal SAVED me just a ton of money (in no small part because I have found eating at restaurants to be dissatisfying).
- I have a large vegetable garden, and an orchard, so a great deal of my produce is free. I also shop at a farmer's market, and I am lucky to live in a small town where farmer's market produce is actually very affordable (unlike at the farmer's markets in some cities I've been to). I buy local meat and eggs from local producers. Sometimes I barter for meat, from a neighbor who has a barbecue catering business. I buy local goat milk and make it into cheese. When I have to buy produce, I buy affordable veggies like onions, carrots, sweet potatoes, cabbage, and the occasional banana. Frozen fruit is cheaper than fresh, and it's just as healthy if not healthier. I have found a frozen Pacific wild salmon at Walmart that's quite affordable.
- I order a produce box that comes every other week (much like a CSA, but aggregated for multiple farms). It is all organic, so it keeps the costs down (comparatively) and I don't have to price compare in the grocery store, which sometimes makes one drop the organic strawberries that are three times the price of conventional. For meat, I stock up my freezer when things go on sale. Buying dried herbs and spices in bulk also allows me a lot more freedom to try new things without worrying about cost. Whole Foods now has bulk items but they are cheaper and more diverse at my local natural foods co-op. For example, a jar of cardamom in the grocery store is over \$12, which I would never buy, but in bulk I can just get a little for a few dollars.
- I keep costs down by making my food purchases in bulk. Costco has grass fed beef and I have found a local beef CSA that I participate in.
- I still shop for bargains, and buy what's the best value. I shop various stores, farmers markets, and other locations. I don't compare the price of food against the "normal" stuff directly, because that doesn't make any sense. Just like any products I buy, I compare the value for dollar, not just absolute price.
- Keeping food cost low is tricky but can be done. Searching around for local farms and co-ops will definitely help. Also the fact that you are not buying junk takes a huge chunk off your weekly shopping bill. I have a food saver machine, so when grass fed meats go on sale I buy bulk and freeze individual portions. It might be a little extra work but will be worth it in the long run.

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- I have not had a lot of success in this area so far, but I would agree with what a lot of other Primal eaters have stated, which is I definitely am spending less on snacks and junk food and consuming less food overall.
- Buy meat in bulk (I'm talking by the side or split side), befriend a farmer with an excess of eggs, and grow everything you can. CSAs, Farmers Markets, and community gardens are also great help.
- I don't really try too hard to keep costs down, I am a self-admitted food elitist. But the dietary restrictions force me to eat at home much more often, which ends up being cost-saving in the long run. A great tool for keeping costs down is a pressure cooker, because it allows you to cook tougher/less desirable cuts of meat very effectively in not much time.
- Since you can't exactly go to the grocery store and haggle with the cashier I keep costs down by eliminating other things. I watch less TV, drive less, etc so that I have more money available for the important stuff like wild proteins and whatever else I might want.
- My wife and I bought a portion of a cow, which is cheaper than buying weekly. We also are part of a CSA with a local farmer. That means that during spring, summer and fall, we spend less on groceries by paying up front at a cheaper price. If we do have to go to a grocery store, we choose a more natural food supermarket. I also deer hunt and process my own meat from what I harvest. This provides plenty of meat for a very cheap price.
- I grow a vegetable garden and hunt. Both are things that I enjoy anyway, and they just happen to produce food. I raise chickens, (although the neighborhood raccoons seem to get more value out of them so far...). I also tend to eat less food, and the food I eat is more satisfying and more nutrient rich per dollar than non-Primal food.
- I buy marked down fruit and vegetables. They are 50% off, and at their ripest. I use a lot of them with dehydrator or freeze them for soups or smoothies. We buy our meat as a whole cow or pig from the grass-fed stock directly from farmers & load our chest freezer up.
- It's subjective isn't it? I have just changed my attitude and priorities as far as spending money goes. It can be expensive, but I'd rather feed myself quality food than buy a new dress (this is quite the mental shift for me!). I have finally figured out my favorite brands and when they go on sale, I stock up! The downside to city living, is that I do not have a lot of freezer space so buying meat in bulk is not an option.
- I can't afford top quality foods, so I buy in bulk (BJ's Wholesale) and stock up for a few weeks at a time. I also buy frozen veggies pretty regularly. Sweet potatoes and fruit are cheap (when in season) so I stock up on those for "filler" when I'm worried about being hungry. Oh, and eggs!
- I shop for fresh organic produce every 2 or 3 days, that way everything is fresh and everything is eaten, no waste. The best way to eat grass-fed cost effectively however, is to get a deep freeze and buy as much as you can store and afford at a time. It's much more convenient to have a freezer full of good food and more cost effective.

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- Seek local sources of food, so that I don't have to buy the really expensive organic stuff at Whole Foods. I also am starting to keep my own vegetable garden with plants that can pretty much take care of themselves other than the occasional watering. I buy really lean cuts of cheap meat in a pinch, and I buy 100% grass-fed ground beef instead of the more expensive cuts to save on the extra \$\$.
- Buying in bulk and planning. It gets costly when you leave things to the last minute.
- I'm lucky in that I live (by choice) in a pretty rural area. Each year I harvest 2 antelope, 2 deer, and in a good year I get an elk. That's a fair bit of protein that I get to process the way I like and throw in the freezer. In addition, we have abundant turkeys, pheasants, and other game birds. Yum. We also have a year long fishing season, so I get out on the streams and lakes and bring home the freshest trout, walleye, pike, etc year round. Even if I have to drill a hole through the ice in the winter.
- Eating fresh whole foods means potential for loss due to spoilage, so meal planning is essential in this household. Having a plan allows us to buy the right amount and not overbuy. Having a plan also allows us to take advantage of specials, sales and season produce. Find something on special that is not on this week's plan - no problem, buy it and substitute it in the plan instead of another item. Batch cooking — this not only saves money, it saves time. Buying larger quantities usually means lower per unit prices. We buy our meat in volume from farmers where/when possible. Side of beef, organic chickens when they are on sale, etc. Fish from a market where wild-caught is same price as grocery store farmed.
- I joined a local CSA for cheaper organic produce and made friends with a meat vendor at my farmer's market to get the best deals on meat.
- I try and buy in bulk and got to a meat market where the prices are more reasonable.
- As a college student, I am on a budget that is generously called "limited". But even though I have very little grocery money, I survive Primally by shopping for my more expensive items — chicken breasts, fish, and spices — at Sam's Club, then doing lots of research in determining whether to fill out the rest of my fridge with produce from a farmers market, Whole Foods, or Trader Joes. Additionally, I was raised a hunter, so killing a deer in September keeps my freezer full of ground venison, steaks, tenderloin, liver, and other cuts for several months to a year.
- I utilize discounted produce section in the grocery store. I buy in bulk when I can find quality items. I also love liver and prefer chicken thighs which are both cheaper cuts of meat. It takes a little planning and knowledge but it can be done!
- Costco has been an unsuspected resource, many organic veggies and chicken available for very reasonable prices. They also carry Omega-3 eggs, nuts and spices, good coconut water too. I buy a whole grass-fed beef from a local ranch averaging about \$4.00/lb. for all cuts of meat from ground beef to rib-eye steak, and pork from another local farm for about \$3.50/lb. Best meats I ever ate, and least expensive as well. This does require a freezer, but it's so worth the expense.

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- Buy in bulk, and cook at home! I get a gallon of coconut oil online, grass-fed ground beef and whole organic chickens at Costco, and salads in the big containers. The initial cost may be more, but food ends up being much cheaper per serving. If it's too much, just freeze and take out when you're ready!
- I buy my meat/chicken in bulk for better value. I can't afford to buy organic fruit & veg, but buy both fresh and frozen.
- Simply transitioning to a Primal way of eating, it was fairly simple as I just replaced certain foods with Primal ones! Especially with a good amount of leafy greens and other vegetables that I enjoy. When it comes to produce, I purchase them at local grocery stores as they seem to be more affordable, while I focus more of my money on better quality meats and eggs at the farmers market. I've also cut out other things like milk, cereals and oatmeal which has also given me more money to use for better foods. I've cut down on rice substantially but it being part of my culture, I eat it as a delicacy rather than a staple of my diet.
- Shopping sales, buying bulk and freezing, eating more ground meat and buying whole chickens for roasting. I used to buy mostly boneless, skinless chicken breast, so the cost-savings of whole chickens at least partially offsets the cost of grass-fed beef and pork. I also am careful to use everything - I make stock from the bones, I set aside rendered fat for other projects, etc.
- I Don't. So I think of all the health care costs I am saving. Think quality over quantity. Although, eating out is now rare and probably helps.
- Our family (wife, 2 growing boys—4 and 9, and myself) buy into a local Colorado farm share, and also buy 1/2 a grass-fed organic cow every few months (cow pooling). we also grow veggies and herbs in our backyard. The balance of our food comes from whole foods (lots of tricks to stretch your dollar there- it doesn't have to be "whole paycheck").
- We have recently started shopping in Lidl rather than Tesco — fruit and veg supplies vary week to week but this keeps our diet varied. Meat is all British and much tastier than anything Tesco has to offer. Best thing is 1.5 kg of greek yogurt for £1.50!
- Waste nothing!! Only buy what you will use produce wise for a week. If fruits or veggies start to lose their freshness, cook them or freeze them. Strawberries getting soft, cut and freeze them for smoothies. Tomatoes starting to get spots, make marinara. Cabbage starting to wilt, braise it.
- Buy meat in bulk if possible to save money. Don't feel like you have to eat steak every day. There are plenty of cheaper protein options. Whole chickens, pork loins, eggs and ground beef are cheaper options that are just as delicious.
- I eat the store brand products of the closest Primal foods I can. It might not per the letter of "grass fed", but I can afford the sausage, bacon and steaks easier this way. I plan to do more hunting this fall to fill my freezer with venison and turkey.

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- When I first started my Primal journey, I could easily spend \$200 + each time I went to the grocery store. Since then, I joined my local co-op and I get a produce and meat bag each week that feeds 2 people and only spend \$85/wk and have high quality, local organic produce and meat. I supplement my groceries about every other week, buying eggs and bacon from the farmer's market and my oils for cooking and putting on salad. I also find that I really don't have to eat as much as I used to when I was following the SAD diet.
- There is a combination of answers here. A) Know all your grocery stores/local farms. Know which ones have what for the best price. For example, Trader Joes has the cheapest almond flour, coconut oil, eggs and chicken/ground beef of any grocery store near me, so my wife and I do shopping for those items there. We get some veggies at our local Wegmans (or local farms if the price is right). I get grass fed organ meat at a local farm for CHEAP. B) Learn to eat the same thing for a few days. This is something my wife and I were both naturals at. We'll make a Primal meatloaf big enough to get lunch and dinner for 3 days. It saves time and money. We do the same with tuna/chicken/egg salads, and basically everything else we make. You cook twice a week, give or take. C) I don't know how much I want to use this as a means of keeping costs down, but it's good anyway and yes, it helps you save: Intermittent fasting. I eat lunch and dinner. Done. I have a protein shake after work outs too... but otherwise, those are my meals. Not only do I save money because I'm eating less meals, but I'm less hungry thanks to the properties of IF.
- I mainly stick with ground beef from a local farmer because it is their cheapest deal that they bring out to the gym for us. I also just try to eye out deals, Fresh Market always have 2-for-1 deals on Tuesdays.
- I'm on a tight budget, so I try to spend no more than \$60 a week on groceries for myself. I compromise and only eat meat a few times a week, and I save a lot of money by asking for specials at the butcher counter and by eating organ meats like beef liver and chicken hearts (I was surprised how much I liked the taste!). I get additional protein by eating eggs, drinking homemade fermented dairy, eating lots of vegetables that are higher in protein, and supplementing with whey powder. I eat a lot of vegetables and some fruits, and I've found that shopping at farmer's markets is a great way to save money, especially going at the end of the day, when the farmers are willing to sell off their remaining produce at lower prices. If berries are on sale, I buy extra and freeze the rest for smoothies. Before I switched to Primal, I ate out a lot with friends as a social activity. Now I tend to cook at home and pack snacks, and then meet up with friends after meals, or invite friends over to dinner or a picnic instead. It's still fun to eat in restaurants sometimes, but those times feel more special than they did before, and I really savor them. Ultimately, I find that I'm spending significantly less money on food now, even buying mostly organic.
- Buy pastured meat in bulk. Buy locally and seasonally. A CSA is much cheaper than grocery store organics. Reduced trips to the grocery store. Grow our own food as much as possible. Less eating out. We take every opportunity to lower our food costs, but we do not sacrifice quality and our overall food costs have gone up. We have eliminated all medications and most supplements and expect eating well to pay off significantly in reduced healthcare costs.
- At this point I think one thing is clear: Eating real whole foods is more expensive than the feed we're

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used to. Don't expect to save any money. The best tip: Grow your own vegetables, consider having chickens. Just a small plot of land will yield a huge amount of free, organic and delicious vegetables.

- I try to look at sales and flyers and buy in bulk when I can. Recently, my boyfriend went hunting wild boar (how more Primal can that get?!?) so we are stock up on meat for a while. It was cheaper than buying everything separately at the grocery store.
- I still clip coupons and look for sales, but in a different way. I order meats online and can find the best deals via local farmers and cow shares. Farmers markets (buying local/in season) are also a good way to save money.
- Thanks to recipes from the Primal community, I am able to buy cheaper, "throw-away" cuts of grass-fed beef and have the knowledge to cook them in a delicious fashion. This helps keep costs down. Plus, I am single, so I only have myself to worry about as far as food costs are concerned.
- I try not to think about it! Actually, I live on an island in Alaska so food is expensive period. Rather than think in terms of price per item, I think in terms of price per nutrient. A cheap box of ramen has a very low value-to-nutrient ratio, where that \$4.00 red pepper (really!) offers a much higher value to my health. I also fish and hunt, two things that are Primal from both a diet and fitness perspective.
- Our whole family (hubby, me/wife, two kiddos) all eat Primal, it was a gradual process, first me (was a vegetarian for 25 years!) then hubby and kids gradually first gluten free and now Primal. We keep costs down by not eating out much and shopping at Costco for organic veg/fruits/meat and wild salmon to the extent possible. We get raw milk from a milk share and grow a TON of our own organic veg at our community garden plot (growing peppers, tomatoes, eggplants, chard, kale, green beans, okra, basil, tomatillos, beets right now!). We supplement those things with trips to the normal grocery store (organic coconut oil, Applegate farms sausage/bacon, fish oil) and Whole Foods (pastured chicken/grass-fed ground beef, organic coconut flakes, etc) for particular items I need/want. Grocery costs are still pretty high because of the high quality meat I try to feed the family and the amount of organic fruits the kids consume but I do shop the sales at Whole Foods and buy the organic meat at Costco to try to keep costs down.
- It starts with understanding which foods I need to ensure are top quality and for which some quality can be sacrificed without sacrificing results too badly.
- Look at you local grocery store sales ad (most are now available online). For meat, there is always a good deal for chicken, beef, or pork. Embrace the fattier cuts that have more connective tissue and/or bone. These take longer to cook, but they are more flavorful than leaner, faster cooking cuts. Alternatively, invest in a chest freezer and purchase a half or whole animal from a local farm. Eatwild.com can help you locate a farm. It is an investment, but the price per pound is often cheaper than what can be found in the grocery store and the quality is much better. Also keep an eye out for "manager's specials" (discounts on items that are nearing expiration).

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- Well for one you don't find yourself eating as much, the food that is good for you keeps you full. Plus you're not buying all that junk food, it honestly comes out to about the same if not a little less.
- As a single girl I really struggled with this one in the beginning. Most of the recipes called for large roasts and whole chickens. Expensive organic food was going bad and I was getting tired of eating the same meal over and over because I had made so much. It all changed for me when I learned how to freeze. I now make two different meals every weekend. I freeze individual servings and take them out of the freezer as needed. I go to the grocery a few times a week to stock up on small portions of veggies and fruit so they don't go to waste.
- The more experienced I have gotten eating Primally, I've learned it's best to skip the "recipes" that often call for ingredients you may not have in your pantry and just cook meat + veggies with whatever spices and fats you have on hand.
- I am a graduate student with a limited income and limited time. Here are a few ways you can eat Primally on a budget without taking out additional student loans: Get to know your farmer using community supported agriculture (CSAs). Meat shares (generally sharing half or quarter of an animal) are a popular way to find sustainable raised beef, lamb, chicken and pork on a tight budget. Search for Meat CSAs online or use Localharvest.org. Shop for seasonal produce at a local farm stand, farmers market, or subscribe to a CSA if you have a large group for fresher, longer lasting produce. Cheaper is not always better. Check online for good deals and discounts on non-perishable items and check the sales at high-end grocers and buy some extra to store in the freezer. If the cost of meat is weighing you down, eat more seafood, especially canned tuna, canned sardines, and canned salmon (wild caught). Not only are these cans cheap, but they pack the most nutrition to the dollar. Also, the egg is your best friend as a high quality protein source. Visit your local ethnic supermarket for good deals on hard to find produce, fish, and exotic meats. Limit the amounts of pantry staples and treats that you buy from high end supermarkets, but if you must use the bulk bin or also order them online.
- To keep costs down, I make weekly menus so I buy only what I need. I've also run a cost analysis on various foods for how much protein they contain so I can get the most "bang for my buck" so to speak. Eating according to seasons and buying food from local farmers helps me get really high quality stuff without having to spend too much money.
- We are coming from a whole foods/organic/pastured/Weston Price type diet (as well as needing to be gluten free), and compared to that, a simple Primal diet is so much cheaper. I think location really makes a big difference. Western Pennsylvania is great. We have access to so much fresh, local, organic, pastured foods and they are so inexpensive compared to other parts of the country. Buying meat in bulk makes incredible savings. Running to the farm once a week for raw dairy products is inexpensive and fun for our young children. We have a pretty substantial garden in the summer, but even if we didn't we have so many organic CSAs to choose from as well as little farm/orchard stores where produce is cheap. There are Trader Joe's in Cleveland and Pittsburgh where we can get anything else we need. So move to western PA for inexpensive Primal living!

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- Where I live (Sweden) most grocery stores keep a bin where they put products that is on or just one day away from their last sell by date. Usually at half price or less! One can often find good quality grass fed meat in there. Buy that and put it in the freezer.
- We have only been on it for 7 weeks so not sure yet as we thought we were eating “healthily” anyway with lots of veg/salad/meat/fish. It has probably become more of an expense though - not because of our eating but because we have switched our cats onto it too!
- First and foremost, I feel that I eat less on a Primal Blueprint diet, I’ve incorporated IF in my daily life and on those days I definitely eat less. I buy grass fed beef from a trusted farmer instead of my local grocery store. I have cut back on buying vegetables and instead I grow some of my own. I forage my surroundings for leafy greens, fruit and other plant edibles. I have plans on starting hunting as I love to spend time outdoors and I think killing my own food is the most humble thing to do really. Bottom line is that Primal costs, but I think health needs to do so.
- We look for pastured meat on sale and stock up. We also hardly ever eat out -- it’s amazing how much you can save by eating in.
- I make up a meal plan for the week. This helps to keep costs down, knowing that I will use up all the meats/veggies that I am buying. The meal plan also helps, as my significant other doesn’t follow Primal, so our dinners are planned around what I want to eat, then he adds in his pasta/bread. I will also say that for me, having a meal plan makes it so much easier not to cheat. I don’t have the “I’m starving - I need food now” moments that used to have me reaching for whatever convenience foods I could find. On rare occasions if that does happen, I always have omelet fixings on hand- 5 minutes and I’m ready to eat!
- There are two main ways that I keep costs down. The first is that I learned to cook really well. That meant that my fridge or pantry was always filled with really good food, whole roasted chickens, briskets, roasted pork butt, or racks of lamb. We always had good, Primal food available to us for any meal, plus, the cravings shifted from stuff we had to buy, to stuff we cooked together. The second way, also related to cooking, is that the more you cook the more you understand the things that you WANT to spend your money on. For us, we tend to skimp on eggs and spend our money on high-quality meats, fresh caught fish, and veggies from the farmer’s market. And wrapping it back to cooking, we save all the bits and scraps of veggies in a freezer bag to make some homemade stock and then we’re able to stretch those veggies usefulness even further.
- I eat less. No need to snack, so no frantic runs through a drive-thru to keep my blood sugar from plummeting. To eat healthily, I have to take my lunch so I save money there. I eat out rarely, and when I do, I can order a smaller portion or will be able to go home with leftovers. I only drink water or full fat milk (occasionally), so I save a ton of money on soda as well.
- The cost of local and grass-fed meat is the biggest challenge. I am a college student with a tight grocery budget, so every little bit of savings count! For all of the meat I buy that is local, I go for bone-in cuts (the better to make stock with!) and I ask my farmer if there is anything extra he has that he is looking to get rid

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of. My wallet is too pinched to live off local meat alone right now, though, so my second-tier option is to buy organic meat at the grocery store. I almost never buy meat as-needed anymore since I realized that there is almost always some organic meat (whole chicken, pork chops, beef stew, etc.) on sale. Now I check out the meat section whenever I pick up my produce and stock up on whatever is on sale. That way I always have meat in my fridge and my wallet thanks me a bit. Lucky me, fresh local eggs are less than half the price of commercial organic eggs.

- One word: Local. It's amazing how much cheaper it is to find local produce and even more so meat. If you live in a place that is peppered with cattle ranches and beef farms you've hit the jackpot. In Colorado there is a company that brings together all of the natural, grass fed farmers in the Rocky Mountain region. They sell the meat to the company and the company sells it to you through their store, or their home delivery service. Now is the time for Farmers Markets, and this is a great way to stock up on good food without breaking the bank.
- Plan ahead, and make time to shop around online and locally. Often you can find better deals buying in bulk, so if you can't store much it's worth making a one off investment of an extra freezer etc to hold larger amounts of berries/meat [also nuts taste pretty good after being frozen...]
- I have grown my own little garden, so I don't have to buy some of the summer produce, I have friends who have big gardens, I get some of the veggies from them that I don't have. Best way to describe this is Networking, you can always find folks who grow their own garden and they usually have way more than they can handle.
- Overall, I don't find eating Primal to be much more expensive than eating a SAD diet. However, organic product and grass-fed beef can be rather expensive. So to reduce costs, I focus on only purchasing organic produce with edible skins (celery, tomatoes, bell peppers, etc.) and purchase standard produce without an edible skin (avocados, bananas, etc.). In terms of beef, I purchase a quarter or half of a 100% grass-fed cow for about \$5.50 per pound from a local farmer - significantly cheaper than the \$12-15 per pound at while foods. Another thing that I find helpful to reduce costs is to join a membership shopping club like Costco or BJs. I was surprised to find that I can save money and buy bulk uncured organic bacon, free-range organic eggs and organic produce at BJs.
- I keep costs down by reducing waste. The food I buy really goes a long way if I plan my meals, utilize everything best I can, and cherish those left overs. I also planted my own garden. The initial cost due to construction was reasonable; however, I have the peace of mind knowing I have fresh organic produce. Not to mention, I added some play and some sun to my Primal life. I haven't done it yet, but I want to buy half an organic grass fed cow. I've done the math and buying half a cow in bulk significantly cuts costs compared to buying at the grocery store or co-op. I just need to save some money and get to it! Ultimately, I've actually found that going Primal has not only been life changing health wise, but cheaper too compared to all the eating out I used to do. You just need to be conscientious about how you utilize what you've bought to help you keep your costs down.

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- There are several ways. First, when you can buy in bulk and freeze things, you'll save. Costco can be your friend if you're hitting their most Primal offerings. Secondly, don't look down your nose at already frozen foods, particularly vegetables. They can have nutritional content similar to fresh vegetables, are usually cheaper, and have the same quality year round, so once you know how you're preparing them you can get some good results. Thirdly, you'll find that missing a meal here and there won't bother you. I don't find fasting for full days to work for me, but missing a lunch when I'm having a particularly busy day, or skipping a breakfast before working out doesn't phase me at all.
- Buy meat in bulk and freeze, buy cheap vegetables when I can find them. Whatever is on sale = the vegetables I'm eating this week.
- It's actually not that expensive to eat Primally. I was expecting a huge change in our grocery bills, but we went from spending about \$65-70 every week in groceries to about \$80 (consistently) in groceries (for myself and my husband - this is breakfast, lunch, snacks, and dinner). We have a weekly menu & we stick to it. When we go to the grocery store, it makes shopping very easy, and you can look for deals too. Also, if you shop at Costco, you can buy in bulk and save even more.
- The basic answer you usually get on this is that you recoup the increase in money you're paying for things like grass-fed beef by not buying the fast food, junk food, soda and "fat-free" crap that you used to. That said, it's up to every individual to weigh their choices. How much are you being asked to spend on item A? How much benefit do you feel it is giving or will give to you? Do you need to go out of your way or spend an inordinate amount of time to get item A? There are times when the cost does outweigh the benefit and you have to fall on a less expensive solution. Remember, reducing stress is always part of the Primal Blueprint so don't let it drive you crazy if you can't eat the most perfect thing possible every time. We spend extra on grass-fed ground beef, pastured poultry, bacon and breakfast sausage from time to time. We don't eat steak that much but when we do we go for the best possible beef we can find but generally not the grass-fed stuff. Also, we get our eggs from a friend with backyard chickens. Absolutely best eggs ever and she doesn't charge us a dime.
- I don't buy a lot of pre-made items, like Lara bars and roasted nut mixes. I don't buy things like mayonnaise and salad dressings-- I make everything from scratch. I shop from open markets, and that allows me to buy what is in season, for the best possible price. When the market is overflowing with cabbage, that is the best time to make a huge batch of kraut! This may not apply to everyone, but I try to shop for things like olive oil, wine, dark chocolate, etc. when I cross the English Channel and visit France. In other words, be an opportunist!
- At first, the cost of eating Primal seemed much higher than what I had been previously spending on groceries; however, over time, I've come to learn that this really isn't the case at all. In my experience, I have found that Costco is great for buying large amounts of organic greens for salads, whereas the Jewel or Dominick's is generally better for buying other seasonal fruits and vegetables. A local market or Trader Joe's has a better selection of grass-fed meat.

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How do you keep costs down when eating Primal?

- Let's be honest- when you aren't dropping \$3 on a daily latte or bags of potato chips, the quality of food that you can buy for the same price will be more satisfying and stretch much further than the empty calories. I would argue that I'm spending even less on groceries now than I was before making the switch.
- I shop multiple times a week. You don't necessarily spend less money, but shopping frequently ensures that none of the food you buy spoils. I also like to put olive oil on most things, which increases the kcal content and makes the foods like steamed green beans and broccoli more satisfying.
- I keep costs down by buying meat in bulk when I can and purchasing produce in season. I also only buy organic produce if I am eating the skin.
- I don't worry about it. I would rather spend the extra \$20–\$30 on good quality food. That's \$20–30 not spent at happy hour. If you do it right, you should only be eating 2–3 times a day which means less food in the fridge.
- Lard is cheap. So is recycled bacon grease. I use these to cook my fish and chicken. Also, going in on a ½ or 1/3 grass-fed cow at a time is cheaper than buying at the supermarket.
- It took me a few months to acquire enough recipes, meal options, snacks, etc. to efficiently food shop so I wasn't letting food go to waste. I have a good repertoire of meals I can center around canned salmon (about one-third of the cost of a wild salmon filet), grass fed ground beef (half the price per pound of grass-fed rib eye, which I occasionally buy!),
- I don't buy pre cut fruits and vegetables. My local grocer has precut/pre-packed fruits and veggies. I skip those. Instead of getting a tub of broccoli I get the raw whole bunch. Cutting the fruit and vegetables saves a lot over time. I also shop more often so food doesn't get spoiled as often. Get a general idea of what you're going to have, but be willing to adapt your menu if a certain food is on sale when you go to the store.
- I buy organic chicken from Costco. It's I think 6 chicken breasts for \$20. I cook a LOT of vegetables and make sure to buy the ones that are in season, which are cheaper. So, we emphasize veggies at meals with moderate meat. I buy our grass-fed beef from US Wellness. They're actually pretty reasonable. I find that I'm not spending any more money on groceries since having gone Primal than I did pre-Primal. Cereal and all those boxed rice add up!
- The best food is obviously expensive, so the way I keep prices down is: not wasting anything, portioning the *freezeables*, making stock and foraging. When I get a couple pounds of grass fed ground beef I break it up into quarter lb. balls and rewrap, and freeze. I buy the cheapest parts of the best kept animals. I save all the off cuts and bones for stock. Vegetables, I use ALL the parts, and the stuff that is cut off gets in the stock (carrot greens, kale butts, broccoli stalks, egg shells). You can also get lots of free veggies in the summer by keeping your eyes open while moving slowly through your environment (dandelion greens, mint, kale, etc). Fasting is also cheap. In addition: Going out is expensive, the food isn't as good as you can make, and it can end in a whole lot of alcohol consumption. Going Primal also means a change in your extracurricular activi-

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ties. I try to cook for folks or play urban soccer instead of going to the bar. It's more fun to play basketball, bocce, tree climbing.. than it is to stare at a sweaty glass... spending money.

- Costco, Trader Joe's, Farmer's Market, Asian market, Gardening. PLANNING. When the farmer's market is in season, they are by far the best deal (we have an unusually wonderful and affordable farmer's market). My garden isn't doing anything yet this year, but I have hopes it will provide delicious freshly-frozen veggies all winter long (as an addition to that I also forage, primarily nettles, which I blanch and eat all winter).
- Find a local farmer or butcher and buy the whole animal. Seasonal fruits and vegetables are generally less expensive because supply is higher.
- The perceived cost can be overwhelming when beginning Primal. Fact of the matter is, once you start really getting into the lifestyle, and stop buying all the junk and processed foods, it really is very affordable - even if you can swing the very highest quality meats, etc. Just like anything, we afford what we want to afford... if we are addicted to sugar and processed food... we accept that investment into our addiction. Once you become healthy and begin to feel the difference whole foods make in your life... that too will become a value and worth the investment.
- I have a bad habit of eating what I have on hand. So in going Primal it was key for me to really control what I eat. This was done by planning out my meals every weekend before I got buying them. The real cost to Primal is meat, were I live free range chicken breast cost 7-12 dollars for two half pieces of skinless chicken breast. So to save money I will use one cut of meat, lets say a pork roast, and use it in multiple dishes. So I am buying cheaper cuts of meat (which always test better), and using it in multiple applications so I am spreading the higher cost items out more. Then I can buy veggies, and other lower cost items to match the protein. This lets me vary my meals during the week and still keep cost low. If I truly wanted to go economy level, I could eat the same thing every day for a week and spend only 50-60 dollars. But the key is, know the prices, spread out the higher cost items (buying in bulk principle) over multiple recipes, and make sure you have a plan.
- I don't have a lot of money, so this is the part of being Primal where I tend to compromise the most. Sometimes I just can't afford grass fed and pastured meats or organic fruits and vegetables, so I choose the more conventional options and supplement to round out the nutrients I might be missing. When I can, I frequent the local farmers markets looking for good deals on whatever meats, eggs, veggies, fruits and dairy that I can. Pickings are still pretty slim here in New England, but they're getting more and more accessible (and affordable) each season.
- I tend to focus on good quality produce – but we only buy organic if it's a fruit or vegetable with an edible skin. We also have a small veggie garden (4' x 4') that has kept us supplied with lettuce, tomatoes, onions and so on, even in the desert heat. I confess we don't buy grass-fed beef or pastured chicken as it's just too expensive for our budget, but I do splurge to buy organic heavy cream, butter, and eggs. I buy nuts and spices in bulk, and fill up the extra fridge and freezer when I find a good bargain on quality foods we eat regularly.

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How do you keep costs down when eating Primal?

- Being prepared, having frozen meats and veggies on hand at all times. With some frozen grass-fed ground beef, broccoli, and some butter a great dinner is inexpensive and easy. A pound of the ground beef is \$7, a pound of organic broccoli \$3, and a pound of Kerry Gold butter \$3. Let's say a half pound of beef, broccoli, and 3 tbsp of butter for a serving, which is about 900 kcal, or half of many people's daily needs. The cost of that is less than \$6, which is half of what you'd spend for the same amount of calories, at a much lesser quality, at even a fast food place like Chipotle. Also, less than a beer at a bar. Being unprepared costs a lot, being Primal doesn't.
- I really find that costs aren't as troubling as the nay-sayers might have us believe. I don't have a pantry stocked with crap and I waste less food now. Leftovers get eaten for the next day's lunch or dinner. Bread and chips and breakfast cereal and all the rest of the processed foods out there aren't cheap either, so the price of quality cuts of meat and fish is easily offset.
- By only buying smaller quantities of the best local foods and eating them until they are gone - which makes going back to local markets all the more interesting and fun the next time. Plus it's like you are Grok and stalking your food! The market vendors are a wealth of knowledge too as to where to get the best items! I usually take the time to chop up into freezer baggies all the veggies and freezing them so making a delicious quiche or omelet so easy - just grab the bag, the eggs and some coconut oil ~ instant presto a Primal meal even a busy single gal can make!
- For grass-fed beef, I buy a quarter cow at a time from a local farmer. I tend to eat less often because my food quality is much higher than a SAD diet.
- Three main things help me to keep costs down while eating Primal. First: buying locally. You can't beat the super fresh goodies you can find at farmers' markets and through CSAs. Second: meal planning. Even if I just sketch out a few dinners for the week (knowing that I'll have leftovers to feast on for breakfast or lunch), it keeps me honest at the grocery store so I'm not filling the cart with random things. Third: cooking at home. We had been doing a lot of take-out or going out to eat before I went Primal; now I cook almost every night, which is a big money saver.
- You have to plan ahead. I wouldn't be able to eat the way I do on a college-student budget without planning ahead. That means checking grocery store prices versus farmers market versus buying in bulk, and going for the cheapest option, and that's going to vary. For me, I like buying my protein (fish, chicken, etc) in bulk, so I always have the main components of my meals on hand. For produce, I love a good, cheap grocery store that has good products (Aldi's or Wal-mart). They might not always be organic, but I know I can afford it. I stock up on spices, oils, nuts and nut butters, and have my weekly expenses be mostly for eggs and produce.
- I don't buy junk food, period. It's amazing how much money you can save by cutting out all the 'extras' like chips, ice cream, cereal and crackers. I also always stick to my grocery list so I am sure I'm just getting the things I need. Also, if you're doing any intermittent fasting, that will save you some money right there because you are skipping meals!! :)

QUESTION #1

How do you keep costs down when eating Primal?

- Not going to lie. My grocery bill has definitely increased since adopting this lifestyle. However, I do what I can. We have a “natural foods” market that every few weeks puts ground grass fed beef on sale for a really silly price. I stock up! Like fill my little apartment freezer stocking up. Buying veggies in season is also really helpful. Often times, I find that my local big chain regular grocery store has better deals than that big Texas based company that will remain nameless. I’ve considered cow sharing with my father and step mother (who are gradually adopting this lifestyle as well), however, I’m not quite comfortable with the idea yet. I am a Buddhist, and contrary to popular belief, we are not prevented from eating meat, however, no animal may be killed on our behalf. So cow sharing, which would otherwise be a great option, is a bit of a grey area for me. I’m also lucky enough to be friendly with a couple hunters, and they tend to gift me some of their meat (score!). Farmers markets (prevalent over the summer here in Colorado, not so much over the winter) has also helped me expand my veggie horizons, and it’s cheaper than paying the middle man at the store. And, now that I’m healthier, I’m going to the doctor less. I was going probably every couple months for back issues or sinus infections or migraines. No more! So at least I’m saving money on co-pays.
- Avoid eating out, avoid Primal “extras,” and cook in larger batches. Eat simply! Fresh vegetables (eaten cooked or raw), meat (made simply with spices/herbs only), healthy fats (coconut oil, coconut milk, olive oil, avocados) and berries make up 90% of our diet. We are able to spend about the same as we used to spend on groceries plus eating out by keeping our recipes simple. We try to avoid eating out and cook large batches of food at home to eat as multiple meals. We make 3-4 “meals” (3-4 meat choices, 3-4 veggie options) for the week to cover breakfasts, lunches and dinners. We then eat a meat and veggies for each meal - mix and match. However, when our grocery list also includes nuts (Cashews at \$13/pound!), nut butters (\$10 for a small jar of almond butter!!), coconut butter (\$8 for an 8 oz jar), daily dark chocolate (\$3-\$4/bar times 3-4 bars for 2 people for a week), red wine for a nightly glass each (2 bottles at \$10-\$15 each), various ingredients for Primal “baked-goods,” and unique items like Shiratake noodles, coconut flour wraps, etc, we see our costs go WAY up.
- I’ve made food shopping as much fun as shopping for clothes; I love getting a good deal on something, so I’m always scouring the weekly sales at the two grocery stores and the Co-op near my house. This helps me buy items that are seasonal, and allows me to supplement my vegetable CSA share for a reasonable amount of money. I’ve also become much less of a picky eater; I’m more willing to try new vegetables and cuts of meat, and growing herbs on my apartment’s balcony has allowed me to add new flavors without spending much.



QUESTION #2

**How Primal do your kids eat,
and what do you feed them?**

QUESTION #2

How Primal do your kids eat, and what do you feed them?

- No, they are too picky. They are fed what we eat for dinner, which is Primal, but at breakfast and lunch they eat grains. Life is too short to fight with them about it right now. When they get older (in grade school), I think they will be primed to make some of these choices themselves, based on the behavior I model for them.
- My kids have been doing well on a partial Primal diet. They usually have an egg/bacon loaf slice for breakfast; which I got from the forum, and they also only eat a little grain for the occasional sandwiches.
- They don't, nearly as much as I'd like them to. Getting the whole family on board is a challenge I haven't conquered (yet).
- I'm 17 and eat Primal foods 100% at home but have an occasional treat when I'm out with friends.
- Unfortunately, I am the only Primal eater in my house of 5 so far. I am continually coaching my wife and hope to "break through" some day when she sees my results. I do share my successes with her, but I am only 23 days into the Primal journey myself!
- Though I don't currently have kids, I do like to plan ahead, and can tell you with certainty that they would be growing up on meat and veggies, with some potatoes during heavy growth and activity.
- They still eat some junk food, but at least they understand the principles of healthy eating
- My son is breast-fed. That's as Primal as it gets.
- My kid, a 5.5 years old daughter eats dairy, and organic puffed rice with nothing added as exceptions, and rarely – sprout-grain bread (1 slice). She loves veggies and fruit, and I have to invent very simple, non-spicy recipes for her to eat meat. She likes it very plain. We eat a lot of steaks, pork-chops, roasts and whole-fish baked salmons. She also digs meatza and squasheroni and cheese (spaghetti squash with raw cheese, butter and milk). I pack all of her food for school and daycare. She also gets 2 treats a day, normally a small candy (like a gum drop). It is not ideal, but I also do not want to push too hard so that she is tempted to eat clandestinely.
- I am the only one in my household that is full-on Primal. My kids also spend time at their dad's house and that family is not Primal at all. I will keep things like bread and pasta around for my children but I limit snacks to things like cheese and fruit and the only drinks around are water, herbal tea and milk.
- No kids, but have noticed my dog has been rejuvenated by taking him off gains. I'm not sold on the raw food fad, but he eats "real" food - meat, bones, veggies, etc. Basically the same stuff we eat. I conducted an experiment last week and set out a bowl of the dog food he used to eat (a premium brand) and he sniffed it and turned away.
- I snack ALOT. My only main meals on most days are breakfast and sometimes lunch. I love hardboiled eggs, whole avocados, nuts, or leftovers.
- I just started one of my daughters on Primal and she has lost 9 pounds so far (30 days) so now she is

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hooked. I don't keep any "junk" around anymore its fruit, veggies and nuts.

- My kids eat the same things I eat- there is no reason to feed them anything different or give them junk food just because they are young and can burn it off. They will feel much better just like you do if they eat whole healthy foods!
- I have a very picky 11-year-old who decided to go Primal with me because of some stomach trouble he had been having. I started by feeding him the handful of Primal foods he already liked—over and over and over! Every few days, when I felt I had something really tasty that wasn't much of a leap from what he was used to, I'd have him try it. He's gradually expanding his tastes. I would say not to be afraid of making the same foods every day at first to get kids over the "hump" before their craving die down.
- They eat Primal when I cook dinner. Normally steak, salad and chocolate.
- Our two young kids eat what we eat- our 4 year old loves grass fed organic hotdogs for breakfast:) they both are extremely healthy(never have been to a doctor, even for vaccinations) never have had antibiotics, and are rarely sick. If all the food in your house is good healthy Primal food that is what their palates want- my 9 year old comments about how hyper his classmates are that eat processed crap! by the way he is 5'3" at nine and extremely active (he swims on Wolfgang Dittrich's - blast from your past:- swim team in Boulder).
- My kids are 14 and 16, and they eat about 70 percent Primal. I do still make bread for sandwiches, but they don't eat bread often. They will also eat junk when they are out, such as fast food, soda, or snow cones. I do not provide money for these items, so they have to spend their own money if they want junk. I am okay with this because they will have to make their own choices as to what they will eat in a few years, so I am hopeful that the healthy diet that I have established for them will carry them through their adult lives.
- They eat a lot of fruit and vegetables out of the garden. They haven't fully transitioned at this point. My girls are active and currently burn off the carbs from bread and other CW foods really well.
- I just started converting my son to a Primal meal plan and have as many questions as I do answers. First and foremost, have the resolve to be able to let them skip a meal if they refuse to eat because they want that grilled cheese sandwich they are used to. They'll get hungry and they'll eat what you give them as long as you don't give in. Also, they don't do as well with the same meal for 3 days like my wife and I (we have a 2.5 year old, so he is way to young to "get it". I prepare 2 or 3 Primal items and fridge them. We can pull out one serving of whatever at a meal and heat it up and give it to him and rotate them over a few days. It creates the illusion of variety while allowing us to cook two or three times a week. We give him coconut yogurt now in the morning, but I am dismayed with the amount of sugar, so my next endeavor is to learn to make my own coconut yogurt with my homemade coconut milk and fresh fruit.
- Our kids generally eat what we eat. They are not picky eaters and are idealistic and feel strongly we are doing the right things. We do let them make their own choices outside the home and most of the time they make good choices and often educate their friends, teachers and other parents. Sometimes they are kids and

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make horrible choices. The nice thing is they almost always feel bad physically when they choose poorly and my pre-teen daughter breaks out almost instantly if she eats grains and sugars.

- I don't have kids, but imagining when I was kid, I could have lived off of bacon/sausage and eggs every morning plus a few veggies that I liked. Dinners would have been fairly easy still with parents cooking, but lunches would probably be fairly difficult to control. Even if I went to school with a bagged lunch, trading food with friends is inevitable. I think the best solution would be to provide your child with a large enough lunch where he/she has plenty of options to choose from depending on his mood, and therefore limits the amount of things he feels the need to trade for.
- My wife and I do not have kids, but as a teacher, I often provide Primal snacks for class events, instead of the usual cookies, granola bars, etc. I offer fruit, veggies, nuts, seeds, and only dark chocolate. Some kids avoid choosing these options, but we also have a “fruit and veggie” chart where we track how healthy our snacks are. Every 50 healthy snacks eaten is rewarded my more time for play during the week.
- Almost entirely. This was a hard process, first making them gluten free about a year and a half ago and then removing those last items that they loved (oatmeal and bread). School lunches are the hardest bc sandwiches were so easy but they are now very accustomed to their Primal lunches (typically looks like an antipasto spread: prosciutto, salami, olives, grassfed cow cheese, yogurt (I make my own from the raw milk I get but also supplement w/ brown cow whole milk yogurt), berries, etc). They usually eat bacon, sausage, eggs, yogurt for breakfast and eat whatever dinner I make (usually 2 veggies, 1 meat and the kids eat some fruit as well).
- I'm lucky to only have a 2 month old little girl right now who I breastfeed. But I will be bringing her up the Primal way! :)
- When he is with us, we feed him Primal almost all the time. He eats whatever we eat. We also read books like *Eat Like a Dinosaur* and *Primal Pals* so he can learn about nutrition. It's working. :)
- I don't have any kids! I do have a boyfriend though (which is kind of similar in my case lol) and I converted him slowly by starting to prepare foods he was familiar with (steak, chicken etc) and introducing new foods along the way (bbq sweet potato fries, dehydrated almonds, cauliflower rice, homemade beef jerky, and more fruits/veggies).
- My children eat the same food as their parents with some grains in the form of Ezekiel bread or rice thrown in. They've grown up this way, so it is normal to them.
- My kids are not Primal, they eat SSD (Standard Swedish Diet), very similar to SAD. But, they are in excellent health and I don't want to force them into Primal, risking to push them away. I just figure they'll come around eventually.
- We don't have kids, but we urge my sister to feed our nephews jerky for snacks, and they really like it.
- My kids are grown and out of the house, but I try to instill in them the reasons for eating clean. Both my

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girls struggle with weight not obese but not where they want to be, they have seen what it does for me, so I get many calls asking is this veggie Primal? They are now good veggie, fruit and lean meat eaters.

- Unfortunately, I am divorced and, as such, I only have so much influence on their diet. When I have them I try to make sure they eat like me as much as possible but I don't want to become the preacher they want to get away from either. I really aim for them to follow Michael Pollan's food rules more than anything strictly Primal. My younger son is more addicted to the beige diet so I'm trying to pry him away from that a little as a time. He loves the eggs, the bacon and the sausage so that's a start. I also have 2 stepchildren that participate somewhat but are nowhere near what you would call Primal. It's harder with stepkids and I'm just trying to introduce them to concepts and understand choices and impacts.
- My daughter eats 90% Primally. She has a number of food allergies, so it is unusual for us to give her gluten. But I do try to make food memories by buying an ice cream cone when we are on a family vacation, eat pizza when we visited Italy, etc. We are pretty strict most of the time, so that we have the freedom to deviate when needed.
- My son is Primal about half of the time. It's tough to get him to eat a lot of vegetables without putting cheese on top. He loves meat and eggs. I try not to feed him cereal or fruit juice. We make a lot of venison jerky, which makes a great snack.
- They are I'd say 60% Primal. I could probably push them further but our 3 year old twins LOVE yogurt. I've cut back on the amount they eat though. For breakfast, the kids love the almond flour pancakes and waffles, and also bacon and eggs. They'll even eat smoked salmon. Overall, they're very good eaters and not too picky. I started them on all different kinds of foods when they were very young. My 6 year old was eating artichokes last night, and will typically eat all the broccoli off his plate before he touches anything else. The kids love eating berries with coconut cream (coconut milk blended with an egg and 2 T coconut oil – someone posted the recipe on your site as their coffee creamer). Lunch is usually tough; they eat black olives, low sodium turkey from the deli, fruit, cheese, dinner leftovers.... not much variety. Lunch time is when they eat Primally the least. At dinner, they eat whatever my husband and I eat. They also love their veggies grilled or broiled.
- They eat about 85% Primal, consuming exactly what we do if they are in our house. When they are at a friends house, they have learned to make their own choices - limiting (but not yet avoiding) gluten.
- My children are grown - but when they are with me, it is all fresh, whole foods.
- My son is naturally about 80% Primal – from the beginning he's loved meat, eggs and some cheese, plus fruits and veggies, and he's never had a sweet tooth or a craving for lots of dairy. He does eat some starches (mainly corn on the cob, but he's also a fries-fiend), but he'd be perfectly happy to just eat animal at every meal. My daughter is an entirely different story though. It's always taken an act of Congress to get her to consume protein or plants, and she will always reach for grain-based food and carbs before she eats anything else (if she eats anything at all). It's especially challenging since she's naturally lean and muscular (former

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gymnast) and can't see how her food choices are doing her harm. But I find keeping bacon on hand will get some protein and fat into her system, and I'm trying to gradually lead her away from starches and processed sugars. She's old enough (11) to understand nutrition and physiology concepts, and has a real interest in science, and by simply chatting about these topics with her – instead of forcing new foods on her plate – she is adding healthier food to her plate (a little at a time) on her own. At this age, she really needs to feel like she has some control over her life, and I think this approach is more useful than the traditional “because I said so” philosophy, though it may take years before she catches up with her little brother.

- My one year old never tried baby cereals, his first meal was a strip of steak and a floret of steamed broccoli. He will eat anything I eat, but most of his nutrition comes from breast milk. My toddler ate baby cereals and purees as per conventional wisdom, and he still struggles with vegetables and eggs, but will eat all the fruit he can get his hands on, Dinner for him usually consists of whatever meat we have sans sauce, and a taste of the vegetables on the side and if it is around rice by the bowlful. I worry about encouraging an extreme allergy by avoiding grains entirely, so they both do get to eat breads and baked goods when we are out. He used to be allowed a cup of juice a day, but that is a thing of the past, and he no longer asks for cereal or bread unless he sees them somewhere else. It has been a hard slog to get him transitioned, but I do see progress over time, especially now that Daddy is on board.
- My daughter (who is 4) eats about 50% Primal. ./ She does great with protein - loves her steak, chicken, pork, salmon.
- I feed my 2 year old son pretty Primal. I'm not strict because we are around family and friends a lot and if the 2 year old wants ice cream because everyone else is eating it, I just can't say 'no'. But when we're eating at home I stick to mostly 'Primal-ish' meals and snacks for him and my husband. Bacon and eggs, full fat Greek yogurt, coconut or almond pancakes, almond butter and raw honey on Ezekiel bread, white rice, sweet potato fries, apples, ants on a log with almond butter, dark chocolate, cheese, fruit, carrots, avocados, the occasional Gluten-free waffle, and my sons favorite is grilled meat: chicken, pork, and steak. He LOVES meat. Him and his dad have been catching brook trout lately and frying it up in a cast iron pan with butter and bacon grease- he's been loving it!!
- Our 7 year old niece eats Primal with her parents and when she is at our house we feed her Primal, of course. Last time we had breakfast for dinner -- Scrambled eggs with cheddar cheese and a side of bacon. When we asked if she wanted more eggs, her now famous line was, "Eggs, no. Bacon, YES!" Classic :) She is a former sugar baby (bread was her favorite food, followed by white rice, then fruit, avoiding meat and vegetables at all costs), so she still LOVES her some fruit, but we keep it to various berries that are all in season now. We just don't have any other choices when she is over.
- Have one 14 y.o. daughter who is 80/20 at home by her choice - she likes my results. But not Primal at all when she goes out 1-2 times over the weekend. I'm fine with that and proud of her. Junk food is as it should be for her, an occasional treat, not a daily expectation.

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- I do not have any kids, but one dish that is very kid-friendly is mashed cauliflower. It is so easy – take a bag of frozen cauliflower, cook it, and then in your food processor, add 1 tbsp of coconut oil and ½ cup of coconut milk. They are absolutely delicious!
- My kid is 100% Primal. Of course she's only 9 months old. Mother's milk and organic egg yolk, avocado, squash, and bananas mostly.
- My kids eat as Primally as I do when I cook for them, which is really only occasional breakfasts, most dinners and most weekends. Dad is more inclined to give them sandwiches or quesadillas every now and then. And, of course, all bets are off at grandma's, friends' houses and at school. Overall, I'm very proud of them and am trying to raise their awareness when they're away from home, more than control what they eat away from home. So I talk to them about it a lot. Surprisingly, they are somewhat open to trying new things and end up enjoying some Primal fare. Thankfully eggs can be prepared any number of ways, so I could find a way to cook them the way they liked. Eggs are also a good food to start teaching them how to cook. Eggs or yogurt for breakfast, mostly, with an occasional raw milk/yogurt/cream/fruit smoothie. Grass-fed beef hot dogs are somewhat of a staple for lunches and when friends are over. Thankfully I think our mac and cheese days are over, as I don't think I or my husband has bought any for a few months now! They love things they can assemble on their own, like spinach and blue cheese salad and fish tacos. They each have their own favorite veggie snack, so I try to let them choose a lot of the time. They eat what we eat for dinner. We discovered they really liked the seared ahi salad with Asian dressing! They don't like our all beef chili. Win some, lose some, I guess. For school lunches, I try to get protein in with cheese, nuts or nut butter, or cold meat and then for veggies, let them pick, but try to keep it varied, and then some kind of fruit. So far, they don't need huge lunches. Maybe the egg breakfast helps with that.
- My 1½ year old son has been Primal with me since he was 12 months old and eats the same things I do. I had to institute a strict rule with our extended family that no one offer him food or react to him eating something by saying, "ew," even jokingly. He loves all the foods I hated as a kid, and I believe it's because he came to enjoy them without interference. Before he got teeth, I would use a steamer on the stove to soften veggies for him, and used a cheap hand-op food mill for the rest. Meats that are too dry after being ground could be mixed with pumpkin, applesauce, tomato paste, anything really.
- He is still breastfeeding, plus he eats a few more fruit servings than I do in a day, and has about 1/4 of a sweet potato a few times per week. I was concerned that since he's constantly on the move, he may need the extra carbs, just like I would if I were running around for 14 straight hours. I'm not sure if that's true, but I'm following my instincts.
- We have three adult children who live on their own, and a 15-year-old who lives with us half time. He eats what we eat, for the most part. If he wants to cook, he can make his own mac 'n cheese, ramen, etc., although he generally doesn't cook for himself too often. Not because he's lazy (... well, maybe that, too, LOL) but because he's listening to our conversations about healthy living. When our children are over for dinner, they eat what we eat. We don't purchase, stock or serve special foods for company. Our extended families

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How Primal do your kids eat, and what do you feed them?

know how we eat, and anyone is always welcome to bring whatever they'd like to eat.

- We have 2 grown children at home. One just graduated college and the other will be a 2nd year Division 1 athlete (this is a little more challenging right now). They are embracing the changes. We shop, cook and prep on the weekends. Meat, chicken, fish and veggies and some fruit are the big supply. I have also purchased the various jerky kits & meat sticks for them. We haven't jumped into game or organ meat.
- They eat what we eat –too bad! But they also eat CW but WAY less than before and not much sugar.
- Kids are grown but when they're visiting, we basically serve them what we eat. How can shellfish and meats and lots of butter and veggies suck?
- We have two kids, one 2 and one 16. The teenager is late to the game so its been a big adjustment for him. He's probably at best around 70/30 still eating things like cereal. Our daughter has been raise Primal though. She eats whole olives, nuts, seeds, almond bread (when we make it), fresh veggies and fruit and she LOVES her bacon!
- We are just now starting to change our child's diet to Primal. She does love strawberries, blueberries and pretty much any fruit. I have gotten her to eat pretty much every vegetable by sauteing it with bacon. Heck, on her 2nd birthday she was eating crawfish!!
- My just-turned-two-year-old's first word besides "mama" was "meat". She can eat half a pound of bacon (but her six-year-old sister won't let her.) Both girls prefer spaghetti squash to pasta. They think candy is "too sweet", prefer plain yoghurt to the jelly-on-the-bottom variety, and go gaga over duck pate. Oh, and they hover around me and beg like seagulls when I'm eating a can of kippered herring. The baby ate egg yolks as her first food (much to the disgust of our barley/wheat/rice cereal friends) and will currently eat two eggs and ask for more while toast grows cold on her plate.
- My kids are 60% Primal. They eat chicken, eggs, salmon and beef mostly. I make fruit/yogurt smoothies for treats. They eat hard boiled eggs and jerky sticks for snacks, plus lots of fruit.
- Kids will generally eat what you put before them, at least if you start at an early age. If they are picky, let them choose to eat how they want, but make it clear that you won't provide unhealthy foods for them at home.
- I have three children ages 10, 3 and 2 and getting them to eat Primal has been an obstacle. Being creative and letting them help pick out food and shop at farmers markets definitely peaks their interests. Their average daily menu consists of local pastured eggs and in season fruit. A lot of free range pastured chicken and grass fed beef with some veggies rounding out their meals.
- We don't have kids yet, but we have two dogs and they love to snack on our fresh radish ends, cucumbers, and cauliflower stalks when we make our big ass salads every day.
- Our Primal kids eat about 70% Primal. They love veggies and fruit smoothies, so as a go to we make

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How Primal do your kids eat, and what do you feed them?

coconut milk smoothies with fresh produce and blend and freeze into freezer pops. They think these are the best ever!

- Our Primal kids eat a mainly Primal Blueprint diet with more exceptions than the adults. They love what we call a yogurt popsicle, which is really coconut milk blended with fruit and veggies and frozen in a popsicle mold. A great treat with lots of nutrients!
- Not as Primal as one would like, however, they seem to like grilled stuff best so try to do vegetables and other things like that on the grill so they'll eat them.
- One 8 year old boy. Not even close to being Primal yet, but I am trying to get him to eat meats in the morning before school instead of cereal. He loves broccoli, asparagus and Brussels sprouts, so I keep those around.
- My seventeen year old daughter has gone almost totally Primal. She's getting ready to move off to college and has already started working on meal plans and snack ideas that will transition well for her.
- Hmm.... not as Primal as I would like. In the main they are not too bad - we all eat the same food so their food is organic, free-range, grass fed and contains no sunflower oil - I'll cook some potatoes or rice just for the kids (but not pasta). (I think my children can eat rice or potatoes and still be Primal kids). They don't have any processed sugar at all in their daily diet (or honey, or agave, or stevia...they just do without). They only have cake on their birthday and chocolate at Easter and Christmas - and that's because someone else buys it for them. We never (and have never) take them to 'fast food restaurants' (you know the ones I mean...) We don't have any 'convenience food' or 'ready meals' - I cook everything from scratch. They drink water or apple juice (not so Primal).
- My kids are just learning about this as I pass info along to them, they have tried the vegetarian lifestyle and found it to be to much work, now they are embracing a Primal Vegan Vegetarian concept mixing it together, they are teens and have learned along the way what works for them, sugar is not a problem but the grains will take time to get out of the diet, they have to make the choice themselves I cannot force it upon them.
- I feed them exactly what I eat... but I don't make a huge deal about it. It's not like I'm like 'you are now eating what is called a PRRRIIIIMAL DIET' haha it's just normal for them to eat healthy if they don't realize they are.
- My kids are grown, but when they are here, they eat more veggies and no soda, junk food, etc. The granddaughter eats more chicken and fruits... willing to try something because grandma is eating it.
- My kids eat what I eat... they are grown now but when they were little they weren't given other options.
- Work in progress. We give them a lot of high quality animal protein, produce and healthy fats and hope that it offsets the garbage.

QUESTION #2

How Primal do your kids eat, and what do you feed them?

- My two boys are aged 4 and 2 and don't know what a kids' menu is. Well, they know what it is - they're not stupid - just that in this context it does not exist. They've always eaten what we eat. Plain and simple. Every children's menu in the United States has the same tasteless pasty mac-n-cheese, chicken tenders with honey mustard, and burger with fries. Shame not only on the industry for serving our children this stuff but shame on the parents for letting their kids eat it. I am proud to say that both of my children have a pretty well developed palette. They love every ethnicity of food they've encountered, they get angry with me if they don't see their meat with a bone in it, their go-to foods are usually green, such as collard/kale greens (Southern style), broccoli, asparagus, and spinach. They can breathe bacon (or meat candy as we like to call it) if I let them, and of course, they love their sweet potatoes. Why? Because that's what we eat as a family. When we're out to dinner I do let them have their dinner roll if it is at the table and the occasional cookie or lollipop that may be offered here and there - they're kids and I know that when they get home they are both going to be asking for seconds on the stir fried broccoli with garlic and the kale simmered in coconut cream. Besides, when my 4 year old wants to order a burger, I'm very proud of him telling the waiter that it needs blue cheese crumbled on top, not the icky yellow stuff. Feed your children as you would yourself, they'll be fine. Oh, and in the case that they simply don't wish to eat, which has only happened on one or two occasions, my wife and I make it very clear that they don't have to eat anything that is on the table. We then proceed to wrap the food for the next meal and send them to bed. I used this strategy ONCE on my eldest, and ONCE on my youngest. This all goes back to efficiency and not throwing food out on a whim.
- Our son is mostly Primal, but loves eating popcorn occasionally, and wheat crackers. We feed him eggs and bacon or steak for breakfast, or we do a pancake, but made with either almond flour or coconut flour. We also do smoothies. For lunch, he often has more of what we had for breakfast, or dinner from the night before, focusing on the veggies and the meat! Dinner is what the rest of us eat, meat and veggies of all kinds.
- My family is new to Primal eating and I have a ten year old son with Aspergers. Anyone who has been around kids with sensory issues knows that these kids hate everything. That said, I am inching my way slowly but surely. I blend veggies into smoothies, I bribe with activities instead of food...and I make all three of my kids take at least one bite of new stuff. My kids are at about seventy five percent. I have even seen my kids turn down bad stuff without me telling them. Progress! We can do it!
- 85% - feed them good clean sources of protein - eggs, meat, fish, lots of good fats, veggies, some fruit - very small on rice/potatoes/tubers
- I have active 7 year old twins. When my husband and I started going Primal, we were a LOT obsessive about it. Freaking out whenever the kids were exposed to less than desirable choices. Thankfully I have calmed down and realized that at home, I can control it, away at school or Gran's... not so much. Stick with raw veg, fruit, and eggs. They LOVE to take hard boiled eggs to school for lunch. Also "tacos" with a little tweaking is a hit. Coconut flour tortillas hide ground meats and cleverly hidden veg.
- Not as Primal as I'd like, but he's getting there. He's a toddler and a picky one at that so for every meal I give him a variety plate of meat or other protein, nuts, veggies, fruit, and some kind of dairy (high fat yogurt,

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How Primal do your kids eat, and what do you feed them?

good quality cheese, or sometimes he requests milk - I do whole milk). Sometimes he eats it all, sometimes just certain items, and sometimes almost nothing. I figure over time he's getting a balanced diet. Also, my husband is non-Primal so there are times when our son will get pizza, bread (I try to keep it gluten free as much as possible), etc. I try to keep his grains/sugars to a minimum but just do the best I can. Our son is not gluten-intolerant although he is much better behaved when we keep off the grains and sugars! Also, my son just doesn't dig the meat and eggs as much as I'd like. I do all beef hotdogs and meatloaf with him frequently. Or, I make soup and hide the meat (and veggies) in there. Some days it's a struggle because I have high expectations and he's not fully Primal, but I have to remind myself to just do the best I can and eventually he will notice what makes him feel great, and what makes him feel not so great.

- My kid (16) is not very Primal. He is SLOWLY making changes. He drinks only water and won't touch any other liquid, which is great, and will once or twice a week will just eat a big supper of meat and nothing else. I think the younger you get them, the better. I keep planting seeds, though, and I hope that one day he will choose to eat this way, as well. I keep information available and explain my own choices. I chose not to make food a source of struggle.
- Monkey see monkey do.
- My kids eat around 50% Primal. They get a good breakfast and dinner at home. When they're out of the house they can make decisions as to how Primal they want to be with no guilt from me or my husband. It's a learning process. We're giving them the knowledge and letting them decide what to do with it. One kid loves fruit and veggies so we let him eat his fill. The other kid loves her meat and starches. It's not hard finding something that is Primal that they will willingly eat.
- Since we were very vegetarian, Primal is a big change. The kids are still eating bread on the lunch sandwich, but they MUST try every dish that gets put on the table. It was same when we were vege/vegan, so they're used to it.
- We have two girls aged 14 and 12 and they eat what we eat about 80% of the time. Of course we let them eat at birthday parties etc, but they are now so used to good food that the junk makes them feel sick pretty quick. They eat eggs and protein (bacon, smoked salmon or sausages) for breakfast, they take a pack lunch to school with left overs, salad, fruit and nuts, they snack on fruit, cream, and sorry some Rice Crackers (I know, I know) and cheese, dinner is 100% Primal — they even ate liver and we had a steak and kidney casserole last night that went down a treat. We have eliminated sugar and are working on the rice crackers!!
- This isn't easy. I have a 17 year old and I started moving toward a Primal diet when he was about 12. He does pretty well most of the time. He has evolved over the years. Mostly, I try to lead by example and don't harp on him when I see him eating differently than me. He does pretty good about 65%–70% of the time. Sometimes are better than others, but he always seems to get back on track. He likes snacks, like most kids, so I make sure I make healthy Primal snacks that he likes and can have easy access too like jerky, trail mix that I make, Primal brownies and bars and fruit that he likes. If I keep the fruit cut up and in little containers,

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he eats it more than just a bowl of apples and bananas sitting on the counter. I guess it's more appealing...who knows teenagers are strange.

- I'd say my four and two year old boys follow the 80/20 rule pretty closely. They still enjoy their PB&J, only now they're Sunflower or Almond Butter sandwiches. They are dairy tolerant, so they eat organic cheese, pastured milk, yogurt, cottage cheese and butter. My younger boy, I swear has no taste buds, and he'll eat anything under the sun. He loves vegetables! My older boy however, is much pickier, so we supplement with a multi-vitamin. He insists he's a carnivore and will only eat meat! Believe me, he doesn't discriminate when it comes to eating an animal.
- My kids diet has been an ongoing transition. They do still have some grains, but I'm looking forward to this summer and making even further changes. My defining moment was when my son had his 10th birthday last month. He asked for spiced chicken wings, roasted broccoli, mashed cauliflower, and a berry cobbler made with a little honey and an almond crust. I was amazed that's what he wanted and felt very accomplished that I'd finally made some huge changes. My kids look at labels as well to make sure there are certain ingredients that aren't there, like high fructose corn syrup.
- I have been Primal for about a year now and my daughter is now about 80–20. The items she eats that are not Primal are rice flour snacks (gluten free items). Not good, I know but we are trying to slowly change things in the house. With the occasional GF treat, she doesn't feel quite so different at school or at birthday parties.
- Son #2 (16 years old) is the only one that has gone Primal (after seeing my great results so far) – he eats pretty much what I do.
- My 12 just started Primal. She sort of eats what I eat. beef, pork, salmon, chicken. luckily, she loves sardines. She's not much of a broccoli/cauliflower type veggie eater, but she loves salads, brussel sprouts, carrots. Fruit in season. Every now and then she'll have a donut or some ice cream or a bit of chocolate.
- Our child is 60%–70% Primal, we don't make exceptions for him he eats what we eat at dinner but we try not to do anything too crazy and make vegetables we know he likes. He loves chicken and most anything made from ground beef and will eat a lot of vegetables, broccoli is his favorite so we are lucky but again he has learned to eat them because when we made the change so did he and he didn't have much of a choice, it wasn't great at first but he has come to love all of it and he really loves Primal "treats" like Primal pancakes on a weekend or sweet potato tater tots.
- Although I don't have any kids, I do have a 3 year old brother. He is a very fussy eater but we're able to keep him mostly Primal by keeping unhealthy foods out of the house. This means he mostly eats eggs, yogurt, cheese, salami sticks and some meat, fruit and vegetables. We tell him that these foods will make him strong like Spiderman, which motivates him to eat more!
- At the moment the kids don't have any dietary restrictions, that said, packaged foods are not consumed in our house and rarely have been. Whilst they primarily snack on fresh fruit, dried fruit (dates and cranberries

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mostly) and nuts (macadamia nuts and almonds - I do not soak, I just go for raw unprocessed). Meals are generally smaller versions of what I eat but also includes bread and pasta. This seems to work really well with the exception of the sugar crashes associated with breads).

- I try to give them what I eat. Tasting is everything. If they don't like it, I don't force them. I lead by example, but ultimately it's their lives.
- My daughter eats about 75% Primal. She has eggs and fruit for breakfast, homemade yogurt, 2 Oreo cookies, ½ cup tortilla chips and fruit for lunch. Snack is usually cheese and beef jerky, maybe a granola bar. For dinner we have our grass fed pork or beef and veggie. This week she is having spaghetti squash with her meal. Sometimes I will make her roasted potatoes or yams. We are getting rid of the pasta etc. It is a slow process with her but she is eating better now than she did four months ago.
- My kids, ages 5½ and 3½, eat ~80% Primal. At home, they eat what we eat—vegetables, meat, eggs, seafood, nuts, and all sorts of spices, although they like us to go light on the spiciness. The only time they eat differently is at kids' birthday parties and when food is specially provided at school. Also, they eat more carbs than we do, because we also give them fruit, winter squashes, and starchy tubers, but not on a regular basis. We cook breakfast for them every morning, so they start the day with a solid meal. This really helps with kindergarten's rushed snack and lunchtime at school, because she really doesn't need to eat much for those.
- I'd say 70% Primal. Eggs w/ bacon/sausage and avocado, chicken/beef/fish/vegetable soups/stews; whip cream with berries; liver pate; sardine salad w/ crackers.
- Not as primary as I would like - still eating pizza and pasta, but they are all in great shape. I will introduce Primal when they're a little older.
- My toddler is almost 2. I try really hard to get veggies into her but can't seem to do so. Mostly she eats about 4 meals a day (or the 3 main meals and one large snack). She loves certain meats and we try to make a favorite meat at least once a day for her so she can eat some protein even if she decides to eat nothing but fruit the rest of the day. Mostly she is in love with applesauce, homemade waffles, homemade cookies, and bananas. It's difficult to get her to eat other foods due to her age and her seeing the SAD surrounding her so often. I allow her to eat some CW foods, mostly if I am not on track with my diet, but 80–90% of the time she eats meats and fruits. I'm still working on the veggies part but that should come with age and molars.
- My 7 year old step-son lives with us half of the week. His mom eats the S.A.D. So I try to encourage his interest in "real food." He loves to bake so we make your recipe for Primal Bars. I call him my "sous chef" because he helps me measure and prepare the food while I do the actual cooking. I'm hoping my healthy eating habits are making a mark on him, enough that he sees and knows what a healthy lifestyle looks like.
- My child is not really Primal yet. Approximately 50%. I make sure that her supper is basically completely Primal, but she is at a creche where the fare is about as CW as you can get.
- They are probably 60% Primal. I cook all of our meals and they eat what I eat except that they eat what-

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ever they want when we eat out, go to potlucks or go to grandma's house. Therefore, when they do those things they eat a lot more bread and sugar than I would like. Also, my wife isn't fully on board, so all four of them eat dessert (ice cream, cookies, candy) three or four times a week. The only compromise I make with them during the week is that, for breakfast, I allow them three days (Tues, Thurs and Sun) to have cereal rather than meat and eggs. It prevents full scale war.

- My kids are probably 80% Primal, they still get occasional cereal and oatmeal and I'll let them have "treats" at birthday parties, pizza parties and such. But they love Primal food as much as regular "junk food". They'll eat a pint of fresh blueberries faster than a box of donuts. Kids are adaptive and they like to follow your lead. You just can't be afraid to make the switch for them.
- I have a two year old and the hardest thing is having her avoiding sugar and crappy carbs. She understands the taste and if given a preference will always take sweets. In addition, there are birthday parties, events, and other things where sweets are available. But she does love steak, sweet potatoes, salmon and broccoli.
- They are 13 and 15 and support my "Primal" lifestyle. They are well aware of the Primal rules and the downside of eating grains, sugar and starchy veggies but they still consume them in moderation. Maybe when they're older they will follow it more closely. They are both normal weight now...if this every becomes a problem for them I'm sure they will be coming to momma for advice. Thankfully I can give them good advice!
- My daughter is 18 and is not fully committed but is watching my body change and getting interested in what I do. We have a lot of grass fed meat and fruits and veggies to grab.
- Our two kids are 4 and 22 months old, so one of them is at the moment exclusively breast-fed, and the other one does eat a bid of bread or spaghetti (perhaps once a week), but he mainly follows our diet: lots of vegetables, meat, fish, fruit and cheese.
- My kids are not very Primal, unfortunately. My 13-year-old has to eat school breakfasts and lunches, although he says he often chooses salad for lunch. My 18-year-old has really bad habits but does attempt to eat Primal. She has run up against the cost issue, but it is primarily because she doesn't know how to shop. They both eat Primal on the nights that I cook dinner. My husband is a pasta-cooker, so that is what the rest of the family tends to eat on nights that he cooks. That or takeout pizza. Sigh.



QUESTION #3

How often do you snack, and what do you snack on?

QUESTION #3

How often do you snack and what do you snack on?

- I make it a point to never snack.
- I snack less now, but I still snack. I like to make little goodies from sites like Chocolate Covered Katie and PaleOMG.
- I am a big fan of almonds and sunflower seeds. I also sometimes just have a cup of black coffee.
- I snack quite often. A few nuts, some jerky, dark chocolate. Pretty standard for your readers.
- I usually don't snack because I like eating 2-3 big meals which keep me full most of the day. If I do snack it usually is a piece of fruit.
- I usually snack 1 or 2 times a day. I am snacking on macadamia nuts, almonds and greek yogurt with some type of berry and stevia.
- I rarely feel the need to snack any more, but when the rare craving does arise, my go-to snacks are 90% dark Lindt chocolate, almonds/walnuts, or a can of tuna.
- Best Primal snacks are beef jerky and nuts.
- I honestly never snack. Since I began to eat Primally I never have the urge.
- I snack between main meals IF I get hungry. This type of snack is usually is either a handful of berries, a piece of fruit, a veges, sardines or a hard boiled egg. Really, whatever I have on hand and sounds good.
- Whenever I get hungry I snack on jerky or bacon or sausage (preservatives bad, but meat and fat good...)
- I snack only if I am hungry. And when I do, my first choice is usually beef jerky. I sometimes need/desire something with a bit of crunch to it. So occasionally I will indulge in some cookies or trail mix (Primal ingredients...of course). The jerky, cookies and trail mix are free of any grains, dairy, soy, sugar and HFC.
- I snack 2 or 3 x a day, on a Brazil nut, a cup of broth, a small 'dipping' dish of coconut milk, eggplant caviar or almond butter.
- I generally avoid snacking by making sure I eat a big fatty/protein breakfast. If I do snack, I snack on dehydrated/soaked mac nuts, dark chocolate, coconut butter, olives, avocado, or Primal kits -yum!
- I rarely snack (maybe once or twice a week), but if I do, it's a coffee with half and half after a night of rough sleep, or a bit of yogurt (either coconut-based or greek-style, plenty of fat please!).
- I prefer to eat in the mini meal style. I do not like to eat a large meal all at one time as it makes my stomach very uncomfortable. I do not do IF because my goals are to gain a little weight and muscle. I eat pretty much the same stuff every day, it looks like this: 6AM – Plant based protein shake mixed with almond milk (this is right after my fasted workout); 8AM – ½ grapefruit and a few almonds and walnuts; 10AM – two raw stalks celery topped with almond or peanut butter and dried cherries; 12 Noon – spinach, kale, chard salad with cucumbers, tomatoes, diced chicken breast, a raw whole carrot on the side, dressed with olive oil and

QUESTION #3

How often do you snack and what do you snack on?

apple cider vinegar dressing, 3PM – square or two of 86% dark chocolate and a few almonds and walnuts, 6PM – dinner varies, favorites are spaghetti squash casserole (LOVE that) or meat such as roast, chicken drumsticks, and veggies or white or sweet potatoes. I usually am done after 6PM but sometimes I will have another small snack around 8PM, sometimes a few more nuts, or another piece of fruit or celery and nut butter.

- I never snack. Although sometimes post-meal, if I am feeling peckish, I'll sip on tea, or crunch on some nori. Sometimes it's nuts.
- I'm not a huge snacker. Sometimes a snack in the afternoon if I'm hungry or if I'm going to have dinner a bit later than usual (we eat at 6pm normally). I snack on nuts or fruit (apples, bananas). Iced tea and coffee are also great snacks when treated that way.
- When I'm hungry (usually in the afternoon). Usually I'll grab some jerky that I made or some crunchy veggies (carrots, etc.). Occasionally I'll scoop some greek yogurt into a bowl and head out to the raspberry bush and throw some of those on.
- Follow a daily 16/8 IF protocol. Breakfast between 10 and 11am, dinner between 6 and 8. Mid-afternoon snacks consist of raw veggies, zucchini, radish, cucumber, peppers, occasionally almonds and occasionally some leftover meat.
- I don't have set "snack" times but when I do it's dark chocolate, almonds and fruit.
- I try to keep snacking to a minimum between meals. Occasionally, I'll have a piece of fruit, or a handful of nuts when I'm on the go. Occasionally I sneak in a Clif's Builder's Bar also, but they are far from ideal, even if they're delicious. Sometimes during movies or while watching games on TV, I'll munch on dried veggie chips, which are literally God's greatest gift.
- I usually snack twice a day. I'm highly active and it's easier for me to eat somewhat smaller meals with 2 snacks. Lately it might just be a glass of raw milk. Or a banana with tahini. Also half and avocado with a little salt and a spoon does the trick.
- I snack mostly mid-morning. My favorites currently are kale chips with "vegan cheese", a non-dairy, non-grain, red bell pepper/cashew/pumpkin seed paste that coats the kale, then dried in the dehydrator to make the crunchiest, tastiest best chips EVAR. And carrots. Jicama is a really good snack, crispy, sweet and packed with nutrients and great for dipping into other things. Seaweed chips are great too. Coat nori sheets with a little sesame oil and spices, bake in the oven and walla, seaweed chips.
- I rarely snack, but when I do it's on a trail mix with nuts, seeds, and fruit, an apple with almond butter, Kerrygold cheese, hard-boiled eggs, veggies, left-overs... There are tons of great snack options!
- I almost never snack. I don't get hungry between meals anymore. And if I do, that just means the next meal is going to taste that much better.
- I don't snack as much as I did before going Primal, but if I go hungry between meals I have nuts/seeds,

QUESTION #3

How often do you snack and what do you snack on?

fruit and turkey bacon. My snacks change by the season, so if it's a hot summers day I'll have an ice-pop made of fruit juice (no added sugar), or in the winter I'll have some soup or broth.

- I'm currently doing a fasting regiment of 16 hours, where I supply an 8 hour eating window. Within that 8 hours I eat WHEN (when hunger ensues naturally), and of course my "break"fast is usually the largest meal. Things I'd enjoy snacking on, however, would be nuts and berries, an apple, or if I was really craving something a little more, I'd make my own big ass salad! I LOVE to eat and I don't think anyone needs to deprive themselves in order to lose weight or live healthy. I've lost and maintained a healthy weight and body fat percentage for years before even hearing about going "Primal"; and now, going Primal, I feel, is taking the next step to optimum health.
- I rarely snack, but my most frequent snack is greek yogurt (semi-Primal) with nuts and berries.
- AVOCADO's! I have eaten more avocados in the last 6 months than I care to count. They are good, filling and fast. My wife even craves them. I have also discovered sardines and of course, there is always chocolate.
- I personally don't snack, but I feel it is important for our 2 growing boys to have snacks available- homemade kale chips- fruit, veggies, hot dogs, homemade fruit/veggie popsicles, nuts.
- I probably snack too much. On a typical work day I'll have a couple of handful of nuts (occasionally dried fruits), an apple and a square (or two!) of Lidl's 70% dark chocolate.
- Twice/thrice a day; Banana nut bars, celery and almond butter, beetroot and balsamic, raw vegetables and so on!
- I don't find the need to snack often, because my meals are nutrient dense and filling. If my stomach starts to growl, I try to asses if I am REALLY hungry, or if my stomach is just empty. If I need a snack, then I would eat some hard boiled eggs, or jerky, or some nuts. Something with fat and protein.
- I snack only when hungry anymore. Maybe every 6 hours or so. Typically dark chocolate, Macadamia nuts and coconut are my main snacks. Again, things I can grab quickly at the local store. Sometimes a Cornish hen.
- I would say that I snack 1/day, usually an hour before I go to crossfit if I'm feeling hungry. I will either grab a handful of nuts with some raw cheddar cheese, get some cold meat from the fridge I cooked a day or two before, or just enjoy a spoonful of almond butter with a little bit of honey mixed in.
- I rarely snack, but when I do, it's a scoop of raw almond butter or some celery or a raw cucumber. Sometimes I'll make mini almond meal muffins for the fam and I'll have one.
- I try to keep veggies cut up in the fridge for handy snacking, mainly carrots, celery, and cucumbers. I used to snack on almonds, walnuts, and pecans a lot but became a problem so I try to keep them out of the house.
- I snack much less often than before I went Primal, maybe only a couple of times a week, and then only a

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light snack. Without the constant sugar crashes, I find that I don't need to snack on sweets or drink coffee to stay awake, and it's easier to resist muffins and pastries when I'm out of the house. Sometimes if I am in the mood to forage, I'll dip some vegetables into almond butter, have a teaspoon of coconut oil, have a bowl of full-fat plain yogurt, or cut some slices of beef or venison salami I've picked up from the local market (organic and less processed than the packaged stuff, so I don't worry about the occasional nitrites). What works well for me is to snack on fat and protein, not on sugar.

- Snack frequency varies greatly. Coming from the six meals per day school snacking is normal and not something I feel guilty about. It is nice though that I do not feel compelled to snack anymore even if I am not hungry. Snacks are generally beef jerky, pastured meat sticks, nuts, fruit, raw vegetables, coconut or coconut oil, cacao nibs, and occasionally dark chocolate.
- I snack more often than I'd like. It'll be fruits, frozen berries, carrots. Especially carrots. I love them.
- I usually snack maybe 1–2 times a day. Maybe more when I train and I'm really hungry but no more than 3 times a day. I usually eat nuts, greek yogurt, fruits with greek yogurt, raw veggies, Dark chocolate, dark chocolate melted on the microwave mixed with nuts, virgin coconut oil, coconuts shreds and full fat cream (delicious! You should try it), only melt 4-5 dark chocolate on the microwave, then mixed the other ingredient together (you can eat it hot or cold, I prefer cold)...takes about 3 min to do, very easy, you can also add some cranberries (not much, or any other dried fruits you like), hard boiled eggs, or some kind of protein shake.
- I keep a wide variety of veggies chopped up in the fridge at all times for my salads, so I try to mostly snack on those. Otherwise, I try to make one big meal Sunday/Monday that will provide leftovers/snacking food throughout the week. All else fails, cans of sardines are always good if I know I won't want to cook a big meal later. Almonds/other nuts are on hand every now and again, too.
- I really don't snack very often. If I'm having some minor hunger in between times when I feel like actually preparing something to eat, I might eat some pistachios or some pork rinds. Sometimes I might cut off a small hunk of some variety of grass-fed raw cheese, if I have some lying around. Otherwise, I just wait.
- As a teacher, I snack when my students do, which ends up being about three hours after breakfast. I usually drink a second cup of coffee, and have a handful of nuts, fruit with almond butter, salami with a slice of aged cheese, or something similar.
- I snack b/n lunch and dinner and dinner and bed (bad habit!). I try to eat some leftover meat for my afternoon snack and sometimes snack on veggies, almonds, etc. I developed an egg allergy after going Primal (ate too many eggs before I started eating MEAT!) so sometimes snacks can be a challenge. For my post dinner snack, I'll have some dark chocolate and/or coconut butter, sometimes some sprouted almonds or mac nuts.
- I find that snacking doesn't even occur to me anymore. After being mostly Primal for over a year, I simply am not hungry between meals; sometimes I'm not even hungry at "meal-time" and find myself skipping it. If I do have a hankering for something quick, I usually choose a hard-boiled egg or a handful of cashews.

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How often do you snack and what do you snack on?

- I almost never snack. I just don't get hungry between meals. When I do snack, I always try to include some protein and never eat just carbs.
- After two months of being Primal I'm not often hungry for snacks, but when I am I enjoy a boiled egg or some almonds.
- When not on a Primal diet I am a big snacker. I think this is because I do not have the right balance of carb/protein/fat and my body starts craving food. As a Primal eater If I do snack I make sure it is balanced. The body processes food differently when just eating protein vs eating protein with some fat and carbs. A snack should incorporate all three.
- While transitioning to Primal, I found myself hungry often so I would snack usually once per day — between lunch and dinner. As my body adjusted I found I did not need to snack near as often. Now, I let myself get hungry before I eat which is sometimes only once or twice per day.
- I rarely ever snack, but when I do it is usually after a very intense workout. My snacking staples include dark chocolate, chocolate covered espresso beans, Korean nori packages (which are ever increasingly being produced with olive oil), a delicious piece of seasonal fruit, salami, or a very occasional handful of nuts.
- I'm really not a snacker - I tend to eat twice a day, sometimes three. If I were going to have a snack, it'd probably be a half avocado with some fresh ground pepper and maybe some salt; homemade beef jerky; hard boiled eggs; Mexican-hot-chocolate spiced almonds; a small piece of fruit and cheese; or maybe a bit of dark chocolate.
- If I snack, its dark chocolate and not a whole lot, but I only snack on a bad day, usually once or twice a week.
- I snack pretty much every evening. 1 glass of red wine and 1-2 squares of 85% chocolate. Indulgences like that are important, mental health and well being is just as important as the physical. If you constantly deprive I don't usually snack since I am fuller with protein and no sugars. If I do it would probably be nuts or we usually keep some mini meatballs in the fridge.
- Snacking is pretty rare, but fruit, vegetables, occasional nuts... sourdough bread...
- I'm not a snacker except for when I'm pre-menstrual, then I'll snack away on dark chocolate chips all during the day.
- The snacking was definitely the longest transition of my new Primal lifestyle. Pre-Primal, I was a snacker, constantly craving crunchy, salty things. Post-Primal, I don't snack anywhere close to the frequency I used to. During my Primal Transition, I needed a couple bags of nuts and seeds in my desk drawer to just munch on during the day, and usually a large sack of carrots nearby as well. Hard-boiled eggs were a snacking essential, as well. The nuts were raw or roasted and always unsalted. Walnuts and almonds mostly. A few months down the line I bought a half-pound of macadamias after reading so much good stuff about them on

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MarksDailyApple. It was like eating little balls of crunchy butter. So good. Macadamias are pretty expensive, so I only buy them about once a month, though it doesn't matter because my appetite and my cravings have completely changed. I like snacks, but really, I just need one small handful of a Primal snack, a glass of water or tea, and I'm good.

- I generally don't need to snack. If I do, I'll have a handful of almonds or a banana and a bit of almond butter. Sometimes, I'll have an ounce of good quality aged cheese and a piece of fruit.
- If you asked me before I was Primal, I would tell you that I snacked between every meal! Now, I'm lucky if I even want to eat three meals a day. Two and a tiny something in the evening seems to be all I can take now. But, the snacking urge does come up once in a while and that is where my nuts come in. I like nuts. (Insert ribald jest and lewd winks).
- I snack every day. I'm a body builder and I do a a protein shake in between meals (beef protein isolate) and I have another snack that is usually berries and dark chocolate. If I workout hard I will eat berries with cream and honey over the top.
- I usually have a cup of coffee in the afternoon. I like to have some dark chocolate and almonds with it. I also snack a piece of fruit or some vegetable like carrots or cucumbers (only have the need for it if I am too lazy to cook on time).
- Once, maybe twice a day, usually on nuts or cheese, something fatty (the cheese isn't necessarily for everyone, but I have Scandinavian family and Mongolian ancestry; so am well bred to dairy over about as long a number of generations as it's possible to be!).
- I will on occasion have 2 snacks a day, because I eat a hearty breakfast I do not get hungry until 11:30AM or 12PM, if I eat a small breakfast ie (fruit) then I will snack on a boiled egg around 9:00AM, I eat a fruit or almonds (10) around 3:00PM this is to have energy for my 5:00PM workout of crossfit.
- I find that I rarely snack - maybe 2 days a week I will snack on something. Macadamia nuts, olives, carrots, bacon or chicken are my typical snacks.
- I snack once or twice a day. I bring hard boiled eggs with me to work and cut up a red bell pepper and/or a carrot. I'm trying not to have nuts and fruit right now, so these are my go to snacks. I also recently purchased the chocolate Primal fuel which can really hit the spot (usually just 1 scope, which is half a serving).
- When I first went Primal I snacked probably two to three times a day. Usually it was a handful of almonds and a stick of beef jerky. I highly suggest if you can, make your own beef jerk, it is so much better. However, after being Primal for a couple of months, I find I am rarely hungry in between meals as my fat burning self utilizes my own fat for energy. Furthermore, if I am hungry enough to want a snack, I consider that time sort of a small IF period and I enjoy my next meal that much more.
- I find that I'll snack perhaps twice every three days or so. For this I like to keep some fruit around, even

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dried if I'm away from home, or have a handful of nuts or even some dark chocolate near by. Also, when around the home I like to have peppers on hand. If you buy one of each of red, green, yellow, and orange peppers, cut them up, put them on a plate in the fridge covered with plastic wrap, and they'll be good for whenever you need a little snack during the week. Have a little dip on hand, and it's a quick side for a meal, or you can add them to a salad if they've been around for a while.

- I snack between two and three times a day. My first snack is cottage cheese w/ avocado. My second snack is a bowl full of veggies: green bell pepper, red bell pepper, tomato, squash, and zucchini. I usually eat it plain, but if I need more calories I will dip it in almond butter. My last snack is about 10 macadamia nuts, with 5 berries (blueberries, raspberries, black berries, etc.) and a Ghirardelli single serving of intense dark chocolate (my favorite is the Sea Salt Soiree!).
- I don't snack often but when I do it's usually macadamia nuts, dark chocolate or fruit.
- I don't do a whole lot of snacking, but when I do, it's usually 85% dark chocolate. That is on a daily basis. I also make really good chocolate coconut mounds that are super delicious and satisfying! I eat radishes like someone might eat potato chips. But I tend to be pretty satisfied with my meals, so it's just not a big deal around here.
- I aim to eat three meals a day, though with a busy work schedule, I usually end up having a feeding window of about 8 hours. I'll generally eat breakfast and lunch, and then I will "snack" (which really turns into a mini meal) before my evening job. When I'm not on a fasting schedule and do decide to snack, I'll have either a small serving of protein and fat, like turkey breast with a handful of nuts, or a vegetable with some fat, like carrots and guacamole. I find that I need just enough to tide me over until the next meal.
- All day long. I keep celery, carrots, broccoli, cucumber, almonds and jerky in my office.
- Snacks are on demand. So if I don't need one, I don't have one. If I'm extra hungry between meals then I'll usually grab a boiled egg and a piece of fruit or maybe some jerky.
- When I snack I usually grab a Quest bar, pumpkin seeds, sunflower seeds, or just some almond butter on celery. When I am eating dairy I usually make whipped cream which I then proceed to devour with blueberries.
- We're BIG snackers. We always make sure to have almonds, apples, and carrots on-hand so we aren't tempted by the vending machine. I indulge on jerky when I'm feeling the need for salt.
- I rarely snack anymore. I have been Primal since October 2011. Before that time, I would always have a mid-day snack at 3PM with my afternoon cup of coffee (either nuts and fruit or a cliff bar). Once I went Primal, it was only nuts and an apple, which later turned to just an apple, which has now turned into nothing. When I do need a snack, I usually have an apple, some berries, or some cottage cheese. I turn to nuts less frequently as I find them to be addicting, but when I do eat nuts, I go for macadamias and walnuts.
- I don't snack often, but I have a few tricks I've learned along the way. I sometimes get craving for ice

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cream. To head off the cravings I have strawberries, blackberries, or raspberries. Most of the time that sweet shot takes care of my cravings. Other snacks I'll have are raw cashews and almonds, beef jerky and maybe an occasional chunk of cheese.

- A couple of times a day, sometimes more. I snack on avocado mixed with tomatoes and olive oil, nuts, jerky and Primal crunch bars from Steve's Original, and fruit (my favorite fruit snack is a banana with sun-butter spread on it).
- Usually once or twice a day, most often it's a handful of nuts and seeds around 4pm.
- I don't snack anymore. My blood sugar is SO under control, I experience true hunger...and when it is time to eat, it's Primal. However, there are times when I don't have time for a meal, so I always make sure I have nuts or jerky available.
- I don't usually snack, but if I do it's a small portion of nuts. I have created some of those Primal protein bar recipes from the website. Right now I am working on a Primal protein bar of my own. I know you've put up on the website how nuts should be eaten in limitations, and those Primal protein bars have a high quantity of almonds. I am thinking I might get into dehydrating meats and making my own jerky.
- I snack whenever my hunger calls for it. It's not every day, but it's not a rarity either. My favorite snacks are hard boiled eggs, good pickles and some grass fed cheddar, or some high quality charcuterie like salami.
- I used to be a real grazer, eating six or more times a day, but since ditching grains and dramatically reducing sweets I find I'm just not that hungry in between meals anymore! I do get hungry, but not the "gnaw off your own arm" famished it used to be – more of a "Huh, that's interesting, I'm hungry but I don't have a headache. I wonder how long I can wait to eat before I really start getting hungry?" It's awesome. When I do feel peckish I reach for jerky, strawberries and whipped heavy cream, homemade trail mix (shaved coconut, various nuts, various seeds, plus a few dark chocolate chips), or a "shake" made out of almond milk / heavy cream / cocoa powder / stevia / ice.
- I don't snack, if I'm hungry I have a real meal. Then, when I'm hungry again, usually 8 or so hours, I have another one.
- I usually snack on almonds, and I roast my own. I usually only snack while I'm prepping dinner, though sometimes an hour or so after. During the day, while at work, my snack craving are under control. I've tried walnuts, which are good, but almonds are my favorite. Whip one egg white with a tablespoon of water until it stiffens. Toss a pound of almonds in the egg whites. Then add the spices of your choice. I like Caribbean jerk seasoning, or a smoked paprika barbeque rub. 2–3 teaspoons. And 1 teaspoon of salt. I like spicey so I will add a teaspoon of habanero powder also. I recently found some powdered ghost pepper and I'm slowly increasing the quantity of that while I learn how much heat I can really take! An added bonus to the fiery hot almonds is that no one in my house will touch them but me!

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- I snack when I am hungry, and homemade beef jerky is my snack of choice. Assuming there is any left after I send some with my husband for lunch.
- A handful of nuts and for that night time snack - a dish of cottage cheese covered in small amounts of every fruit possible!
- Sometimes I grab a couple of pieces of precooked bacon too - it's better than even jerky and keeps the jaws busy and the mind satisfied.
- Obviously I only snack when I am hungry and that tends to be twice a day. Once in the afternoon and once in the evening if I didn't have a big dinner. I like to snack on nuts, beef jerky or guacamole.
- I don't really snack, as a result of going Primal. (N.B.: this is a HUGE change for me!) With so much emphasis on protein & animal fats, my meals are enough to keep me going throughout the day, and I no longer use food as a crutch. That being said, I do keep macadamia nuts in the cupboard for the very rare instances that I find myself hungry when I don't have time to prepare a full meal.
- I always go for high-fat snacks, meaning nuts and nut butters or coconut manna. Also, who doesn't love snacking on high fiber, low-cal veggies? They're the best thing to fill your mouth with when you just get that urge to chew!
- I used to have to snack all of the time but now that I've been eating this way for over 2 years it has become very easy for me to avoid eating in between meals and I even skip meals without a problem. If I decided I really would like a snack it would probably be in the form of salted nuts, dark chocolate, a hard boiled egg, fresh goat yogurt from down the road, veggies like carrots and celery, or some left over meat.
- I try to avoid snacking. I find that most of the time when I want a snack, it's not because I'm hungry, it's because I'm bored. But when it is REAL hunger we're talking about but I don't get to have a meal (like before lunch time or if it's not time to head home from work yet) I eat jerky. I try to make sure I always have some at my desk. But yay for me being fat adapted! If I don't have anything to eat, the hunger will pass and I'll eat when I get the chance.
- We aren't eating nuts right now, so we are tending to have a small serving of meat with some veggies. A mini-portion of whatever large batch cooked meals we have in the fridge. Today my snack is a few bites of my lunch to be — Slow-cooker braised pork butt with mashed cauliflower. Or some raw veggies with dip (this week's dip is chilled coconut milk [chilled to thicken it] with tons of fresh chopped dill, sea salt, garlic powder, onion powder and cracked pepper).
- I've recently gotten more in IF and have started following Martin Berkhan's Leangains protocol. I eat a big meal at around noon, workout after work at 6 PM, then eat dinner at 7. This keeps me from getting uncomfortably hungry, but if I find myself craving something, I'll have a cup of tea or coffee.
- I usually do 1–2 snacks per day, one between breakfast and lunch, and one between lunch and dinner.

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How often do you snack and what do you snack on?

I usually try to include vegetables, such as cucumbers or peppers, maybe fruit (berries) and some type of protein, whether chicken or hard boiled eggs.

- Not often. I find that if you eat healthy fats, you will not get hungry in between meals and so you won't need to nosh. If I get hungry I try to eat a meal portion. If this is not an option (i.e. you get hungry during the work day/meeting), I lean towards macadamia nuts, unsweetened coconut flakes, dehydrated vegetables or a Primal Fuel shake.
- I snack once a day during the afternoon and only on one of my "sensible indulgences" which I budget for either by the week or month in order to make them last (due to cost). I snack on either almonds, kerrygold cheese, honey, or 85% lindt dark chocolate.
- In the first six weeks (or so) I needed loads of snacks. I was heavy into fruit, the aforementioned roasted sprouts, bacon, seasoned and roasted nuts, Lara bars, I'd even roast a chicken leg if I was home. I was ravenous until my body started getting back under control. Now, I almost never snack. I typically eat twice per day, with maybe an ounce or two of leftover meat or cheese as a snack in a day. Before I was Primal, drinking water while hungry didn't do a thing. Now I understand why it's considered a weightloss tip - I'm almost never actually hungry.
- I try to cut down on snack foods, but my favorite would be 100% chocolate (Baker's or Ghiradelli brand) and Nuts and Fruit. I know that may sound rough, but you'll adapt and If you eat a strawberry, or any fruit, and 100% chocolate at the same time you don' need additional sweetness. I've personally gotten myself to a point where I really enjoy these two brands of 100% chocolate by themselves or with just walnuts though. I also like Full Fat Greek Yogurt (Greek Gods Yogurt is best in my opinion) and Shredded Coconut Flakes. Canned Sardines with Olive Oil make a great hiking companion.
- I snack pretty much daily, and I know I probably should cut back a little bit. I think my Primal "treats" help me stick to this plan a lot better than if I had cut out everything. I eat about half of a handful of macadamia nuts or pistachios, or two squares of chili dark chocolate. Nearly every evening after dinner, I whip about a half cup of heavy whipping cream, add about a 1/2 tsp stevia sweetener, a 1/4 cup fresh raspberries, 1/3 of a mashed banana, and about a 1/4 cup of unsweetened coconut. (I never measure anything - but I am pretty fastidious about watching my portion sizes so the "half cup of cream" doesn't migrate up to 2/3 or 3/4 cup.) Sometimes I'll smash 4-6 macadamias in a plastic baggie with a hammer and sprinkle those over the top, but only if I haven't eaten those earlier in the day. If I don't have fresh fruit on hand, I'll add about 2 TBSP of canned pumpkin with a generous dash of pumpkin pie spice or cinnamon. It tastes better than pumpkin pie at Thanksgiving! If I'm not hungry for something sweet, I'll have a slice of cheese, a mozzarella cheese stick, or a pepperoni stick.
- I snack infrequently. Generally my snacks will consist of fruit, dairy (yogurt/kefir), or most likely is bacon. Occasionally I snack on chocolate or cheat with a little ice cream or something.
- I snack when I am noticeably hungry in between standard meals, or typically will have a small snack a

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couple hours before a heavy workout. Snacks usually consist of homemade Primal trail mix (nuts, seeds and dried fruit), full-fat greek yogurt with berries, a can of oysters or sardines usually do the trick for me. Usually always a snack high in fat and protein for optimal satisfaction.

- I rarely snack anymore, because I'm not hungry between meals! Also the "conventional" snacks aren't appetizing anymore. However, when I'm busy and I do feel a little hungry or I simply want a treat I usually have some nuts, mostly macadamias, cashews or hazelnuts. Nothing too big, since they are very filling and you feel satisfied with just a small portion of them. If there aren't any around, I opt for some fruit, mostly strawberries, but I'm no stranger to bananas and papaya! If I'm not in the mood for something sweet, I just eat some crispy lettuce, carrots or a drumstick. Meats usually make the best snacks!



QUESTION #4

What is the biggest change you've seen in your life since going Primal, and how long did it take to notice?

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- Weight loss. 1 Month.
- I had digestive issues that I thought were just part of my life. They never went away, until I tried eating Primal just to appease my brother, who wouldn't stop talking about it. It turned out it was legumes, oats, and dried fruit that were causing my problems (among other things). It never would have occurred to me that the "healthy foods" were the ones I needed to axe.
- The biggest positive benefit happened with my daughter. She lost her baby fat and we also found out she had lupus. The doctors told us that the diet we had her on kept her lupus from becoming debilitating and she is still thriving and growing.
- Loss of persistent heartburn and minor digestive issues. I saw a difference within about 2 weeks.
- Energy! I feel energetic all the time, and I get way more done around the house, at work, you name it. Chores became opportunities!
- My general observation is that at about 18 months, some major changes happened: incontinence went away, rosacea cleared up, lost weight, and stamina got a lot better.
- My body composition is probably the most significant change I've seen since I went Primal. I went from a skinny 125 lbs. kid to 140 lbs. full of muscle. My skin has cleared a lot but still not perfect, I'm still tweaking certain things to see what works.
- My cravings have gone away almost completely, which happened in under a week. That was the first big difference I noticed. My bowels are less irritated and I get fewer stomach aches as well.
- I used to get migraines (the "well I guess I'm done doing anything today" kind) around twice week. Since going Primal, that's down to one a still-dropping average of one a month. I can't even begin to describe the quality of life increase just that one change has given me--not to mention my savings on Excedrin!
- More energy, only took a couple months.
- I used the Primal diet in order to self-treat my sinusitis and breathing issues in lieu of surgery. I have started breathing nasally for the first time in my life, and can do so even during moderate activity. This has made a big improvement in my health and energy levels through the day, and as a side effect I've lost a few pounds as well.
- The biggest change I have seen in my life is the decreased amount I need to eat to get better results in the gym(yes I know what I just typed!). I suppose my body is running more efficiently. I started to notice this change after a few weeks, I found that I just didn't need as much food as I previously thought and was getting better results.
- My quality of life. I have lost 15 pounds in a month and a half by switching how I eat. I don't feel bloated any more or sluggish. I have more energy and feel a lot better about myself. These changes took me about a

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week to realize that this is the only way I want to eat. It is amazing how miserable I was while eating grains and other bad foods, but I just got use to feeling bloated, miserable and plagued with headaches.

- My mood has actually improved the most. People notice that I have a lot more energy and seem a lot more friendly / positive. When I was eating a lot of grains, I felt very sluggish and could be quite snappy and aggressive at times without meaning to be. I also felt tired quite a lot. Now I'm always up for doing things and tend to be bugging my friends to get out of their houses :)
- The biggest change that I've experienced (besides effortless weight loss) is the amount of energy and the mental clarity since making the transition to Primal eating. I noticed the change within the first week. And as time goes on, it gets better and better.
- Reduced inflammation and bloating. It has taken my body about a year to heal. I had celiac disease and hashimoto's thyroiditis but did not know it for a long time. Via Dr. Google, I finally connected the dots and then got my Dr's to confirm it. I cut out gluten and grains but it took a long time for my body to make progress.. However, I notice a big difference in my energy and inflammation about a year later. Weight is finally coming off!
- The #1 aesthetic change was a great reduction in acne! I always figured it would go away sometime after my teen years, but I'm 23 now and it was still there even after going off hormonal birth control. Cutting back on refined sugar helped significantly. As long as I don't go over-board with ice cream or cookies now and then, I have almost 100% clear skin. A little tea tree oil helps clear up the tough spots.
- Giving up grains (gluten) has made such a difference on my gut health. On a junk food SAD I had chronic diarrhea, on a "healthy" SAD (lots of whole grains and dairy!) I had chronic constipation and bloating. Finally after ditching the grains (gluten) my gut feels healthy, my bowels are normal and my stomach is much flatter. Although it gets better and better every day I noticed a big difference about 3 weeks to a month after ditching the grains.
- My biggest one was not feeling a desperate need to sleep in the afternoon after eating, and it happened pretty much immediately.
- I have so much more energy. Before going Primal I was constantly tired and I felt like I always needed a nap. It took about 2 weeks for me to notice.
- Other than getting leaner, I have been most shocked by my sleep patterns. No more waking up in the middle of the night. Now I sleep until the sun wakes me up. Awesome!
- Too many "big" changes to pick just one. Dramatically reduced inflammation - in GI, in chronically inflamed previously-damaged shoulders, and plantar fasciitis. Body comp. changes - I have lost 5 inches off my waist and down two shirt sizes in 5 months. Muscles and bones that have been hidden for years are becoming prominent. Exercise stamina - I enjoy mountain bike riding and every year for the past several years I have noticed a decline in my stamina and strength (hill climbing and length of rides before exhaustion). This year,

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both my stamina and strength have increased dramatically. Last year a one-hour ride at the beginning of the season would have exhausted me, I have gone on several 2 hours rides so far this year and the season is only a little over a month old - I feel refreshed post-ride, not exhausted. I can climb hills I haven't been able to climb in years (40 pounds less weight is a possible co-contributor to these results).

- Better sleep patterns, and less snoring (so I am told). More energy overall and particularly more mental acuity - I think clearer and don't have periodic episodes of being in a "fog". I am no longer food obsessed. When I was trying to loose weight following CW, I was constantly hungry, constantly thinking about what I was going to eat, what I couldn't eat, when I was going to eat it, when I couldn't eat - man it was exhausting. PB is so easy - almost no cravings, when I am hungry I am not desperate like I would have been in the past. Can miss or extend meal times without wanting to gnaw my arm off.
- Less cravings, anxiety, and mindless munching. I have way more mental clarity about my body's signals and needs. I also have a more positive and relaxed attitude towards food.
- My biggest change is no more "bloat" and "gas" I noticed within about 2 weeks and I can't believe how much better I feel, I have had the occasional cheat and felt terrible later, its not worth it.
- Even though I was just out of high school, I went Primal at the beginning January of 2011, and lost over 50 pounds of fat over the course of the next five to six months. Effortlessly. That was pretty noticeable.
- No more anxiety or depression. Its what keeps me eating this way because it terrifies me to ever go back to that mindset and way of feeling.
- The biggest change I've seen in my life was the adjustment of my digestion, from chronic constipation, bloating and gas, to regular, effortless, wonderful poops. It took exactly 1 week to notice, and I haven't looked back since.
- I was pretty "healthy" before going Primal, but I did notice a lot of small changes, the biggest being steady blood sugar. Before going Primal, I couldn't go longer than 3 hours without eating or I would start to shake and feel dizzy- my blood sugar was on a major roller coaster. Now I can wait to eat until I have legit empty-stomach hunger!
- I am no longer depressed. Before discovering the Primal lifestyle, I always, and I mean ALWAYS, had a black cloud hovering over me. I was miserable, unhappy with myself, just overall sad with how I was taking care of myself. I went as far as to treat everyone around me like crap. My boyfriend sent me an email with a link to your website. I clicked on it, looked it over, and discarded it. My motivation wasn't there. My entire life I never truly cared. He continued to talk about you and your site and whatnot so I tried again. I went over your Primal Blueprint 101 and finally decided to give it a try. No joke when I say that after a week of eating Primal, I was a happy girl. Mental clarity, improved digestion, optimistic, happier moods, not hungry as frequently, stress free, pretty much a new person. I have become a brand new human being living this way and I've never been happier in my entire life.

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- My balance with life, food and exercise. Everything now seems second nature - I love walking, playing and don't have to fret about taking in too much sugar or over x amount of calories. I like to stay within a certain limit, but not as obsessively as I use to be. The biggest change is my peace, my calmness - my OCD is much easier than it used to be and I feel much more relaxed.
- Before even hearing about The Primal Blueprint, I've lost a significant amount of weight from 215 to 141 lbs. and I've done it through freeweight and bodyweight exercises and proper portion control of my food intake. Looking back, my food choices were still A LOT healthier than the typical American diet, but it was still high in grain and high-fructose. I've always been in pretty good shape and I've never gained the weight back. But there's always been a lingering slag in my energy. I was pretty strong and I was pretty quick, but I felt like I just didn't have that "spark" that I know I have. Cleaning up the way I ate, I feel a lot more vitalized and I feel like I have more access to my energy than I've had before. I feel like I have that spark that I knew I always had.
- Torn between losing 15 pounds without trying and the fact I can eat all the bacon I want. Didn't weigh myself for approx. 6 weeks and had some other stuff (back issues) going on, so when I stepped on the scale I was happy.
- I've been Primal for about 2 years. Feel much calmer and even energy-wise. sleep is greatly improved- used to have to take valerian, tryptophan, gaba, melatonin- now I just take a little magnesium, none of the other stuff. I over exercised and ate tons of carbs -all of that contributed to over stressed adrenals, hypertension and being cranky. now I am much more relaxed, noticed changes after 6 months and bigger changes the longer I am Primal (I had a huge hole to climb out of). As a separate note- my buddy and I went for a 2 hour climbing bike ride the other day- he eats a conventional diet- he bonked after 1½ hrs even though he had breakfast. I hadn't eaten since 5 pm the night before and had plenty of energy to tow him home while he sucked down some energy gels.
- Much more energy straight away and body fat swapped for muscle within a few weeks without too much exertion at the gym.
- What is the biggest change you've seen in your life since going Primal, and how long did it take to notice? More rapid energy release when sprinting - after the first three / five days AND feeling so much better!
- Less need for sleep. This is a very efficient way of eating, and the body becomes more efficient as well, requiring less sleep. At least for me!
- No or little inflammation in my joints after 2 weeks. I feel free to move around. The weight loss of 30 pounds after 4 months helps too.
- The biggest change (so far) that I have seen is how I can easily go without food for a period of time. When I was following the SAD diet, I felt like I was going out of my mind if I missed a meal or even a snack! Now I can easily go without breakfast...lunch...get in a workout and then eat dinner with no ill effects.

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I never thought in a million years I would be able to do something like that without a second thought, but now it happens on a regular basis. I will be eating lunch and realize that I haven't eaten since breakfast the day before! I would say it took about a month and a half to get to where I could go that long to notice that I could go on random fasts without even realizing it.

- Since going Primal (I actually am keto right now to really amp up the fat burning till I'm where I want to be for maintenance) I've noticed a WILD increase in energy and mental clarity that came on about 2 weeks after the switch. I also feel stronger thanks to lifting heavy things (especially kettlebells and myself).
- I have noticed several changes: one of the keys isn't precisely more energy but rather more consistent access to my energy. I can fast on purpose or by accident with little to no trouble, I can workout before breakfast with no difficulty (schedule-wise it is by far the most convenient time for me to fit in exercise so that works perfectly for me), and food generally is not as much of a concern. I love being more relaxed about when I eat, about being able to take my time cooking a good dinner without needing to snack to hold me over.
- I actually haven't noticed a huge change. I was pretty active and healthy before starting out. I think the biggest change probably would be my skin and it seems to be a lot clearer than before.
- Before going Primal, I had chronic back pain, fatigue, and digestion troubles that kept me from work and really affected my quality of life. I tried several different diets, including a mostly vegetarian/vegan diet (felt worse from all the whole grains and legumes), the standard "IBS diets" that encourage bland foods, and finally a low-FODMAP diet (good success because it limits fructose-heavy fruits, HFCS, legumes, and gluten grains). I felt a little better when I started adopting some of the Primal principles while on the low-FODMAP diet, but it was only when I committed fully to Primal (giving up all grains and legumes, eating more meat, cutting out all kinds of sugar) that I started to notice dramatic results. After two weeks, my digestion troubles went away, my skin cleared up, my back started to heal, and I had more energy than I had ever had before, with no sugar crashes after meals.
- I slowly transitioned to Primal because of a specific health problem with fixed itself after about 6 weeks after when doctors and medicine had been making things worse for over a year. The biggest surprise though was that nagging aches and pains and other incontinences started going away. I had accepted these things as part of aging but now, after only a few months, I look and feel younger than I have in years.
- MUCH more energy. Really. People say this so often that risks sounding empty. It is really true nonetheless. I am never hungry, I have a physical urge to be active now and my mood has improved dramatically. I believe Hippocrates said something about making your food your medicine and your medicine your food. Primal really is that medicine.
- My energy level went up, my mood changed (in a good way)... I was almost in a depression state because of my job at some point, I started eating Primal and exercising and everything changed for the better!!! Never looked back. My appetite also went down. I noticed all this maybe within 2 weeks. Of course, I lost some

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weight, maybe 7 pounds in a month but I am not overweight or fat and wanted to lose maybe only about 12 pounds at most. Now that I'm training and eating Primal, I no longer look at my weight, but want to focus more on my body fat % and get that down a bit more and gain strength.

- Took a little over a week to notice, but my energy level was the first thing I noticed. No longer were there "food comas" that I would be in after a big meal and I stopped getting tired mid day.
- Energy levels. 2 days. I was really skeptical about the whole "Primal thing" when I first started a year and a half ago, and I could not believe how fast I noticed a difference. It's pretty much what made me stick with it.
- I had initially hoped to lose a bunch of weight, and to LGN! I have lost and kept off about 12 pounds, and I am a bit leaner, but the biggest change... I'm happier! I feel in a real sense of purpose in my eating and fitness, and this has led me to feel far more optimistic about the future.
- STRENGTH! I am so much stronger now! My friends tell me I have more energy as well. I noticed changes within a couple months. The increased amount of protein from my former vegetarian days has really changed my body composition.
- The biggest change goes right along with the question above, I don't feel the need to snack. I used to snack, not necessarily because I was hungry but because I would feel drained. After going Primal for a couple weeks, my energy levels evened out and I could easily make it from breakfast to dinner without any spikes or dips in energy. No "2:30 in the afternoon feeling" anymore for me.
- I am much happier. I used to be quite depressed in general, sometimes having suicidal thoughts. Those feelings have pretty much vanished. I noticed the change a few months after changing my diet. I believe it occurred as a result of eating more fat.
- I used to think that I blew my nose more than the average person. But after only a week I noticed a dramatic change in my allergies, it's amazing. I've never felt better. Being a new mom and not getting much sleep, I feel that I have way more energy than someone like me on a SAD diet.
- Please believe me when you read this... I FEEL GREAT! I had always read that and never really knew what it meant. I thought I had always felt fine. I was healthy, rarely sick. I had no idea how much better I could feel. After only 3 or 4 weeks on a Primal diet I noticed a big change. I get out of bed easier in the morning. I am faster and stronger in the gym. I don't have the 3pm crash I used to have. I am also so much more productive. I don't procrastinate as much. I think because I can focus better now. You may think you feel good now but just wait until you go Primal.
- This is hard because it's changed so much about my life. The biggest thing is that I don't have to be nervous about an IBS or migraine attack. I haven't had a migraine in the six months since I've started and my IBS symptoms have vanished. Not having to worry about either makes me want to cry tears of joy. I've done that, actually. Yes, I'm thinner and look better, but feeling better is really the magic of Primal. Months ago, when we were starting out, I remember my husband saying he felt like a superhero. It's true!

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- No more 3pm crash; it simply isn't part of my life anymore.
- The biggest challenge would be the social pressures and the forced denial free food you get as a graduate student. A lot of my friends and colleagues look askance when I mention that I am following a grain free diet. They usually wonder how I get my fiber, and how I am surviving with fewer nutrients. But other times, my unusual food habits will sometimes spark a story that will resonate with someone and make them fascinated enough to try the Primal lifestyle.
- I've had many large changes occur in my life since going Primal but I'm most happy with the improvements in my blood sugar control and irritable bowel syndrome. I was pre-diabetic before going Primal (and following the food pyramid to a T) and now my blood sugar is rarely above 85 in the morning and I no longer spike and crash which has also given me a better mood and less anxiety over eating. When I was eating according to the Food Pyramid, I had horrible intestinal distress frequently - especially at night and I thought that it was because college was stressing me out. When I switched to a totally Primal diet, all of the pain stopped. I was never diagnosed with irritable bowel syndrome (because I didn't want to go to the doctor and put yet another mark against me for insurance purposes) but I do know that before Primal, I was in pain a lot and being Primal now, even a little excess gas is a rarity.
- I don't notice it so much while I'm Primal as I do when I'm not, like say a holiday weekend spent with family. I hate feeling like I can barely move around and look forward to the energy returning in a couple days. It took about a month of careful Primal eating to notice that life was different when I went back to standard American diet for a couple days. Everytime I eat with family, it makes me feel a little worse at the time, but I seem to bounce back quicker afterwards.
- The most obvious change is the weight loss, but the most significant is the change in my personality. From a slightly depressed couch-potato, to an (mentally and physically) active person. I have so much more energy now, it's ridiculous. For me, the effects were immediate. I had no problems like the low carb flu, that bothers some.
- Sometimes when I have been overdoing things and lacking in sleep, I feel a bit "twitchy" in the mornings. Nine days after starting this way of life I went to USA to see my baby granddaughter and after a few days commented to my daughter that I felt absolutely fine where I might have expected to feel "twitchy" with the time change and disturbed nights and early mornings with the baby. I was amazed and delighted when I read that a ketone diet used to be recommended for epileptics and has been making a comeback recently too.
- I had no health issues going Primal but the main thing I've noticed is that I don't have to eat as regular as I used to. I'm not riding the blood sugar roller coaster anymore.
- I wasn't unhealthy when I stumbled onto eating Primally (I had been doing carb-cycling with light exercise). I didn't see a huge change, but I do feel healthier all-around. Please remember that it's not all about the food -- it's movement and mindset as well. I'm still struggling on mindset (contentment) due to various life happenings, but I'm so glad I'm eating great and in shape!

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- My mind is more clear and my body feels great, and it permeates to every single aspect and facet of my entire life. Productivity, physicality, emotions, mental function, sleep, focus and determination, intelligence, every thing feels like it's running smoothly. It took about six or seven months for me to notice that. Secondly, I lost a ton of weight, about 35 lbs overall and while I've still got a bit of softness around the midsection that is slow to go, my body changed pretty quickly- maybe 4 or 5 months, with a couple hiccups in my nutrition. It wasn't necessarily my body that changed, it wasn't my demeanor- my entire life changed to something that is comfortable.
- That's easy. Within a week of going Primal, the full-body joint pain that I have been suffering from increasingly over the past 3-4 years has completely disappeared. Switching to a Primal diet has helped me identify my gluten intolerance, and I can always tell if I accidentally eat something with gluten because my wrist will begin to ache within hours (or halfway through the meal, depending on how much I'm ingesting). By the next day, my knees and elbows will ache too. Personally preparing almost every single meal for myself prevents this, and I absolutely cannot tell you how amazing it feels to be living a pain free life. I'm only 26, and I just knew I was going to end up in a wheelchair by 40 at the latest. It was embarrassing to have to wear a knee brace to campus without being able to give any explanation as to why. Now I expect to live a long, healthy, pain-free life!
- My relationship with food has taken a 180 degree turn. I've always been very tall and thin but after putting on a good 30 pounds in my mid-teens due to some serious stress and family issues I was extremely unhappy with my body. I used CW to shrink my just-over-5'10" frame down to 120 lbs... and it was hell. I was doing chronic cardio out the wazoo, severely restricting my calories, and obsessing about every tiny bite I put in my mouth. It made me fixated on food and led to this weird obsess-starve-binge-repeat cycle that I never knew existed. Once I hit my "goal weight" (I put that in quotes, because really, as small as I was I had no tone whatsoever and was the dreaded "skinny fat") I binged for almost three months and gained almost 15lbs. I had crazy sugar cravings and wanted dessert all day, every day. Dinner is done? I'm stuffed! K, what's there around here for dessert...? The only good thing I had done was cut out everything refined and processed. When the PB lifestyle was discovered, grains and legumes were the only thing left to ditch. So ditch I did. To my amazement, my obsession with food has disappeared. Completely. It's amazing. I can eat when I'm hungry and I'm never watching the clock to see if it is an appropriate time to eat again. I even skipped dinner last night just because I didn't feel like eating. A whole banana in a smoothie makes it too sugary tasting for me now. The Primal change can be summarized neatly: no more food and sugar cravings. Just hunger, naturally. It's really a beautiful thing.
- Energy. I did not know that this type of energy was accessible with a change in diet. Cutting out grains has been the best thing that's happened to my health. The only problem is when I'm out with friends they're spent a few hours after their morning oatmeal, and I'm only getting started!
- The biggest difference for me is my stamina. I already avoided processed foods and had verged well into the realm of "happiness" with my diet, but I was still always hungry. I carb loaded (with home baked bread)

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before training runs and while training for a marathon put on 5 pounds! Now I can easily go for 8–10+ hours without eating, don't feel like I'm going to pass out if I don't eat, am sleeping better, and have already lost 10 pounds in 1 month. My running coach has also commented that I seem stronger. I've also learned to be satisfied with snacking on 2 strawberries and a handful of nuts instead of a pint of strawberries and a container of nuts.

- The benefits of Primal were almost immediate. After 3 days, the IBS, sluggishness and bloated feeling went away. After a week, I lost 2 lbs. After 3 months I lost 20 lbs. and packed on muscle tone I lost from a recent injury/surgery/rehab phase. Fundamentally, the change in my diet has been most impactful to my overall health. Beyond the weightloss, better fitting clothes, etc., I just feel better. My body "hums" on the Primal plan.
- My body fat composition and my overall strength at the gym have vastly improved, it took about 6 weeks to really notice both.
- Within a week, I started to lose weight. Yay!! (I've lost 15 pounds in 2 months, and plan to lose 10 more.) I was always super skinny my whole life, until I was in my 50s and suddenly I started gaining weight. I wanted to get rid of the weight; however, I had no will power to go "on a diet" if it meant I'd be hungry. Walking didn't seem to help. Fortunately in February I heard about Primal, and read the Primal Blueprint, Wheat Belly, Good Calories Bad Calories and they convinced me to eliminate grains. It was easy to stop eating grains and starches, and the immediate loss of pounds has given me encouragement to stick with it long-term. It's odd in a way, because my mother-in-law has celiac so when she used to visit, I would worry about eliminating flour from meals-- it seemed like there was so much she couldn't eat. Now I eliminate all grains and starches, but it seems easy to do.
- I am not tired much and my body seems to be able to function better. Going to the bathroom is easier and more regular. I am able to lose weight even though I am on birth control. Big change for me is the losing weight. I only gained weight before Primal even if I ate less.
- Energy levels. About a month. I am simply overall so much healthier now. I didn't lose a ton of weight, but I feel better. And my bloodtests are awesome.
- The biggest challenge for me was getting through the first three days. I thought I was going to die. I had the mother of all headaches, and some weird intestinal revolt going on. I pushed through, drank a boat load of water, slept, and got my butt up for a slow leisurely walk. On the fourth day, I woke up feeling like a new person — cleansed, alert, and 7 lbs lighter. That was all the motivation I needed. Now, entering my third week, I'm 18 lbs lighter, the bloating is gone, I have more energy than I have had in YEARS, I sleep better, I look better, and I can tell that the inflammation in my joints is almost gone. One more bonus — so is my rosacea.
- First I lost weight. It took two months, but once I started, I lost weight slowly over two years. I'm still losing, though it's slower. Second, I became healthier; my allergies went away. I used to get three–four sinus infections a year, now I usually only get one and it's less severe. I don't get bladder infections anymore —

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I used to get two — three of them a year. Third, I have more energy. I actually want to go outside and do things. Four, I feel happier. It's hard to really explain that, but there's a feeling of contentment and ease, I feel less frustrated by things. To be fair, this could be because I no longer work full time. :)

- When I got around to eliminating milk my acne disappeared and for the first time in my life ever (I'm 39) I did not have pain during my period and haven't since. It was about a week, I had already eliminated sugar and wheat.
- I leaned out quickly giving up the grains, I wasn't very "fat" to start with but maybe went from 19% fat to 14-15% in a few months. I don't have gas, don't get my intestinal cramps. I don't blow my nose every morning, I don't sneeze like I used to. Feel a whole lot better, energetic. With the changes my whole self esteem improved. I loved having control over what I chose to eat as opposed to trying to have will power. Too be honest the best thing is my husband went Primal and he doesn't fart anymore, I hated that. He too doesn't hack or spit anymore. How we approach food has changed, we don't take it for granted. We have learned to appreciate what it means to eat and why and... so in return we feel good, healthy. Oh, haven't been sick to speak of since going Primal, maybe a couple colds in 3 yrs. But noticed I don't get the colds going around the office etc anymore.
- Well, I lost a lot of weight doing low carb, it was actually pretty Primal, just needed to change the oils. I know that my 3 day migraines do not happen if I stay far away from wheat. The biggest change for me going Primal, I would say, is my outlook on life. It's not just the "diet". I have become more fun! It is freeing to just eat when I am hungry. When I am hungry, I eat my Primal food, if I am not hungry, I simply wait until I am. This was very freeing to me, as I thought that skipping meals was killing my metabolism! I don't need an "exercise program", I can just go screw around and call it fitness! It is that mentality of freedom from conventional "Step 1, 2, and 3, and thou shalt be thin!" that is the biggest change for me. I didn't really notice it until my daughter said something in passing about how happy she was that I was doing stuff with her (we ride horses together now).
- The most noticeable change (to others) was the fact that I lost weight. I was not overweight when I went Primal, but was a beefy 200 lbs (at 6 ft), but because I was lifting heavy and training hard I did not look fat. When I went Primal I quit the high-intensity cardio (hurrah!), I cut back on the lifting a bit (mainly kept the big compound lifts) and diet was the big change for me. Doing this I dropped 20lbs over the course of a few months and I was now (for the first time in my life) considered slim. That's what most people noticed and still do.
- I seem to be not as good at "feeling" changes in my body as others, I didn't really notice a drastic change in how I felt at first. What I did notice was that when I went back to something I used to eat like whole grains I immediately noticed how bad I felt. Over time I have come to notice how much better I feel, but it was gradual. You get used to feeling as you do and consider it normal, it's only when it goes away that you realize it wasn't. I used to think it was normal to feel so hungry a few hours after a meal that you were irritable and grumpy, I used to think that getting sick once or twice a year was normal - it's only now that those things don't happen to me anymore that I really notice the difference - but the difference is huge! It's the same with

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food too, I never had an issue with the grain-fed meat I ate, I thought it tasted good. Now when I eat out and have a grain-fed steak I am amazed at the lack of taste!

- Fasting is so much easier, and I don't get tired after meals. I also just do not get the cravings I used to get for sugary foods or pasta, all of these things took a couple months for me to really start to notice.
- The biggest change for me was no stomach issues like IBS. Digestive problems, gas, etc have completely disappeared in a matter of days! Additionally, I dropped 10 pounds in 2 months. I didn't go Primal to lose weight but I dropped body fat and was pleasantly surprised! My dry skin has improved tremendously. My energy level is high and I just feel really good all the time!
- My love for food and general food knowledge. It sure didn't take long to notice how deprived and misinformed I was.
- The lack of feeling bloated and my belly pooching out. I didn't notice either until they were gone (which only took about 10 days). I also almost never have gas, unless I cheat. Even eating a whole head of cabbage or pounds of broccoli and cauliflower leaves me gas-free.
- I have not been Primal very long at all, only a matter of weeks. But I think the biggest change in my life is that I am aware. I am paying attention to what I put in my mouth. I do not mindlessly eat anymore. It was a shock to me to realize that something I thought I loved (pre-popped popcorn dusted with fake cheese powder) was actually really terrible. I have no idea what prompted me to believe I liked it, but as I was discovering Primal and starting to eat more real food, I came to realize that this stuff was just gross!
- I also notice my body. I sit and stand differently. I hope that the posture I am trying to learn will become natural to me, but for now, trying to correct bad habits of how I sit, stand, breathe, and walk have made me aware of my body in a way that I have never been. For 30 years my body has been a thing I have tried to ignore because I hated it. Now, it's a fixer-upper that will one day, hopefully soon, be a beautiful place to live.
- The first and biggest change I noticed since going Primal has been with my menstrual cycle. I used to be plagued by cripplingly painful, heavy periods, which improved notably within the first month. I now recommend eating this way to all my girlfriends!
- Be careful going Primal because for me it was the starting point for a lot of changes in my life.
- So this is a little bit of a complicated question for me. I started eating Primal about a year ago in an effort to improve my then-newly-diagnosed fibromyalgia and two-years'-worth of markedly decreased energy and brain fog (which is how I discovered that I can't do dairy). Three months of Primal, and I was in better health than I had been in literally three years (as this whole health mess of mine was kicked off when I came down with strep throat, hepatitis A, and mono all at the same time; it was terrible). My energy was up, my mind was finally clear (and as someone who has always relied on her intellect to make her way in the world, I can't overemphasize how HUGE this was), and I was more hopeful about life than I had been in, again, literally years. Plus, my hair, nails and skin were all markedly improved, which was also pretty awesome (I

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should mention that I was eating almost no fat before going Primal; very CW "healthy"). I had about a week of newfound glowing health...and then I got sick again with something that steadily worsened, until I was about a month away from having to move back in with my parents for the second time after graduating college in 2007; I was a hair's breadth away from being an invalid. Finally, after 11 months of this, I was diagnosed with Lyme disease and babesiosis. This was last week. I'm now on a course of antibiotics (and a bajillion supplements from my awesome holistic doctor who has given me the first hope I've had in nearly a year) and I'm already doing better. I'm hoping my way of eating will help in my recovery time; go, bone broth, go!

- The biggest change I have seen is the way I look at food and the way CW people eat. It really is disgusting to know that they think they are eating healthy when they are filling their bodies with nothing but junk. I feel great after a steak or pork chop and a big pile of veggies with Kerry Gold on top. My energy and overall outlook on life has vastly improved as well. I am a happier person more often than not.
- I exercise and I'm happy to do it! Before I found your site (my brother send me the link) I changed my diet and was ready to change again just to avoid exercise. Now I have started to run (with the couch25k I found on your forum) and do some sort of physical activity every day. And for the first time in my life I'm happy with it because I do something very good for me (and it's a good example for my kids).
- I don't have found it yet. The most close is to get with my two smaller children (7 and 11) to the playground. They love it and before Primal I don't had the time to do it. Now it's as important as my work.
- The biggest change in my life since going Primal is that I've been able to enjoy life. For far too long I've been going on and off diets that worked for a while, but they usually got in the way of my life, social and otherwise. When I wasn't dieting, I was binge eating and I felt awful. Now I can join friends for meals or otherwise not be paranoid about food in my life. This took me a few weeks to notice, especially as my friends are picking up their seasonal diets and have started to rationalize everything they do per the diet du jour.
- I've been able to bring balance to my life without doing any less by prioritizing things like play, relaxation, sleep, and healthy eating.
- Digestive issues have improved! Less bloating and gas. You really notice it almost right away, but one little slip brings it back. I'd say it truly does take a good 30 days to see the big improvements.
- It took me about four months to lose 40 lbs. It took another few months before I realized that so much more had changed. There is a peace in my body, an actual, physical peace, which comes, I believe, from eating a nutrient-rich, sugarless diet. I believe now that sugar, vegetable oils and refined carbs made me very anxious. I am so grateful to be living now this way, in this body.
- I would say the two best changes have been my energy level (now constant and high) and my digestion. Prior to changing the way I ate, I would have lots of digestion issues which were not cured by using probiotics or any other remedy. Around 3 months after committing to a Primal way of eating, those issues were almost entirely gone.

QUESTION #4

What is the biggest change you've seen in your life since going Primal, and how long did it take to notice?

- Besides the 60 lbs of weight loss (after about 50 lbs of weight loss via CW) I'd have to say consistent energy levels for the first time in my life. I used to crash and nap all the time and have odd sleeping and waking hours but now I rarely ever have the need for a nap and have dumped my alarm clock!
- I feel better. I know that's a pretty squishy answer, but its totally true. I don't feel "too full" after almost every meal because of the bloated feeling that goes along with wheat (happen immediately), I don't feel sleepy in the afternoons - my energy levels are pretty much constant from when I wake up until I get tired and go to bed (after about a week), along those lines, I sleep better (after about a week), I lost weight (it took about a month before this started but then it came off really quickly and I didn't have a whole lot to lose, but I dropped the 15-20 lbs I had put on since high school/college - I'm 35 now), my knee, ankle, and shoulder pains went away (couple months), and psoriasis also went away (couple months).
- Easier to keep a flat, hard stomach, no stomach aches from eating processed stuff.
- I have had a much healthier immune system, and my systemic inflammation is way down. I am a teacher and I typically suffered from frequent allergies, colds, and sinus infections. I thought it was exposure to the students that caused illness. I have revised that opinion now that I have been absolutely healthy and illness free for the 10 months that I've deliberately avoided grains and legumes. It's remarkable. My blood sugar control is much better too, the cycle of getting healthier has compounded and I just keep improving in multiple areas. I'm eating less frequently (intermittent fasting), but I have energy for anything without depending on caffeine. I feel great.
- I used to have a really loud and unsettled stomach after most meals. I don't really experience that anymore except when I occasionally make a small exception and eat a piece of bread /cookie. It probably only took about a week for me to notice. I used to lay in bed and listen to my stomach growl and rumble, even when it had been hours since eating. It was kind of embarrassing. This change has definitely improved my quality of life.
- I switched to low carb in 1996 and to Primal in 2003. With low carb weight loss was the first thing I noticed and it was immediate. When I went Primal in 2003 and dropped Splenda and other crap my skin cleared up nicely. No more Biore strips for me. Overall I just felt better and I wasn't craving sweets anymore like I was before when putting Splenda in my coffee. It took about a week for the sweet cravings to go away.
- Well, first, and probably best of all, is the fat loss and lean muscle gain. I personally went from 205 lbs on 6/1/2011 to 170lbs on 9/1/2011 - that's 35 lbs in 3 months, or roughly 3 lbs a week. That 3 month stretch also included a 9-day trip to Italy with my family in which I had all the gelato, pizza, and red wine that I could stuff in my face. Aside from that, I feel the best I've ever felt in my life. I used to have chronic upset stomach and vomiting fits before I went Primal. I used to be constantly dieting, and always hungry as a result. I used to have stalls in my fat loss ALL the time, which was very frustrating. All of these things made me very stressed, and much less happier than I am today. Going Primal changed / bettered all of these things, and I am in the best shape of my life.

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- Leaner, faster, stronger, happier, healthier, flexible. Need I say more?
- I have been Primal since January 1st (although I never was much of a junk food eater and ate lots of veggies and meat for years, so I guess I have always been quasi Primal). That being said I feel much more energetic and stronger since I ditched breads and grains. I look better too- my body is firming up and the coloring in my face has a healthier glow.
- I have only been Primal for a few weeks now (3 to be specific) and the biggest changed that I've noticed is that my energy levels have severely increased and I also don't feel as bloated anymore. I started noticing these effects right away. In the first week, I lost 4 pounds on the Primal Blueprint diet and I was eating everything that I had avoided for years because I thought it was detrimental to my health.
- The biggest change for me was literally the disappearance of stress about what to pack for my 'small meals' during the workday. Before Primal I knew if I missed one of those little meals that I was in for trouble (woozy, fuzzy-headed). Now I throw a few things into a tote (avocado, hard boiled eggs, leftover veggies, bacon) and head out the door with no calorie counting or worries. It took less than a week for me to see this change. Four weeks into this I have lost 4 pounds and this is even with the major exercise slacking I have done the last month!
- Within the first two weeks, the area between my stomach and hips (in front) started melting away, and my knees quit hurting. I could breathe again.
- I'm going to point to two changes, one is an outlook change and one is a specific health outcome. First, I have a much deeper sense of engagement in my health and a sense that I can control my health and my eating, rather than be a slave to my cravings. I've always wanted to eat better, but now I actually am and I feel empowered. Second, our skin is much improved (and I'm including in this elimination of my recurrent yeast infections). Both my husband and I have clearer skin with less acne, patches of dryness or eczema and an improved tolerance for sun exposure. This took at least 6 weeks to become evident, though, to be fair our Primal transition took about that long.
- I am still a work in process on being fully Primal, as I find myself hungry or eating too much fat and not losing the last few pounds I'd like (I'm not heavy, 5'4", 125 lbs, 22% body fat), but it's hard to get down a little lower because I tend to overeat on the nuts, fatty treats, etc. I'm working on that!
- Energy. ENERGY, ENERGY, ENERGY! And the effect was immediate! After a difficult pregnancy that rendered me immobile for almost 4 months, I had become the definition of sedentary. That, on top of the exhausting demands of having a newborn and a toddler, I was virtually useless and barely holding it together. One day, I decided that enough was enough, and I could no longer ignore what I KNEW from past experience would solve my problem. Going Primal. Within 24 hours of returning to Primal eating and living, it was as if I were a different person. I was running circles around my kids (and husband), my house was cleaner than it had been in months, I was taking walks, doing yard work... I couldn't be stopped! I had a hard time sitting for too long without feeling like getting up and moving, if even to walk through the house looking for some

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errant chore to do. As well as an energy boost, my mood has improved 10 fold, and when my sister asked me how much weight I had lost, I told her that I had no idea. Yes, my clothes are looser and I am wearing smaller sizes, but that's not what keeps me Primal. The euphoric energy keeps me Primal and I wouldn't trade it for anything! :)

- Before going Primal, I was sick only twice a year; my allergies manifested themselves when the seasons changed every spring and fall. When I cut out my weekly pizza indulgence to complete my journey to a Primal lifestyle, my allergies went completely away.
- There have been numerous rapid changes. I've only been eating Primal for 6 weeks. In that time I've lost 12 lbs, gained a ton of muscle, dropped two pant sizes. My energy levels are up (a lot!). No bloating, no joint pain, no hunger, no cravings. My eczema may be gone as well. I keep thinking this must be placebo. But if it is... it's working.



QUESTION #5

How do you deal with health professionals giving you advice you disagree with?

QUESTION #5

How do you cope with health professionals giving you advice you disagree with?

- I do not partake of CW health advice. If I did I would feel free to ignore it.
- I see a holistic doctor for overall wellness advice. I don't even ask the conventional doctors for nutrition or supplement advice.
- I have found more and more doctors are becoming open to the idea of Primal living and those that are not, do not get my business.
- I listen and ask questions, and share about my own experience. I don't get defensive.
- I don't really go into detail with my doctor but when I talk about how I eat I just say I focus on eating whole foods with emphasis on GF meats and veggies/fruits. I usually get a positive response from that.
- I have not run into this yet, but am fine with sticking up for myself. One thing I don't lack is an opinion :)
- Don't engage them in debates, a waste of time.
- When I saw an ENT for my sinus, he recommended surgery. I ignored his advice and began eating Primally instead. Since its panned out pretty well, I plan to stick with ignoring doctors in the future except in cases of emergency or contagious disease (i.e. use them for diagnosis, but disregard their advice on medication/surgery and focus on noninvasive/mild cures through food and exercise).
- I like to listen to all different viewpoints. I will usually try-out what they're saying, if it seems reasonable, and if it works I keep it. If not, I don't.
- I explain my position and challenge them to do some research on the topic. Try telling a doctor that keto-sis doesn't equal ketoacidosis unless you also have high blood acidity due to high blood sugar.
- I generally don't see any health professionals because they don't seem to know anything about health (lol). Since going Primal I haven't had any need to go and see one either :)
- If they do not agree and my results aren't enough for them, that is a sign I need a new medical professional! Luckily, I have Dr's who are on my side. If diet is the one thing we do not agree on, I just do not discuss with them.
- I don't talk much about my diet in specifics (I generalize with things like "I eat whole foods, plenty of veggies, natural fats etc."), but when they encourage me to go low-fat, I just nod and smile :) I go to a very natural oriented practice so I've actually had some good support in terms of encouraging proper supplementation (ferritin chelate and Vitamin C for low ferritin levels, Vitamin D for low D levels, great recommendations for probiotics and anti-candida protocols for a yeast infection).
- I listen, shake my head that I understand then do what I think is best after I leave their office.
- I don't go to them for help at all, really. It's too annoying trying to convince them that I'm not sick.
- When I was in the army I was diagnosed with rheumatoid arthritis - at age 21! For years I followed their

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advice and took all kinds of medicines and progressively got worse and worse. The doctors said this was to be expected since it is a degenerative disease. Eventually even a few stairs became a formidable challenge and a cane became a reality. Finally I got sick of being sick all the time and figured that I'd try something else. I quit the meds and changed my diet a bit and added more exercises in. That was at age 30. Since then I've climber 14'ers in Colorado and engaged in many similar activities. 10 years later I have no problem ignoring doctors advice or food pyramid advice. I just go with what works for me.

- I work to find health professionals with a similar philosophy or who are at least open to new ideas and willing to listen and explore. I believe health professionals work for us - I would listen to there POV and ask questions, look at the evidence from which they have formed their opinions (many are not willing to talk about this - they take the stance they are the professionals and virtually demand slavish compliance - except in an emergency, I would work with that type), and decide whether I wanted to continue working with them.
- I was recently diagnosed with IBS. The doctor gave me no information on how to heal my gut whatsoever. I used the MDA forum and other Primal resources to find possible solutions.
- I don't listen to the health professionals or anyone else I have done enough research to know this works and I know how I feel.
- I just tell myself that the world's leading scientists also used to believe that the world was flat, that the universe revolved around the earth, and that African Americans were only 60% of a human being. Today's bits of common knowledge are tomorrow's memories of a less sophisticated past.
- I truly don't speak much about my lifestyle choices or diet with my doctor because I know we don't have many of the same viewpoints. When my blood tests came back stellar I figured that spoke enough about the way my diet is impacting my health.
- I haven't actually had any health professionals who gave me bad advice. They've just looked at my blood work and told me, whatever you're doing, keep on doing it!
- I don't let any negative criticism from anyone bring me down. I understand that there are people out there who haven't been introduced to this lifestyle. I try to put the word out there to everyone I know. Whenever someone asks what I have been doing to become a happier, healthier person, I refer your website. I also understand that there are people out there who are brainwashed into society's way of living and eating for, well, years. They are used to feeling like crap and listen to the advice from healthcare professionals and our own government that tells us in order to be a healthy individual, you have to include grains in your diet, which I have come to learn is absolutely not true.
- I've never really agreed with many of them anyway, especially with the whole food pyramid and GDA's. I like to think in some way, all the fellow modern day cavemen/women are more smarter, are the life professionals never mind the health ones.
- They're professionals in that field and I'm not. I understand that they're doing their job and they're go-

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ing based off their training and education. Personally, I think it's counter-productive to sit there and debate about what should and shouldn't be, in regards to health. So what I'd do to cope with this is to just take their information with a grain of salt. It's one side of a coin in which I have an understanding of the other (going Primal). Even then, I take Mark Sisson's information with a grain of salt and do my own research. Taking everything I learn from both sides and making it my own, as to not be dictated by either side of information but to take my own health into my own terms.

- I find a health care professional that agrees with my point of view (use Chinese herbalists/acupuncturist and holistic doctors) conventional medicine is too narrow minded for me.
- Not so much health professionals, but rather work colleagues – latest was someone trying to introduce me to Mark's and Spencer's new 'guilt-free' snacking range... honey and milk chocolate popcorn!
- Ignore them - haven't hit that one yet but likely to somewhat.
- I would ask for more information as to why I should follow this advice. What is the science behind the advice? What will I gain by following it? What is the purpose behind the advice? You don't need to be angry or combative, but you should ask questions, and expect the doctor to explain WHY they are telling you to do something.
- They haven't. Just got my cholesterol results back and they dropped 31 points. So they told me to keep up the good work and don't change a thing.
- I smile and nod like I'm listening (doctor's seem to have an ego about everything so I wouldn't want to knock them down a few notches) but in my mind I am just screaming "NO! NO! NO!" I know what is working for me and as long as I'm fit, healthy, lean and happy following a Primal lifestyle, then I'm not going to stop.
- Just dealt with this. My doctor: eat less animal matter and more beans... your cholesterol is high so eat oats and whole grains. My son's pediatrician is 150% on board with him being Primal. So I asked him if he knew any Primary care physicians who would be on board with my eating plan. He gave me two names, one of which I plan on switching to.
- I tend to just bite my tongue because I don't feel that I can explain it enough for them to get it.
- After years of taking bad advice to fix my back and stomach, I've decided not tell my doctors about my diet because I've learned that they generally know much less about my body than I do. After going fully Primal for a month and feeling much better, I did a gluten challenge and was surprised to discover that I seem to have a gluten sensitivity in addition to previously diagnosed fructose malabsorption. I talked with my gastroenterologist and did an endoscopy to check for celiac disease. I was relieved that the test came back negative, but disappointed that the gastroenterologist didn't think that cutting out gluten could be part of what made me feel better. He was convinced that it was the h. pylori and esophageal thrush infections that were to blame and insisted on two antibiotics, a proton pump inhibitor, and an antifungal. I was excited with the idea that some pills would heal my stomach and be the quick fix my chronic gastritis and inflammation, and so I

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agreed. Now I wish that I had first stuck with the Primal Blueprint diet for at least six months before deciding to take the antibiotics: while it was good to eliminate the source of ulcers and inflammation, there were a lot of harsh side effects on my gut flora and general health. Next time I will have the confidence to challenge my doctor and try another method before agreeing so quickly to take an antibiotic.

- I avoid them at all costs and ignore their ignorance when I can't. I have found that my dependence on doctors and medications was directly related to eating CW healthy foods.
- I haven't tried this yet. I intend to go with the '1 or you're out' solution. I'll suggest the Primal perspective to them and if they completely disregard it I'll stop listening to them.
- This isn't a problem for now but if it would come to this, I would probably take their advice into consideration. Make some research on my own and then go from there. And I would probably go see another doctor/health professional for a second opinion. I would certainly not do anything until I feel completely comfortable doing it.
- I haven't quite experienced this because I haven't been to a doctor in the past year since going Primal, but when friends try telling me things, I immediately go home to do my own research on the topic.
- I really don't go to the doctor very often. I do have a yearly physical, and during my last one, the doctor looked at my blood test results and said everything looked great. I had no reason to argue with him.
- Two close friends of mine are doctors, and they've snickered a few times about my "caveman" diet and all the eggs I eat. I snicker right back because I'm in better shape than both of them.
- Avoid. I have "high" total cholesterol (had this even before I when I was a vegetarian) and so my doc wants me to see a cardiologist and get on statins. I have great ratio numbers and low triglycerides so really feel like cholesterol is not a marker of my health but it is still a bit frustrating and kind of scary to go against conventional medical wisdom on this. My pediatrician is very cool and had not badgered me about not letting the kids have grains.
- At first I would be really angry and argue back at them. It didn't take long to realize that my efforts were completely futile. Now when I hear terrible advice about how good for you grains are and how important they are for a healthy person I just smile, nod and lament how closed minded many are.
- I don't have this problem very often. On the few occasions that I've been given advice I disagree with, I just nod and smile and carry on with what I believe to be the healthiest way of living.
- I let it go in one ear and out the other, my results are speaking for themselves.
- My biggest frustration is the medical field treating with drugs and not diet. I had a checkup one year and without looking up from her paper the dr. told me that I really should watch my weight because I was pushing into the overweight category. I told her muscle was heavy but as long as I was a size 2 I think I will stick with what I am doing. I wish doctors would look up from their BMI charts and their prescription pads. I have

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since found a Primal doctor!! He posts information on Facebook all the time about his patients losing weight and curing themselves from diabetes. It is so refreshing and my wish is that more doctors will take the leap into the Primal world.

- Smile and nod.
- I have not been sick one time since switching to this lifestyle, so fortunately, I have not had the chance to disagree with any health professionals.
- I have rarely ever felt the need to argue with a doctor over my dietary choices, although I have seen recommendations to eat low fat and soy still permeate the minds of even the most open-minded practitioners. Choosing a sympathetic professional who encourages healthy eating and lifestyle over medicine helps because it reinforces the idea that a change to real food can be life altering. However, I have also noticed that gastrointestinal specialists can be more open to the notion of gluten-free diets.
- HA! Great question! I am a dietetic student and sitting through class listening to my professors drone on about how vegetarian diets are the healthiest diets known to mankind is like nails on the chalkboard for me! When the subject of my alternative eating style comes up, I like to go through the science with whoever I'm talking to since we are all nutritionally minded. I've been lucky in that presenting Primal in a way where I talk about the facts and science rather than speaking badly of the SAD or vegetarianism has actually gained some converts. Other times (like when I volunteered at a hospital and shadowed one of the dietitians) I've been told that I need to "take some nutrition classes" in which case I just bring up some good book titles that hopefully these supposed "academics" will peruse later. If I ever get confused by some information someone touting the mainstream "healthy" diet gives me, I refer right back to MDA and some books I have to confirm or deny what they've said.
- I don't have any significant health issues, so I don't really have to come in contact with them much. My children go for physicals, but I just nod and smile for anything the doctor recommends that I don't plan on following. It helps to have a doctor that knows us pretty well and treats us with more respect than most doctors would and doesn't push vaccinations and is willing to work with us on other things.
- This has not happened yet. I guess I would just point them towards relevant research.
- Recently I did a check up at work, we do so every 3 years and since my last I've gone Primal. This time I had higher cholesterol, so high that the nurse started a lecture for me. As this was no surprise for me I gently hushed her and explained my view to this and how I live my life. After I finished she did not argue.
- I can't remember the last time I was in a doctor's office, but my Mom is an RN with a degree in nutrition, and I can't get her to understand (maybe I'm discussing it poorly). I just rely on my feeling and looking good to speak for itself.
- Luckily, I don't really run into too many health professionals that spout off info I don't agree with, if anything, it's usually people that say, "Cavemen died in their 30s!" Either way, I admit that I get a little nervous

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because they are health professionals and I'm just a guy with a laptop who is healthier than I've ever been in my entire adult life. So I listen to what they say and I keep doing what I'm doing because I feel (and look) great.

- My mother is a registered nurse and often questions my diet. She is a full-fledged believer in a low-fat diet being the cure-all, despite her plethora of medication and pain. We simply agree to disagree. She has considered trying her version of a Primal diet, but that would be high protein, low fat, low carb, and no vegetables (she doesn't like them). I told her not to bother, because that lifestyle would make her (and me!) miserable.
- I have a connective tissue disorder called Ehlers-Danlos Syndrome. This is relevant because today, at the ripe old age of 20, I have spent a truly extraordinary amount of time being poked, prodded, diagnosed, examined, questioned, and tested. By now, I'm used to medical professionals saying inane and sometimes, completely wrong things. I had a rheumatologist tell me when I was 17 that my condition had to do with having "too much collagen" and refused to listen or even look up my condition to learn that my collagen is certainly not in excess (it just doesn't work right – I'm not sure what medical condition even exists that has to do with too much collagen but it certainly isn't EDS). By now, I try to politely offer my views to a doctor when they give advice or say something I disagree with. If the best thing we can do is agree to disagree, I find another doctor. Because, trust me: there are always more medical fish in the medical sea.
- This is actually a challenge for me in a different way. I really like to debate, and when it comes to diet and health, I'm pretty vocal. I'm never afraid to step on toes. I have to say with the links Marks Daily Apple provides, I'm able to show them some great scientific perspective into the realm of saturated fat and the lowering of heart disease. There will always be people who will stick with their ideology (I used to think not eating grains was wacky) but, more often than not you find curiosity in the nutritional community as opposed to defensiveness.
- I explain what I am doing, explain how I feel now compared to before, whip out my blood test results and give them the MDA web site. My dietician (ex) refused to read, claimed there was lots of silly things on the net and This diet would make me fat and sick... so I walked.
- I ignore them. They've been brainwashed by most of the capitalism driven dietary research, so I choose to ignore them. Arguing is pointless, but I'm always happy to share my mileage with them.
- I'm pretty bad with this one actually, I usually just shrug them off and ignore it. The healthcare industry has become more about treatment than it is about curing.
- My experience with doctors' advice regarding migraines has not given me a great deal of confidence in what a doctor says when it comes to nutrition. I do not want to treat the symptoms with pills but cure the problem with better nutrition. Since I started the Primal life I have not actually been to a doctor for anything. If I need to go, I will probably not mention it, other than to respond if the nurse asks how well do I eat (I eat well!).

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- I know my body best, so I typically don't go along with their advice. My cholesterol is great considering I eat bacon and eggs every day and my fat intake is higher than what they recommend. I do me better than anyone can and since I feel great, I will stay this way.
- Smile and nod, then move on. Honestly, no one has told me not to do what I'm doing.
- I don't. I don't go to the doc unless something is bleeding when it's not supposed to. But I hear that there is a large network of Primal docs here in Florida, so, in the event that I need one, I'll check that out first.
- Honestly, I mostly just lie to my doctor, tell her what she wants to hear. If she gives me advice, I ignore what I don't need. My doctor is pretty good, though. When I first talked to her about weight loss 4-5 years ago, she advocated that I start with making changes in my shopping habits, such as shopping the outer perimeter of the store for the bulk of my needs, and avoiding the middle aisles. That was actually sound advice!
- I love this question, Primal people need more ammo in their belt for these types of situations. Anytime I disagree with anyone over health advice, I put the focus on THEM. Use the centuries old, tried and proven Socratic Method. Just ask them lots of simple questions such as "Why?" This is something they aren't used to, and it will usually cause them some distress because these are questions that at some point they cannot truly answer. This is your opening for a line like this: "But I was under the impression that (insert Primal Wisdom here), How do you account for that?" Be patient, don't let them take over the conversation, continue with your polite demands for explanation ("Why?") and you won't feel so frustrated by CW always rearing it's ugly head. Start using different feedback models for conversation and you will get better feedback!
- I read more, and I listen to my body, and look at the results of what I am doing. I look around at all the other people in the crowd. Is what they are doing giving them better health?
- Some of my best friends are in the medical field. All of them have actually gone at least gluten free via their own acknowledgement to the problem. They don't really give me advice, they respect my choice and to be honest we don't talk a lot about it. I do work in the medical profession and I have decided I don't want to interfere with patients and their docs as I don't want to cause havoc and lose the Doc's respect so I feel the patient out and if it seems like this patient might be interested then I might share with them. Some of these patients have chronic fatigue and that is an autoimmune response. Many have not played with their diet so I am starting to just educate them by sending them to MDA etc. I spark their interest and let them decide whether they want to do some research to see if going "Primal" would make a difference in their life. I personally haven't been to a doctor in 2-3 yrs so I have not issues with advice to disagree with.
- I don't associate with health professionals. If I do run into one, they have a right to their opinion, and I have a right not to pay for said opinion! :P
- This is probably the most difficult part for me, it is difficult to explain what you do and why you do it without sounding like a conspiracy theory nutcase. There are hundreds of crazy fads out there and people are so conditioned to think fat = bad, whole grain = good that when you go against this you just sound like

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yet another. I also believe that people put too much trust in health professionals, they feel that having an MD (or indeed any health service professional) means absolute knowledge of human health and that nothing is in question.

- Also people do not want to take responsibility for themselves, preferring to follow doctor instructions all the time thinking that no knowledge is required on their part - I strongly disagree with this and feel that you must take responsibility for your own life in all ways. Before going Primal I was told (at 28) that I should be taking statins, I thought that this didn't seem right, surely statins were for middle aged fat men! So I did my own research, educated myself and made my own decision about my own health. (In fact it was doing this research that eventually led me to the Primal Blueprint). I understand that my doctor is following the directions he was taught to in medical school but having weighed up the options I decided not to follow his advice on this matter.
- I am polite, but really don't give them much place in my head if they are only repeating government standards and things to me.
- I thank them politely and go back to doing our Primal thing.
- I try to explain the best I can. I have been fortunate not to have any a-hole doc's that are overly set in their ways. Granted I don't see doctors very often, so its just everyone else I need to worry about.
- I educate myself the best I can and try to find health providers that will at least have a discussion with me about my skepticism of CW.
- Depends on my mood! I pick and choose my battles. Sometimes I just smile and nod, but other times I politely disagree, spouting the latest research, as learned from the handy-dandy MDA. When the docs just passively recommend something like "eat healthy, don't forget your whole grains" I just brush it off. But when they're more direct, like "if your daughter doesn't drink cow's milk, she will become anemic" (true story!), I get uppity.
- I have an 18 month old so playing usually involves him and the park or our backyard or whatever he's into for the day.
- I disagree with them and life continues. I let my blood values, my resting heart rate, my body fat percentage and my way above average fitness level speak for itself :-).
- Meh. I just ignore it if I know better, or find a different doctor if our philosophies clash too much (this recently happened with a neurologist who couldn't offer me a diagnosis for the thing that ended up being Lyme, but was totally willing to prescribe me a pharmaceutical to give me more energy; he was also kind of a douche on a personal level).
- Don't had the problem. I'm very healthy and just don't get to the doctor. If it happened I would change the physician.

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How do you cope with health professionals giving you advice you disagree with?

- I let it roll in one ear and out the other. I am convinced that the advice that most of them give really isn't the most truthful information. They must know what is best for people. But, if they told us what was best for us, they would make much less money because everyone would need them much less.
- This is a tough one because I work for a health non-profit and I have the pleasure of mixing with health professionals regularly. Usually, I just grin and bear it, but I often do not engage in discussions about diet because it would put me in a vulnerable position in my line of work. It turns out I can be as Primal as I want to as long as I stay under the radar and don't provoke the cardiologists.
- I have not experienced this, but if you encounter this I would suggest that you try to find a health professional that has beliefs that align with yours.
- I have not had to deal with this... yet!
- I thank them, and then ignore it. Most of the health professionals I have dealt with in the past four years, have remarked on how good my blood work is, and to keep on doing what I am doing. They are usually not curious, however, to really want to know what I am doing. I also work for doctors at a major pharmaceutical company, and that has helped me to see that they are just products of their sometimes misguided learning.
- I send them scientific papers on the dangers of non-Primal foods. If they don't at least respond and have the conversation with me, I move onto another doctor.
- I simply don't tell them! When my doc saw I'd lost so much weight he asked what I'd done and I simply said I greatly improved my diet and exercise routine, and he left it at that! I actually go in for blood tests once every six months or so just because I was skeptical about cholesterol changes, and am happy to say everything is ship shape!
- Well, I stopped going to the one that told me I needed to eat more whole grains, be careful about how much fat (especially the scary saturated fat) I ate, and that totally stopping eating "treats" like ice cream, cupcakes, cookies, etc. was a great plan, but really hard to do and that I should just try to eat everything in, you may have guessed it, moderation. Again, I am lucky to live in Austin, where there is a pretty good Primal community, and I emailed Mel from "theclothesmakethegirl" blog and she pointed me to a more Paleo friendly doctor in town. As far as my wife's OB, we went with a very "crunchy/granola" OB/GYN office that has midwives on the staff and are generally much more open to unconventional ways of thinking. They have been great and are totally on board with the Primal diet.
- I show them that I am super interested in my health and provide counter arguments. For instance, when I was told that my LDL was high I asked if it was really a problem because my HDL:Triglyceride ratio was about 1:1. The doctor agreed that my LDL particle size was probably large and fluffy, and he agreed that statins might not make a positive difference for me. If you are informed about what lab work means, you get the doctor to think much more critically.
- So far, I haven't really received advice I don't agree with. The only thing I've really struggled with is how

QUESTION #5

How do you cope with health professionals giving you advice you disagree with?

easily they want to prescribe medicine without trying to figure out other methods of treatment that might work. I've typically just used my judgement based on the severity of "health concern" I'm dealing with to decide if I'm going to take their advice or not.

- For the most part I ignore them since arguing with them usually just leads to frustration. If they seem interested I will engage in a conversation stating my opinion.
- Like everything else in my life, I take everything I read from everywhere with a grain of salt, and evaluate if and how it could fit into my life. The USDA says "Thou shalt consume a diet consisting of 60% grains" or whatever it is now, and when I first came across the Primal literature, and read all the scientific research that it was based on, I decided to Guinea pig myself, and see how I felt (which happened to be a huge improvement over following CW). I do the same thing with health advice from professionals. If my doctor, who is obese and getting winded while he's writing down my name on his clip board, is telling my how unhealthy I am by eating 5 eggs and 4 strips of bacon every morning, and tells me to cut down on the fat and increase my grain intake like how he eats, I'm probably going to leave there and switch doctors. But, if he has things to say that sound reasonable to me, I will listen to what he says, see if it makes sense in my head, research a little about the subject, and come to my own informed decision based on everything. I never take anybody's word as gospel for anything. Ever.
- I humble myself, say all right, yet realizing many times it's not their fault, it was their training regime. I take everything (even non-nutrition related) things with a grain of salt, research on my own, and form my own answers and opinions.
- Luckily I don't have the need to go to the doctor too often, but I am sure at one point I will have a conversation with one that is trying to push some pharmaceutical at me my wife or kids.
- The irony about this question is that I recently graduated with a nutrition degree and am doing my masters in Dietetics. This is very difficult for me at this point because everything I've learned in school contradicts what the Primal diet is about. However, I've done the research on the Primal Blueprint diet and I must agree that biochemically, the findings are extraordinary. Although it is very controversial and people don't seem to believe me, the evidence and science proves it. So usually I just show them the facts.
- I'll have to deal with this in a few months. My workplace has an incentive program with a cash reward, and they require a physical at the beginning (plus multiple 'challenges' during the year – like eating 5 servings of whole grains daily for a month). If you have 'risk factors', i.e. high cholesterol, you are flagged and have a session with a health coach to discuss how to 'fix' the problem. If they don't see a certain amount of improvement, you are disqualified from receiving the incentive. My cholesterol has always been very high, though exercise in the last few years has helped a little. I plan to get a VAP test from my doctor and take it with me when I get my work physical, and try to explain the numbers. If they want to argue with me about it, I'll just smile and nod and wave bye-bye to the incentive. Eating this way is more beneficial to my health than any numbers on a cholesterol test can show. My weight loss, extra energy, and glowing skin tell the real story!

QUESTION #5

How do you cope with health professionals giving you advice you disagree with?

- Simply don't listen to them. I have to laugh as I work at a hospital and every year they send me this crud about going on some type of liquid diet, weight watchers, yadda, yadda. The people running the program are in even worse shape than me. And tell me, why do hospital cafeterias have the unhealthiest food yet? And that includes their so-called 'healthy options'.
- Bottom line: I've lived in this body for 29 years, and while I haven't always been kind to it, I know what's best for it in most cases. I do a lot of research when it comes to curing what ails me, so if I ever have to see a doctor (which is rare), I usually already have a battle plan. I just use the doctor as a sounding board. It's always a good idea to listen to what your doctor has to say, but that does not mean you have to act on it. As long as you are not in immediate mortal danger, I personally believe that the best course of action is to go with your gut, educate yourself, and never be afraid to ask question/disagree with the guys and gals in the white coats.
- I used to get visibly frustrated with the prevalence of conventional wisdom; when I spoke of giving up grains and received the inevitable "even whole grains?" response from friends, it took all the self-control I could muster to not "hulk out." I was also prone to pontificating once I got started on the subject. The dominance of bad information still frustrates me, but I have accepted that change is a slow process. I stay well-read on news about health legislation and reform, and I still talk to people about it as often as I can. Now, however, I try to be much more polite and wait for people to ask me.
- Well... I'm a professional. A veterinarian. I understand pathophysiology. I'm a full on geek, and I read EVERYTHING. I've read the 'popular' books, I've read the science they quote from. From a health perspective it all makes sense to me. Did I mention I've also had lower BP, and resting blood glucose....those are hard results to argue with. I'm going in for blood analysis in a few more weeks. Should be interesting.
- I laugh and pull the Paul Chek answer out. 'Before you tell me how to eat, take off your shirt and let's see how you look.'
- The journey to health and happiness is a long road for everyone. Understanding that there are always multiple ways to achieve a goal, it is just which one works for you. When faced with a "suggestion" about my diet, I always just respond that I have done the research and this is what works for me in my life, and if they want to know more I would be more than happy to discuss!
- I quickly learned that my diet is just that - MY diet. Others are free to choose to live their lives as they see fit and any advice they give me just goes in one ear and out the other.
- I have a pretty cool Doc for the last 30 years who has been a preventive and natural health MD. But since I've been in great health we have yet to "go at it". It really all boils down to the calories in vs. calories out argument. What is needed is a powerful ivy league science based 10 minute compelling presentation to use when talking with people.



QUESTION #6

What do you do for fun/play?

QUESTION #6

What do you do for fun/play?

- I am much to lazy. I make myself walk.
- Zumba!
- I love to take the kids to the park to play tag or we practice sprints. Even though they are both in high-school, we make sure we get in plenty of playtime.
- Cycle, swim and play soccer with my kids
- Take my son out for walks, do "chores" around the house, and play Frisbee.
- For fun I hike with my friends, shoot hoops almost daily, play with my dogs, love playing ultimate Frisbee and just going out with my friends.
- I have 3 young children, so I play a lot of sports in the yard. We also hike and bike.
- Gardening, biking, and lifting weights.
- Run, bike, Frisbee.
- I enjoy lifting weight, hiking, kayaking, gardening, and moving around way more than necessary at my job. If my co-workers want to be lazy and stare at their screens/phones....more moving for me!
- My wife and I walk, I like to hike and hunt. I also workout a few times a week (which I really enjoy). I work for my local sheriff's office and I am a physical tactics instructor for the department, so I get some good play time in doing that.
- Build stuff: Chicken coop, retaining wall, tree house... Toss a frisbee with my brother and dad (I gave them my copy of the 21 day total body transformation...)
- I love weight lifting - its become a sort of passion of mine. Other than that, I like to play a light bit of Frisbee, rounders, or whatever the guys feel like doing.
- Gardening, and playing with my child in the pool, outdoors or indoors
- I take long walks on the lake, bike to and from work, play volleyball and soccer, explore my neighborhood and attend street fest, meet friends for BBQs at the park and lake, try out new restaurants, shop and cook.
- My boyfriend and I have recently started kicking around the soccer ball on weekends. He played for about 10 years and is very good, I played for two season in middle school and was awful, but it's fun! I also actually really enjoy swinging my kettlebell around form time to time at my apartment, which is the bulk of my exercise.
- I love to take long walks, it's so peaceful and meditative for me. I also LOVE to dance and I love live music so every couple of weeks or so I will check out a local live band and dance the night away!
- I read and run with my dog.

QUESTION #6

What do you do for fun/play?

- I like to ride my bike everywhere, sometimes with my boyfriend. My favorite play date is going to a nearby coastal or mountainous city or hiking trail, and walk around for at least several hours.
- Flyfishing is a big part in the summer. Wading against the current waving a stick is not only a pretty good activity, but it is productive in bringing home some fish. The dog never refuses a good romp in the woods either. Walking to the grocery store and carrying a couple of bags back. Splitting wood (manually) for the winters heat fits well too. Winter is harder, but we keep some cross country skis on the porch.
- Bike riding, walking/playing with dog, tennis/squash and hockey.
- I crossfit, go for walks by myself, tan in the sun, or play catch with my friends:) I hate sitting around indoors now!
- I walk, dance, do zumba, play ball, play basketball, play with my kids and nieces and nephews
- Bike, CrossFit, lots of basketball, weightlifting, reading, and an excessive number of pullups.
- Slack lining and surfing.
- My passion is motorcycle touring, but I do love hiking as well. Cooking has become a fun/play activity, who knew?
- I enjoy long walks/hikes with my dogs and husband, playing Scrabble, getting together with my girlfriends, and shooting photos!
- I like to play ultimate Frisbee with my boyfriend and his family. I consider hiking my fun. I enjoy gardening, throwing a football around, fishing, writing, walking, yoga and many other things. These activities may all seem very different but I enjoy to do whatever keeps me moving and in a good mood while being outside in the sun.
- Sports. Badminton, Netball, Ballroom Dancing, Swimming, Yoga and Boxcercise.
- I LOVE riding bikes! I used to ride motorcycles and even those were a good workout. But I ride bicycles these days and I have a blast riding around on them. I also have a new-found love in hiking, or just walking around the city. My girlfriend and I also tend to wrestle a lot in bed, which is a good tie-in for other pleasurable physical activity.
- Ride bikes. I need a dog to play with.
- With a 4 year old - the park and swimming pool are big playgrounds. having kids keeps the playing literally a daily experience. also enjoy going to see old school punk shows with my friends.
- We've just moved to a new area of London near the River Thames and I'm enjoying exploring this area on foot by strolling, jogging or sprinting depending on my mood. Currently saving up for some Vibrams!
- Walk with my wife and intersperse with hard sprints / roll the lawns with heavy roller [have a slop as well]

QUESTION #6

What do you do for fun/play?

- Cook!!! I love coming up with new recipes, and flavor profiles. Once you learn some basic cooking techniques, you can combine all types of different flavors and create new dishes. New to you anyway!
- I play soccer, walk in the woods, sprint, chase my children and work around the house till dark. Since I live by the woods I had started throwing logs around in my back yard. I was doing that exercise before I read the Primal Blueprint. After reading the Primal Blueprint, it made me feel like I was on the right track. Now, I have a 16 pound bowling ball I use (they can be free if you know an avid bowler and they don't want them). They don't self-destruct like logs do. It is a great stress reliever to be able to throw something instead of monotonous benching and curls in a gym. The explosion of power is fun.
- I like to play Laser Tag on the weekends when I have the time. I also like going to the lake in the summertime with my friends and getting some good vitamin D while skiing and wake boarding.
- My wife and I take our son to the playground where I chase him for an hour. We go for long walks on the boardwalk/beach. I wrestle with my son at the house. And if it counts, I do lots of kettlebell and pull up exercises at the gym.
- Crossfit, sand volleyball, swim.
- I have never been an exercise buff, and so I get both my exercise and fun in by taking walks with friends, bicycling (both commuting and day-trip leisure rides), and doing occasional yoga.
- Bike, hike, play hockey.
- Climb, swim, trek. I like making play a way to be with friends and pay attention to nature. Occasionally we'll pack some food and go for the hills overlooking the sea several miles from my home. In this regard I like to think of Primal nutrition as part of a larger scheme: Listen to nature, get out more, revere the world that has birthed you and live in accordance with its laws.
- I train (heavy weights) 3-4 times a week. I also like to rollerblade, play tennis and Frisbee. I also like to challenge myself and do things I though was impossible for me to do. (Example: do a pull up (never been able to do it before). Earlier this month, I was able to do 2 in a row. I'm also working to be able to do a handstand push-up. It's just fun things that I never though I'd be able to do but now realize with some training and practice, pretty much anything is possible.
- Run, golf, frisbee golf, snowboard, play catch (baseball/football). Summers are easy to find things to do. During the winters, fun/play is a lot more difficult. Bowling is my favorite activity, but I try to stay standing as much as possible between frames.
- I love taking my dogs to the dog park and running around with them. I live in a condo in the city, so we don't really have an outdoor area to play. It's funny how most people sit on the benches and just watch their dogs. It's sort of like how parents just sit around when their kids are on the playground. I think they assume it's against the rules to get up and move around if you are human or older.

QUESTION #6

What do you do for fun/play?

- I live in a temperate rainforest! The hiking, kayaking, trail running opportunities are nearly limitless, even though it rains a lot. I'm also a coffee geek and love to conduct mad scientist experiments in my kitchen.
- We play w/ the kids (run, bike, swim, soccer). I like to crossfit, weight-train. And I make pottery for a hobby.
- Soccer, Crossfit, kayak, hike, bike; pretty much anything active and outdoors.
- Weekly Ultimate Frisbee. I play with a pretty laid back group. No one really cares what the score is. In fact, the past few months, we've stopped keeping score altogether. We still play pretty hard, but there's no real emotional investment in the outcome. It's just fun to socialize, be outside, and move!
- I live in Florida so outdoor fun is all around me. Paddle boarding is huge here and I get as much exercise laughing at my friends falling off their boards as I do paddling. I bought my nephews a big trampoline and I jump with them a lot. Just get outside. Enjoy the day.
- Turning up the music and dancing around the living room is a great way to let your body just move the way it wants. I recommend pulling the shades if you live in a downtown high-rise like me...
- I love to go backpacking, hiking, take my dog to the lake and throw a stick into the water over and over again.
- For play, I participate in competitive sports like soccer or frisbee. The adrenaline rush of being competitive keeps me going.
- I like to hike for fun - I sprint, climb, jump, and balance and it really is a ton of fun. I also like to play tennis, go to the rock climbing gym, pretend I'm stalking someone in my house to work on my stealth skills when I get REALLY bored, play soccer, play catch with my dad (I'm 21 - he got me into softball when I was 8 or so), play with my dog, swim when I can, and honestly, I think lifting heavy weights is fun and it is a form of play for me as is sprinting. LHT and sprints aren't things I dread - I look forward to them.
- I play! I have a 5 and 2 year old they keep me playing and having fun. We turn long walks into an adventure/game. We chase each other all over playgrounds. I help them with their bikes and scooters.
- Play with my kids, go for hikes, and I have recently started rock climbing / bouldering.
- Hiking and playing with the grandchildren
- I play soccer regularly, both serious and fun.
- I'm a "player", and have always surreptitiously sneaked in fun and excitement, as it seems most adults look down on it. I put on good music when no one's around and dance my ass off, I side-skip to the restroom and back, I take advantage of little exercise opportunities like doing a couple of dips when I pass the kitchen counters or just busting out a couple of burpees just cuz I feel like it. I'll see how low I can go in a front split while waiting for dinner to finish cooking. I follow a site called Bodyrock.tv, not to look like them, but I consider their exercises fun and in my head it's play (I find myself laughing sometimes during them). OK

QUESTION #6

What do you do for fun/play?

that's indoors. Outdoors I walk, bike, jog, and hike the Marin headlands.

- I'm a little square, but I really like walking around my city with my camera and getting to know all the weird corners and alleys all over Los Angeles. In the summer, I love swimming at the Echo Park Community pool, I go for walks about the neighborhood with my wife, as well as to and from the farmer's market, and I've started asking a hiker friend about good hikes in Los Angeles, that I am looking forward to checking out.
- I hoop dance (hula hoop, that is) in my front yard to upbeat music. I chase my dog around, and I play frisbee with my spouse. I go for long hikes and never come across a nature preserve that I don't explore.
- My fun is tied strongly to my dogs. I'm training my puppy to be a service dog for me and our daily walks make me so happy. I love seeing him make progress and, since he is a rescue dog, slowly become braver and desensitized to stimuli. I love to teach my dogs new tricks inside when it is raining (like it is today, so this morning we all learned "crawl") since it forces me to move around and get on the ground and have fun. And when I'm home alone, or in the car, or in the shower or... you get the point – I sing and dance like no one is watching. Really, if someone did watch I would probably never live down the embarrassment. Because I don't actually sing and dance when I'm alone. I shout and scream and move. I jump, gyrate, and do awkward pelvic thrusts while swinging my arms like a helicopter. I try, and fail, to moonwalk. I do the monkey and otherwise act like an 80s fangirl listening to Wham!. I'm sure it looks ridiculous to outside eyes - but lucky me, my dogs haven't spilled the beans yet, or even laughed at me once.
- This has been a challenge for me. For the first time in my life I'm going to join the city flag football team. I love hiking and just walking, as well.
- I walk, I cycle with the dog, I hunt with slingshots and bow/arrow. I make and teach how to make traditional archery gear. I am the gear carrier for my son and his Boffer fighting.
- I have 3 kids, so playing with them at the park or around the house is a favorite. Budget permitting, I'll soon pick-up biking. I enjoy hiking allot! I like to work on my car, my garden, etc.
- I head to the beach for some bodysurfing/ swimming in the ocean.
- Not enough – this is an area where I need to get moving more. I spend too much time reading online about Primal and not enough time moving! We like hiking but there are not a lot of places to hike in south-west Georgia.
- I like to go the park a lot and walk around. Otherwise, I will play yard games or even the Nintendo Wii Fit games.
- Beach! I love to go down to the beach and play in the water. It's cold in the Pacific, but it feels so good when you get used to it!
- I take my spaniel out to chase birds and butterflies. The look on his face when I chased birds with him for the first time was priceless.

QUESTION #6

What do you do for fun/play?

- I like to read, and the few nice days we get in Seattle, I do it outside. But I also love to get out with my dogs, and since I've gone Primal, I actually run in the park with them. I haven't moved faster than a brisk walk since I was 12! But, now, I run around the park with the dogs all the time. I love it.
- Ski/Bike/Hike/Camp.
- I have to say I am one of those endurance junkies. Although I have cut way back. So my play is still riding my bike, trail running with my dog, that is our lifestyle, we love it, it is something we as a married couple do together, sometimes it can be adventurous. Plus it is a social thing as well, we gather with our friends to do long bike rides, or weekend get aways that involve bike riding etc. I used to do more racing so it was more of a training program but now I just run and ride for fun and to stay fit. I teach an outdoor exercise class which I am trying to incorporate play.
- I ride horses, I hike (we are surrounded by national forest), I like to walk through and browse the Farmer's Market! My favorite all time fun thing to do is cave exploration! That was always the highlight of any vacation I went on! I won't call it spelunking, because I don't go on my own!
- When I first started lifting weights to get in shape (pre-Primal) I completely fell in love with it - I found it so rewarding that I knew I would do it for the rest of my life. When I found The Primal Blueprint and learned that I didn't need to spend 45mins on a treadmill or exercise bike and that I could just enjoy my lifting going to the gym became more of a hobby and less of a chore.
- I also love to hike, I love getting out in nature and just wandering around enjoying the fresh air and scenery. I don't get to do it as much as I would like, living in Cincinnati we're not exactly close to mountains but I do try to get out and enjoy the parks in the area as well as get closer to some real mountains for a few weekends each year!
- I also like to play golf, and while most places do not allow you to walk anymore, it's still allows for plenty of sun!
- I love to lift weights, go for walks, and play sports.
- Play with our very active 4-year old & his friends which includes playground time, backyard soccer, basketball, catch, frisbee, and ninja role-playing games... we go on family hikes and play in the creeks. We love to go on picnics. I also go running with my loyal beagle, Bailey. Oh, I enter local charity road races a few times a year too.
- Anything outside. Long runs, short sprints, climbing, jumping, swimming, its all good. More structured sports include soccer football and basketball.
- Golf, hunting, fishing, time with family/friends, reading, playing basketball ----- the same things I did before I had ever even heard of the Primal Blueprint.
- I love to hike! But I don't get as much time to go on a long, leisurely hike as I used to. Now I make it a point

QUESTION #6

What do you do for fun/play?

to actively play with my daughter every day. That can be a heck of a workout, and great fun for both of us!

- Man, not enough since getting sick last year. I've always been the type of person whose idea of fun is camping in Maine in January (I went on a camping/cross-country skiing/dogsledding trip in college, it was AWESOME), or horseback riding with my mom, or swimming (especially in the ocean!), and I really, really want to get into LARPing (did I mention I'm a huge nerd? I'm totally a huge nerd). Of late, it's been a lot of reading when I can manage it (seriously, that's how bad it got for me; I literally didn't have the energy and mental acuity to read fiction); mostly science fiction/fantasy, popular science (think Carl Sagan and Brian Greene), and graphic novels.
- I like to play golf, go walking, go to farmers markets, work in the yard, etc.
- I join my friends in a running group, hike, swim, and walk around the city.
- Hike in nature, play a sport, play at the park with my son (yes I chase him up the stairs and I go down the slide too) or trail run.
- Play volleyball, bike ride, I went to the KIDS PARK the other night with friends and played old childhood games (lava monster, capture the flag, played on the swings and monkey bars), hiking
- I love gardening, and am creating a beautiful environment with a mixture of flowering plants, fruit trees and bushes, vegetables with large, ornamental leaves, like summer and winter squash, and sculptures and statues around, also creating beautiful fencing and ponds from my springs. I also walk and run with the dog, and watch the nature around my property--recently my husband and I had the privilege to see the spontaneous hatching of many cocoons of preying mantises, and we were thrilled. I am an artist, and that is my play.
- Touch football, racquetball, crossfit style workouts. But my #1 leisure activity is reading, with an annual goal of 100 books/year.
- I don't have one consistent thing, but I go back and forth between: swimming (working on my SCUBA cert right now!), tennis, and hiking (the "urban" hiking is actually pretty fun for me as I end up wondering all over town and seeing stuff I'd never drive by).
- I play basketball and softball.
- Workout, dance, golf, sports.
- I live in the Chicago area, so our seasons definitely impact our play. In the winter I like to do indoor rock-climbing. It's challenging and puts my Primal fitness to the test. In the summer I switch to cycling and stand up paddling. The full body workout is great, and I enjoy being on the water with my kids.
- My husband and I just bought road bikes this year and have been loving that. We also love to play tennis, volleyball, hiking, backpacking, camping, etc.
- Ride bikes, play tennis, go hiking, horseback riding.

QUESTION #6

What do you do for fun/play?

- I love to hike in the sun, whether its on the beach, or deep in the woods. I climb stuff all the time, whether its trees, rocks, mountains, cliffs - whatever I feel like climbing and can be safe on. I know this might sound weird, but I also an avid powerlifter, which I also consider to be fun. It is never a chore for me to hit the gym, and bang out some heavy squats, deadlifts, and heavy bench press. My strength has increased exponentially over the past 8 weeks, going from a 220 lb deadlift PR to 345lbs just this past weekend. It's quiet rewarding for me, and a very large source of my fun. I hope to take my work as a power lifter and soon make the shift to olympic lifting, and try incorporating some snatches, power cleans, and jerks.
- Challenging myself to something new as often as possible. Handstand walking, climbing stuff, sprints, pick up sports, wrestling with friends. Yet also relaxing things: lay in a hammock and practice breathing, Socialize with friends, Sit around a camp fire and tell stories at night. I'm sure my Primal ancestors did these things!
- I love running... I must say that it was very difficult to keep up with my running when I first began this diet. I needed to do alot of research on how to get the proper carbs for my long distances. This being said, I think I'm pretty much on track. I just need to keep working with a few things. Besides running, I also love walking and going on "adventures" in the city and in the mountain. And mostly, I love hanging out with my friends and doing whatever fun activity is going on at the time.
- I try to spend time with my son since I only see him half the time. We train together for the annual Starlight Spectacular Midnight ride, which is a 14 mile bike ride in the middle of the night. We have a training ride of 12 miles that we try to do a couple of times a week. I also take him to play basketball at the playground, although I am not as active with this because I am recovering from a recent broken foot. DH and I take walks (again these are somewhat short due to foot issues).
- Walk and daydream with my husband. It's been a pleasure to just walk again without hurting.
- Race bikes (Cyclocross and velodrome), lift, sprint, run (but up Seattle hills rather than plodding for miles). My husband lifts (including P90X), plays tennis and bikes. We play with our son. We garden. My husband and I are both mesomorphs and we put on muscle easily. We've found that lifting has improved our fitness across the board and, coupled with Primal eating, GREATLY improved our physiques. We didn't need to lose weight, but we have lost fat and gained muscle and we're happy with that!
- I like to go to the beach and play volleyball, Frisbee, play in a flag football & dodgeball league in the winter, cross country ski, kayak.
- When I need a break from the kids and time allows, one of my favorite things to do is slap on my Vibram FiveFingers, pop in some headphones and hit the road. Most walks for me are about 3.5 miles, but I don't always have that kind of time to be away. Around the house, I keep moving with housework and gardening. Sometimes I find something heavy in or out of the house that needs to be moved, or I swing/lift/wrestle with my toddler. And in the age of technology, the XBox Kinect has become a real help for me. I live in the Pacific Northwest and it rains. A lot. So I play rally ball, or dance games, or boxing. Even yoga. Anything that keeps me moving when the weather isn't conducive to being outdoors.

QUESTION #6

What do you do for fun/play?

- Martial arts are a big part of my life. In addition to working out at home, I attend kickboxing classes several times a week. Sparring is fun!
- A friend and I took up surfing at the ripe old age of 37. This is our second full year doing it, and my first year doing it while eating Primal. I'm stronger, and my endurance is better. Surfing is the ultimate, endorphin releasing play. Now if only I could perfect my bottom turn :)
- Take my grandchildren to the park. I like to walk sometimes run on trails in the woods or on the beach. Garden. Love my TRX suspension class it's a killer, but it's also fun and I'm the "old lady" there, and the young guys think I'm awesome, even if I can't do a full pushup.
- Anything outside, sitting on the porch with a guitar, trying to get to the park to do sprint work, fishing, hiking, and lots of weights. I've shifted a lot from the skinny always inside video game nerd (which I still love btw.) but because of money and health, I prefer doing things that are free and active.
- I love to Roller skate around my neighborhood, or take the bikes out on a nice long weekend ride. Go online to find new hiking trails near me, or play just dance on kinect with my family.



QUESTION #7

**How do you find time to do lots of walking
or other low-level exercise, play, relaxation, etc.?**

QUESTION #7

How do you find time to do lots of walking or other low-level exercise, play, relaxation, etc.?

- My desire to continue breathing drives me.
- This is something I need to improve. I think a lunchtime walk is going to be my best bet.
- I work in IT as a career so I get up and walk around at least twice an hour. I also bring my lunch and walk a few blocks and knock out some push-ups during lunch and mid afternoon.
- I commute 20 minutes each way by bicycle to my job, at a low-level pace. Rather than subscribe to my Sunday newspaper, my daughter and I walk 2 miles round-trip each Sunday to pick up the newspaper, after which my wife and I sit on the back porch and read it for a couple of hours. When I drop my kids off for warmups 45 minutes before a soccer game starts, I walk on the trails that surround the fields rather than sitting and watching drills or staring at my smartphone.
- I try to always stay on my feet either with my standing desk or checking my vegetable garden throughout the day. Also it's not difficult to be constantly walking and running around when you're a teenager (: Since its summer I'm always swimming and relaxing around the pool.
- My children like going on walks and we also have a dog, so that makes it pretty easy. I also try to go on walks during the day while at work, either to visit co-workers or just for a break in the day.
- I live near a mountain range and my wife and I try to hike at least twice a week, usually for 2-3 hours or so. I've convinced my wife to take up lifting instead of doing chronic cardio, but she still feels the need to "sweat" in order to feel like she is working out, and the hike meets that need as well - so its a win-win for us. As far as play is concerned, I find nothing more fun than jumping rope, especially if you don't focus on counting reps, or trying to maintain a pace, or anything that measures performance. Surprisingly, not caring about jump rope performance has allowed me to develop new rope jumping skills and jump for longer.
- When you truly understand the importance of such things and the impact they have on your quality of life, you almost naturally make time for them.
- I have three sons, and I used to coach them in baseball, but they have advanced beyond my coaching abilities. Now, instead of sitting around watching them practice I run, bike, walk, or help out with their practices.
- I deliberately use public transportation to go and from work. I have to change 3 times and all these changes require walking flights of stairs up and down. This, coupled with the fact that it takes me 5 min at each end of the transportation to go to/from home/work already adds up to nice dose of low level activity every day. Also, I can spend the time on the trains/bus productively (ie reading), instead of sitting in a car in traffic.
- I find time to move wherever/whenever. Aside from my regular hikes/gym trips I make a point to get up and take breaks if I have to be at a desk just to get the blood flowing.
- If I am not at work (which I do a lot of walking at), I make time to do something. During hunting season, it is easy to get out and walk/hike. Also, my wife really enjoys walking and I enjoy spending time with my wife, so I go walk with her (even if I do not feel like it).

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- I don't find time. I make time. I am lucky enough to have a mind-body that gets antsy if I don't exercise. It is the same deal as eat WHEN. I move WANE (when antsy naturally ensues - the acronym might need a little work).
- I walk to and from bust station (30 min each way) and at lunch break (another 30 min) = 90 min a day. I get up at 4 am, and go to bed between 8:30 and 9 pm. I go to the steam room/hot tub while my kid has her swimming class. I read books on the bus.
- I just make time. Commuting to work via bike is an easy way to enjoy the weather and get fit at the same time. Most of my friends are active so our fun time and exercise time overlap which is perfect.
- I do some lifts and swings with my kettlebell in the morning or evening a few times a week right now, just trying to build a habit. I can usually bang out at least 40 swings before I need to flip my omelette in the morning. I don't walk as much as I'd like right now, but I live close to public transportation so we always walk the mile to the train station when we go out, and I take a 20-30 min stroll around the office park during my lunch break when the weather allows. I also try to take the longest most round-about route possible to the restroom when I'm at work, which usually means going up one floor to the 4th, then down to the 1st, using the restroom, back up to the 4th, across and down to the 3rd and my office.
- I crave my walking time so it's something that I just always make time to do, every evening usually around 7:30 or 8 I go out for a 35 to 45 minute walk. I like to carve out time on the weekends for longer walks (around 2 hours or so) because once I get started I don't want to stop. I work-out (weights or body resistance) every morning before anyone in my house wakes up, at the end of those work-outs I always try to take 5 or 10 minutes for deep breathing and meditation, starts the day out right!
- I make time 2-3x a week to lift heavy or sprint. If I feel like I don't have enough time, I just sprint because it's shorter and makes me feel tired really fast. I also work walking/biking into my routine versus vehicular transportation to save money and to get the exercise in.
- I have a low-stress job and I don't work more than 40 hours a week. I feel like I always have plenty of time to exercise and play. I found getting rid of cable helped me lead a more productive life.
- I combine it with functional activities, i.e. doing things that needed to get done anyway. Why go for a walk just to go for a walk when you can walk to the store instead of taking the car?
- The same way I find time for work, school, sleep, lunch...I MAKE time for it.
- I do walking at lunch time, zumba in the evenings, play on the weekends I make time for me now
- I live 1.5 miles from campus, so I simply walk to and from class daily, walk between classes, and generally make walking my preferred method of transportation. I park at the back of parking lots, I walk up 11 flights of stairs to the top of the library, and I haven't ridden a campus bus all year.

QUESTION #7

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- I get to the gym by 6am every week day, do Pilates 2x a week and low-level strength training the other days. That means I have to go to sleep by 9pm for the full 8 hours. I used to get much less sleep, more like 6-7 hours, and I paid for it. Drank a lot of coffee and slogged my way through the day, exercise or no. Quit coffee, eat and exercise Primal, sleep better and have WAY more energy, all day. I've been taking a 20 minute power nap at lunch time too, which is just delicious.
- I don't own a car so biking and walking is it for me! Also having a pet helps and living in a very walkable city is pretty great.
- Sometimes it's hard to find time for leisure, but it's so necessary. The weekends are usually the best time for long walks- after I get done cleaning, I'll drag my husband out, put the dogs on a leash, and take off for an hour or so in my barefoot shoes. After dinner instead of watching TV, we might play a game of Scrabble to bond and stay sharp. We've also joined some club sports, playing Ultimate Frisbee or Flag Football is a blast!
- I generally feel more relaxed anyway, although I feel more relaxed when I'm playing sports or designing/making art. I'm 17 and can't drive and walk almost everywhere I need to be. I'm at college/education still so I try to fit in my play in the evenings or on my days off.
- It's really simple! If being healthy is something you REALLY want, then you'll make the time. During my weightloss, I was going to school full-time and working full-time and yet I still made it happen. In the office, I'd eat my lunch early so I can use my lunch-hour to walk around the city. I'd also drink up a good amount of water so I'm constantly having to go to the bathroom, and I'd walk the long way to the restroom to get a good short walk in. I also walk for my 15 minute breaks. Actually I take a lot of small breaks at work, sorry but my health comes first! When my girlfriend and I go out on dates, I leave the car in the garage and we take the bus to where ever we're going, and it's a good walk to the bus stop, around the city, café/restaurant, and then back home. Everything I do that consists of low-level exercise and play just fits in to my daily life, because I designed my lifestyle to be that way. Sometimes all it takes is a good plan of attack!
- Schedule it on a regular basis i.e. joined the weekly bike ride club. Also use breaks at work to walk and stretch.
- We have 3 dogs that make sure I am awake at 5am every morning, regardless of the weather, to go for a hour long walk:) if someone needs to walk more adopt a dog- the best training partners out there.
- I get up an extra hour early and go to the gym monday to friday before work. The buses are much quieter too and there is less traffic! Now the weather's fine, I want to start jogging to the gym/work (3 miles).
- Before work - get up earlier. / run between work buildings - have four of them/ in the garden evenings / tightrope walk on lawn / climb rope from one of our trees
- I am a fitness instructor/ personal trainer, so I get plenty of exercise that way. One suggestion would be to cut out one hour of TV watching a night, and go for a walk, do some laundry, clean out a closet, ride a bike, take a dance class, enroll in a martial arts class, put on some music and just shake your butt!!

QUESTION #7

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- I walk at lunch time (instead of sitting in front of my computer), stopped watching TV at night since I so much more energy.
- I do little things throughout the day that I feel add up to a lot. I park my car in the furthest parking spot. I work as a radiation therapist and we run about 15 patients each day. Each day I will pick a different body weight exercise to do (push-ups, squats, lunges, sit-ups, etc.) and pick a number between 10-25 and do that many reps for each patient. It keeps me moving. I also walk to and from the gym and take my dog on a 20 minute walk each day.
- I make time. I work two jobs and don't get a lot of time. But when I have the afternoons off, I make it my business to get outside with my family and walk or play at the playground with my son. When he goes to bed, I relax with my wife.
- I try to take breaks from work to walk just a little bit each hour. I get up earlier in the morning to work out because I know I won't do it at night.
- I'm terrible about making time for myself, so I try to schedule activities with friends. I have a gym partner, a cycling buddy, and a group of picnicking friends to go on day hikes with. One thing that I make time to do alone is meditation -- only about five minutes a day of mindful breathing and relaxation, but it has made a significant difference in my stress level throughout the day.
- Always skip the moving sidewalks, escalators, and elevators. I stand at my desk and stand at my kids sporting events. I walk back and forth while I wait for the train and walk around the airport terminal while waiting for flights. We spend more time in the kitchen preparing food which keeps us moving and on our feet.
- To be honest I don't properly as of yet. I try to infuse exercise with play so that I don't think of it as "doing X activity for XX number of minutes until I've gotten my exercise for the day" I climb trees, go for long walks with my dog and go to the beach and swim as often as I can be bothered. In my opinion: Boredom is anathema to long term exercise goals. Make SURE you find a way to make this enjoyable long term.
- I don't find as much time as I should to do low-level exercise. I don't walk enough. I work an 8-4 job (desk job). When I get home I usually have to make dinner/ clean. If it's my workout days, I have to train on top of that. I guess I can consider cleaning my house as part of a low-level exercise so at least once a week, I do that. Relaxation is only when I'm done all that usually at the end of each day, I watch some tv/movies or listen to some music.
- I talked to my boss about how I am trying to be healthier and he understands when I go for short walks mid-day. I also try to get up and move around on the hour every day at work.
- Honestly, it's tough, and I don't always get as much in as I should. I do tougher workouts during the weekend and try to get in some slower movement work in on the weekends. Usually one day during the week is devoted to some light time on an exercise bike.

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- I sold my car in 1994 and haven't owned one since. I'm married to a wonderful woman, and a walk or hike is a chance for us to catch up after work. I do not have to schedule opportunities too much, but find that they fit into life on a small island with no car, a great wife, and a national forest in your backyard.
- I'm working on this. I try to leave work at work (am a lawyer) but it's hard. We try to dedicate weekends/evenings to relaxing and hanging out as a family.
- I don't really "find time" for any of this. I incorporate a bike ride to/from work every day. I walk to/from lunch on most days. Play and relaxation are what I do for fun so I easily schedule this in on a weekly basis.
- I substitute walking for time that would otherwise be spent in front of the computer, wasting time. I think many people have at least an hour or two most days of the week that is spent in front of a screen (TV, computer, iPhone) when at home. This time can be used for walking around the neighborhood or park. I always feel better after a good walk. The same can't be said for spending an hour in front of a screen.
- I park at the end of the parking lot.
- It has to become a part of your day just like taking a shower. In the beginning you will think "I had such a hard day at work I just want to sit down and relax". After a few weeks of evening walks you will crave it. It will be a lot more calming than sitting in front of the tv. Make it fun. Include your family and friends. Get a dog. You have the time. I promise.
- I have started walking during my lunch break. I have a 8-5 office/desk job and I need that time to get my body moving.
- I walk for the heck of it, at least a few miles each day, for work, to run errands or when I am sightseeing in the city. That way I am killing two birds with one stone.
- Well, I live within 2.5 miles of anywhere I really need to go on a daily basis so I can walk usually to do my errands. I have a variable work schedule (our hours go from 10:30AM to 10:30PM) so I may work anything from a 4 hour to a 12 hour shift) but still average 35-40 hours a week. Because I know that some days I don't have to work until, say, 2pm, I'll make sure that I get some walking, play, relaxation in before I head to work. My job itself is actually very active - work at an ice cream store - so I am on my feet all day too. Sometimes I get overwhelmed with working (customers and co workers can be nightmarish) and when I DO get a day off, I have to be strong enough to kindly tell people to leave me alone so I can get some ME time. Primal has really helped me put myself first in my life. I'm a big people-pleaser and Primal has really helped me achieve some balance with this issue.
- We get in lots of low level activity mostly from walking. We live in a town where we can walk to so many of the things we do. Our dog also expects us to take her out for walks. I also work teaching group exercise classes for seniors and that is a very low level activity for you! And it sure is motivational to see people significantly older than yourself still going out and staying active (even if they are not doing much, they showed up and that is something) and just socializing. Some days gardening is a fun low level activity

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too (it just feels good being outside), other times its more like lift heavy things.

- This is not so hard for me, Sweden is a lot less car-dependent than the US (In fact, we recently sold our car, since we came to realize we rarely ever used it). I walk every day when leaving/picking up my kids at kindergarten and school, I avoid escalators and elevators and I use public transportation as much as possible.
- It is quite easy to find the time as my day has lengthened - I wake up earlier than I used to so am often awake 5:30-6:0am and out walking soon after.
- Priorities, I ride my bike 2x25 km to work almost every day. I walk to the super market. Other than that I try to have at least one hour to work out in some way every day. Running, walking, soccer, gym work out etc.
- Unfortunately I'm unemployed right now so I have all the time in the world, but when I was working I would walk around the city at lunch, and run at night. I'm NOT a morning exerciser - if I try I'm listless all day. I've always exercised in the evening/night, as it calms me and burns up extra energy, instead of energizing me like a lot of morning exercisers says it does for them.
- Walking is the easiest thing to pack your day with. I'm on a little vacation now, but I used to start my day with a 40 minute walk around the neighborhood. Then I would go to work and park as far away as possible and on the highest level of the parking structure to maximize my walking to the office. Once or twice a week I'll take the bus which is a wonderful amount of walking. When I'm working, I'll take a walk break in the morning and then hopefully another in the afternoon. This serves two functions- staying active and clearing my head so I can continue working at a highly focused capacity the rest of the day.
- We are a one car family, and I use that as an opportunity to cycle to the library or the supermarket. I use public transportation from the suburbs into the city on a regular basis, and take that time to read and relax. I never watch television, and have plenty of time to go for walks in the evenings with my spouse and dog. I make it a priority to not stretch myself too thin even if it means having less money. Time > money, in my opinion.
- I haven't found time yet, actually. Is it hiding in my sock drawer? I wouldn't be surprised. Lots of things hide there.
- In all seriousness, I don't "find" time to do low-level exercise. I make it. I know that it is something I'm going to do, weather permitting, and I have a set of doleful puppy eyes beseeching me to get off my booty every day, so... it isn't a question. If I have time to go online and check MDA every day, then I have time to get outside for twenty minutes at the very, very least and take my pup into the fresh air.
- You just do. If it's after dinner and you're going to watch TV, go for a walk instead. If you decide you don't want to hit the gym because you're too tired do a lap around the block and some pullups. The great thing about Primal living is you know you don't have to put on running shoes and do 5 miles a day to "keep the weight manageable."
- Through making a choice; there is a phrase that 'those who don't have time for health, must make time for

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illness'. So I just remind myself that if you leave it long enough, ill health will catch you up, and you'll 'lose' that extra time you saved anyway. So may as well accept that you'll 'lose' some time somewhere, and just choose to spend it on health by exercising/meditating/eating well with friends etc.

- I make the time, I'm fortunate enough that I don't have children to take care of anymore, so I am able to just do nothing if I don't want to, I can go run, walk whenever I want, I go to the gym every day after work, when my children were young, I would just take them with me, and would let them run with me or walk or ride their bike along side of me. We made a game of it, made them feel like they were helping mommy out to lose weight and win a million dollars at the end, when in actuality they were getting exercise.
- It can be tough sometimes but I have found for me, it's a matter of making better choices - watch less TV, spend less time on the internet, go to bed earlier, eat at the dinner table, etc.
- I ride my bicycle to work, that's a good 45 minutes a day of low-level activity a day when I do. I usually try to take the stairs at work too. A couple times a week I walk the dog for a half hour or so. I mainly just try and do little things throughout the week, a half hour here and there adds up. Even in 15 minute intervals.
- I find it very relaxing to walk after work or in the evenings.
- Walking to and from work, walking any time I'm going somewhere within an hours walk.
- Plain and simple — you find the time. One of my biggest pet-peeves is when people tell me that they don't have time. The reality is that they didn't make the time. It takes me 1.5 hours to get to work and home so I lose 3 hours every day just from driving, then I work 9-hours a day (with no lunch break). I adjust my schedule so I can do all of my chores in the morning before I go to work, I workout after work (to avoid traffic), and when I get home my husband & I will go for a walk, relax, play with our dogs, etc.
- Get off the TV. Get off the computer. Realize it's importance and schedule it into the day. Maximize good weather when you get it.
- I don't have a job right now, so after I take my daughter to school (walking, so that's a plus!) I can exercise or do whatever I need to relax. I also highly recommend taking an art class, or a course in something you've always been interested in, but is new to you.
- How do you find time to do lots of walking or other low-level exercise, play, relaxation, etc.?
- I just do not schedule clients when I feel like doing something. I'm a personal trainer and have awesome clients who are very flexible. I love taking my son for walks, fishing and swimming (his favorite things).
- I teach and am done with school around 3 so that gives me plenty of time to go to my course, hit balls, play some holes, go to the gym, grocery shop, nap etc. I am also single and have no familial obligations as of right now.
- I walk home from work. It's about 1.5 miles so it's not too far. I also try to throw in some sprinting and

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lunges a couple days a week on my way home. I also do a long walk on the weekend.

- I actually work 2 jobs, and the 2nd requires me to be on my feet briskly walking around for 5-8 hours at a pop. This allows me to get in my low-level exercise and make \$\$ at the same time! The dog also gets a walk every day. The hour before bedtime is “me” time and is spent relaxing with a good book.
- I live in Manhattan, so when I have the opportunity (weather permitting!), I walk wherever I go. Last night, I walked home from work (from Times Square to Soho – took approximately 45 minutes).
- I don’t really know, I just make it a priority. I work a day job, run a photo business and workout. It’s all about identifying the wasted time in the day to do a workout. Unplug the TV and video games and get after it.
- I hate walking.. HATE walking slightly less than I hate running. The only way I can get myself to park my bicycle for a spell and walk instead is to make a game out of it. I play the lava and crocodiles game. Any kid can teach you. The rules are simple because they always change based on who you're walking with and how difficult you want it to be. but basically, streets are lava, cracks break your mom's back, and walking backwards is the only way to neutralize impossible terrain. Sometimes parking meters have to be crotch jumped (frog jump) and cobble stones get tippie toed. This keeps it interesting, makes you pay attention, and usually keeps a smile on your face.
- It depends on my living/work situation. I combine foraging, gardening, and walking right now (I'm job-searching). Previously I've made a point of living walking distance to school or work, and extended my 'live within walking distance' to distances that other people considered 'unwalkable' (3.5m isn't too far to walk with a heavy pack, though I usually only did it at night and on weekends as morning time was too precious - I took a bus as it was marginally faster than I was). For me, that WAS my relaxation and was frequently the ONLY time I wasn't working or studying - if I don't build it into my life, when I run out of time, it's not going to happen. Sleep was the area I struggled with more - simply not enough time in the day to study, work, and sleep, let alone work out, relax, or eat healthy (by necessity, I cooked meals for the week and ate the same thing aaaaalllllll week long - that was better than most of my classmates, who ate fast food, or ClifBars and bagels every day of the week).
- Go for a weekly walk, use the stairs, not the elevator, walk around the core of the office building on the way to the restroom, take breaks from the sit-down job whenever I can - there is always more I could do.
- My low level exercise is done every morning on my treadmill (I walk for about 60 minutes daily) and throughout the day I find ways to move...take the stairs not the elevator...park in the back of the parking lot... that type of thing.
- I golf twice a week, and occasionally on the weekends. Then between that, I use my lunch at work to use the treadmill. I have enjoyed just going to the mall and walking around, sometimes people watching, others just looking at cloths I probably wont buy. There are a few outdoor malls around the area as well that I will go and just enjoy the day.

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- I don't see these as something I have to fit in; I see them as something that breaks up the monotony of work and other obligations. Taking a walk is more important than vacuuming; spending time with family beats doing the dishes.
- Honestly, I don't do "lots of walking or other low-level exercise." I work out at most 30 minutes a day, always before dawn (and before the heat really sets in). But we have lots of stairs in our house that I go up and down continuously all day long, thanks to being a combination of fidgety and forgetful (gotta go back downstairs to get what I forgot). I use the "walking the dog" excuse to get outside for 5-minute walks throughout the day, though the dog usually sits in the shade on the porch and watches me go around the block from there. But I'm fortunate enough to work from my home office, so I can get up and move around (or stand up to work) whenever I feel like it.
- I never watch TV, I walk to and from work, I make time everyday to talk to someone I love.
- I have a dog that needs walking for 2 hours a day, and two small children. We have built a dog cart for my dog so that we can walk further than the kids can go, and carry home groceries on the way back from errand day now that it is Summer again.
- The easiest way for me is to get up and get out before the motivation goes away! The very first thing I do is invest the time into me. I used to sleep in and drag myself into the waking world! Since finding a walking buddy to sprint with 3 times a week (faster walking sprints since we are still novices) it's not only exercise but fun as we get to chat and solve the world's problems. Dodging wild geese also makes up feel like Grok since they love to chase us. I think we might dare soon to walk into the flock of goslings to really get some good exercise once we feel more confident that we can run when Daddy gander chases us! Safer than a saber tooth tiger at least!
- I evaluate my priorities honestly and make time for activities accordingly. If I don't make time for low-level exercise, play, relaxation, etc., my daily life suffers, as does my spirit, attitude, EVERYTHING. I wake up extra early in the morning to have some time to myself before the rest of the family wakes up when I can do yoga/meditate/relax. I found a way to make my work playful (teaching YogaDance - which is also good exercise for me). Oh, and having a dog makes the walking an easy task to accomplish!
- Luckily, living on a college campus means I walk to class, and pretty much everywhere else. I can take the long route!
- I'm a stay-at-home Mom so walking, low-level exercise, and play are already a big part of my day. I relax when my son is napping.
- I work 9+ hours a day, every day, week after week, and that of course does not include the (blessedly short) commute time. If I had to find the time for health, I'd find that there was none to spare. I MAKE the time. So that means sometimes I don't go out to dinner with a friend. Or that means, well, no dinner. But honestly, I rarely eat dinner anyway (trait I developed as an adult... thank you for making me no longer feel like

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a bad person for it!) Or it means that while the laundry is going, I jump around on my mini trampoline or do squats while my food is cooking away. I stay away from the computer as much as I can (hard!) when at home, and I cut the cable cord about a year ago. Less mindless entertainment to distract me from doing things to keep me well helps me make an amazing amount of time that I otherwise would have thought didn't exist because I just COULDN'T MISS (insert name of unimportant TV show here). Sometimes I'm only able to make the time for a hot bath before bed. Whatever, it's enough. I know with kids and spouses and whatnot it's harder, but the only way to find the time is to make your health the number 1 priority. No one else is going to do that for me but me.

- For us it is easiest to do it right when we get home from work around 5:30. About 30-45 minutes brisk walk around the lake and we're back home by 6:15 for whatever we have going on that night. We recently moved so that our commute was reduced from 40 minutes each way to 10 minutes each way. We finish our walk and are back home around the time we used to get home from work!
- First thing in the AM is my best advice! Weekdays get up at 5:30-6:00 AM to do weight lifting every other day, and/or static stretching. Weekends sleep later, but get exercise done in the morning. Walk 3 days per week, usually Wednesday PM, Saturday AM, & Sunday AM. A couple of nights a week I static stretch in front of the TV.
- Honestly, I wish I had more time to walk and do other low-level exercise. However, to get in my 2-5 hours a week, my husband and I take a 20-30 minute walk after dinner on most nights. It is our time to unwind with each other and talk about whatever is on our mind, and it beats sitting in front of the television (which is hard for us to do because we choose not to have cable).
- I make it a priority. I cut cable which has given me at least 3 hours back a night to do other things. How can you say no to a nice long walk with a nice breeze as the sun is going down? It gives me time to reflect on my day and clear my mind to prepare for sleeping.
- I walk from my apartment to school and have a standing desk at home which I use almost exclusively. I have no car, so anywhere I need to go is on foot (year round, I walk a total of 4 miles to the grocery store, every week!)
- I'm a stay-at-home mom, wife of a freelancer. I have to take care of a toddler while living in a studio apartment, while helping my husband write and edit for his clients, as well as carry my own writing projects like a blog, an article-writing gig, and creating a Primal recipe book for toddler-friendly food. It's not always possible to do something every day, so at times when I get the opportunity, I try to do more than "just enough." Activities with my son have to be opportunities for both of us to get exercise; walking, playing, climbing, whatever. If we're just at the playground I bend and move and squat and jump right along with him. Daytime dates with a friend aren't spent sitting and chatting, but chasing our kids through the park until they're tired enough to settle in the stroller, and then we walk and talk for a few hours while they rest. Strength training like push ups, squats, planks can be done in a minute or two while my son colors, or while

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I'm waiting for dinner to cook. And the times that I have no projects on the horizon and can escape for a "formal" walk for exercise purposes, I don't just settle with a 45 minute jaunt. If my son is still happy by the time we reach the house, we keep walking in the other direction for another few minutes, just because the timing is right. We don't make time by setting aside blocks of 30-60 minutes, instead we move on purpose and choose to keep moving instead of sitting down.

- I find it pretty easy to follow the Primal Workout Pyramid. I wake up at around 5:30 each morning and take my grandfather for a 45min-1 hour walk or light hike, which we both enjoy. I lift weights for strength 3 days a week (only doing compound movements) and I sprint barefoot once every 7-10 days. On Saturdays I usually go for a half day or shorter advanced hike sans grandfather. My boyfriend and I make time to walk 3-5 times a week. Because we are lucky enough to work at the same place, we eat lunch together and then go for a walk on a nice path by our office. We usually end up between 6,000-10,000 steps by the end of the day. We want to be in better shape to hike near our property, which is at an altitude of 10,000 feet.
- I think the best way I find is by trying to drive as little as possible I walk to the grocery store or to other places I will bike also. I think being as young as I am (24) I have an easier time relaxing and fitting everything into my schedule.
- I make it a point to just enjoy walking whenever and wherever possible! I walk to and from work every day, I walk my stairs (two at a time-6 floors) every single day when leaving and entering my condo building. I walk to do all my errands whenever possible (often with both arms fully loaded with groceries!). It isn't that hard for me really to have to "find the time" to do these things; I just have incorporated many of them into my everyday life that they have become natural and instinctive. It really is an enjoyable Primal feeling to get from point A to B by foot rather than by car, whenever possible. The small things really do add up!
- Since my energy levels have been up from transitioning to a Primal lifestyle, I am less tempted to fall on the couch after work and watch television until I go to sleep. That opened up a ton of free time I didn't know existed! Also, training Brazilian Jiu Jitsu is something that I am passionate about and naturally want to make more time for it. If you have something you are passionate about and have fun doing, you will automatically make time. In terms of doing more low-level exercise, I will purposely park far away when going to the store or work and I will take the stairs instead of the elevator whenever possible.
- I walk and bike for transportation instead of driving my car (this saves me \$60 a month on gas!). It takes more time, so I get up early and make sure I give myself enough time to get from point A to point B. It's not a matter of finding the time, but making it.
- About 4 days a week I do a morning walk/hike or an afternoon one on one of the days if I was lazy that morning. For lunch on an intermittent fast day I use my lunch to take a walk around downtown.
- I am a dockhand at the local marina year around. In the summers I am constantly walking back and forth from the fuel dock to the store, catching and moving boats, and finding new ways to acrobatically vault myself over the railings of our rental pontoons or walk along the railings of rental boats. Additionally, we

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walk the entire dock twice a shift and that is a little over two miles. In the winter it's freezing cold so I get a little thermogenesis action going while I'm outside, which can be most of a day when we are repairing docks or boats. The marina is a floating marina so the winches anchoring it to the lake bottom must be adjusted quite frequently when there is any significant amount of rain. Other than that I hike around the hilly campus of Morehead State University when classes are in session.

- It's not hard. If you want to do this and it's important to you, time is plentiful. At work, I walk during my lunch break. I walk our dog. I walk if I'm mowing the lawn or when I go shopping.
- I'm lucky. Trails and mountains are surrounding me. You just schedule time in your day like it's an appointment. Non-negotiable.
- I fit all my serious workouts into a short time period using high intensity workouts, so I have more time for walking, I also go somewhere beautiful so I don't get bored quite so quickly.
- Most of this for me happens on the weekends. Relaxation during the week is harder but often takes the form of sitting on the deck in the evening with a glass of wine, illuminated by our tiki-torches, watching bats flit by in the night sky.



QUESTION #8

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- It makes sufficient sense that along with empirical evidence I am convinced.
- I feel full but not uncomfortably full. Now, everytime I eat grains, I feel uncomfortably full and bloated. I did not realize that I didn't have to live that way all the time.
- The most attractive feature to me is the fact that my body readily responds to this lifestyle. I am a larger framed man and I find that the type of workouts I do and the type of foods I eat have kept me quite strong, agile and flexible for my size.
- Steak and eggs!
- The fact that it can make you feel like a brand new person. No more being sluggish and tired all the time, I LOVE having energy!
- While I have not completely attained it yet, I am looking forward to having more energy throughout the whole day (I have a ton of energy in the morning but still lose steam in late afternoons) and less aches and pains.
- Look good naked.
- Easy to follow, no calorie/carb counting.
- Not training too hard, enjoying my exercise more, stressing about it less.
- The Primal Blueprint works because it's not a diet. If I could un-invent a word, it would probably be diet! Rather it's a way to live that works. I can enjoy my life... for the rest of my life.
- Eating! I enjoy food and by eating Primal, I enjoy it more because I eat fresher now. No more "crap" food from large chain super markets.
- It isn't subsidized by legislation lobbied by meat producers. Can you say the same for other diets? Basically, if they have to pay the government to convince me something is a good idea, then it probably isn't a good idea. The truth is generally self-evident.
- My favorite part of the Primal Blueprint is that I find I am not thinking about food all the time. I have been on so many "diets" in past 20+ years. While on them, I thought about food all the time... it became obsessive. The Primal Blueprint is a way of life. It frees up my thought process so I can focus on important things.
- I feel that I do something real and helpful for my family.
- The common sense approach to health. It just makes sense and is easy to execute.
- It's easy! It wasn't at first, but I eat fruit, veg, meat, nuts, seeds, and natural fats. Over time, the process of "what to eat for dinner" has become increasingly simple and often it only takes me about 20 minutes to get something ready. So I guess I love how much time it saves!

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- It's basic and natural, no processed crap, just natural minimalist food, the way it's meant to be eaten, the way the universe provides it for us.
- Lower stress lifestyle: don't have to worry about what to eat in x amount of hours, don't have to exercise daily for at least an hour, playing outside, etc.
- Honestly I don't care what it is called (nor do I necessarily follow everything in the Blueprint) - the most attractive feature is the realization that a few lifestyle changes mean we live a more complete life. Once that realization sets in it becomes obvious that we can incorporate health into our lives without compartmentalizing so much. i.e. We don't need a gym membership if we change a few of the ways we do things.
- It's real-world realistic. I am not a fan of highly prescriptive, "one-size-fits-all" plans - the Primal concepts seem to be a good framework, however, everyone's body is unique and will respond differently. I appreciate the flexibility and "try-it" philosophy of PB. I am an adult - I don't need to be told what I have to do, but well informed guidance is always appreciated (do you detect a little bit of authority figure issues there?)
- There is no need to calorie count. I hate the obsessive mentality that I get when I start micromanaging my meals based on calories. Now, I just worry about WHERE my food comes from.
- One of the most attractive things is not having to count calories and watch portions and eating good fats.
- The bacon, the personalization, and the fact that it works are all pretty nice.
- That it's a spectrum with flexibility. Everyone is free to find the path that feels right to them and everyone can benefit from even adopting some of the aspects of Primal living. It isn't necessarily all or nothing and its definitely not black and white. It's completely lifted the rigidity I used to feel about diet and exercise.
- The most attractive feature of the Primal Blueprint is the result. I'm a 55 year old woman, learning that I had some old ideas about aging. I have never felt as vital, energized and just plain healthy as I do today, a year plus into this new way of life. I thank all my kind teachers for sharing their experience and enthusiasm for a more mindful way to live. I did not know it was possible to feel such physical pleasure, just from eating, sleeping and exercising right.
- The Primal Blueprint is customizable for anyone, any lifestyle. I love cheese and digest it well, greatly enjoy a glass of wine or a piece of chocolate- it is like Paleo but less strict. If you can't handle these things and feel great, you can be more strict about your diet. It's all about figuring out what works for you, in order to make you feel as best as you can.
- The simplicity and getting back to our ancestral routes. It makes me want to like in the real stone age, as a real cave-person. The 10 Primal laws make it easy to understand why Primal is the best lifestyle.
- Simplicity! I'm an avid minimalist and getting rid of just another complication in my life is a really good thing! There's really only a handful of foods that humans are primed and geared to consume, and fitting the simple human diet into my lifestyle really makes things a lot easier as I don't have to think about what foods

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I should eat and what I should not; after all my studying of going Primal, it's already imprinted in my mind what foods I naturally gravitate towards. It's also nice to not have to think about calories so much as I know with the foods I'm eating, it would be really hard to be at a surplus, unless I force it, but that wouldn't be very natural at all would it?

- The fact it works.
- The pure simplicity of it. you have taken a very complicated subject- total mental and physical health and broken it down to a basic level - even my 65 year old mother-in-law asks what would grok do?
- Bacon and eggs!
- The genetic and spiritual connection with our paleolithic ancestors, and feeling that it is so RIGHT which we had as we read your website for the first time.
- It's the way we were meant to eat. I have always been a from scratch kind of gal, and it continues to amaze me that people are surprised that you can make things at home, instead of buying them in the store. I remind them that people made all of this stuff before the industrial revolution. If it didn't grow from the ground, or have a mother, don't eat it!
- Just how healthy and free I feel to do anything. After only 4 months of what I consider to be a natural program. I eat all the eggs and meat I want and don't feel like I am doing something that is bad for me anymore. The results speak for themselves.
- I would say that after reading the book, the mindset that you (Mark) put me in wasn't a 'diet' mindset but a 'lifestyle' mindset. I have been on a lot of diets in my short (27 years) time on earth. The earliest thoughts I have about food are how many calories and fat was in a certain cookie (usually Snackwells) or tv dinner (usually Smart Ones or Lean Cuisine). My mother was always on some new diet and I was there right along with her trying to conform to the "skinny is healthy and attractive" mindset that all America seems to have but is so hard to attain in our society. I went on every diet she went on: the grapefruit diet, the cabbage soup diet (ICK! Especially for a 15 year old), Weight Watchers (which worked, until I got tired of counting points) and a whole lot of others that would work initially but like every other "diet", becomes impossible to follow for too long. I even adopted a vegetarian diet for nearly a year (being vegan for about 3 months of that year). After reading your book and going on the website, I was actually EXCITED about starting this journey. I knew that this was not a diet but something that I would be able to do day-in-day-out for the rest of my life.
- It is validation for the diet we have been evolving to for a couple of years through trial and error. The last step was eliminating the ancient grains we kept in our diet a few days per week. Debating the elimination of these is when we found MDA and finally went whole hog(pun intended). We have never felt better!
- The flexibility and sense of abundance compared to other Primal, very-low-carb, and ancestral health diets was what really drew me to the Primal Blueprint. I enjoy the positive attitude and the flexible approach to including modern foods, the acceptance of occasional "safe starches" like white rice and sweet potatoes,

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and the 80/20 principle, which takes away any potential guilt about “falling off the wagon.” I also enjoy the enthusiastic take on exercise, which helps me not feel like I have to suffer at the gym in order to build physical activities into my routine.

- What attracts me to the Primal Blueprint is that for years I have been thinking in terms of what early man did with respect to diet/exercise. I had made my own educated assumptions (many of which were incorrect) without any research. I'm fascinated with evolution and anthropology and the studies of those subjects directly informs the PB.
- Healthy living, feel healthier.
- The fact that it is not a diet but a new way of regarding nutrition. It isn't emotionally based (like vegetarianism) and it doesn't try to convince you of the unsaid paradigm going "if it tastes good, it is bad for you" its sensible, evolutionarily based and gives you more energy than any nutritional ideology in the field today.
- I would have to go with it's really simple to follow and it's a way of life not a diet. You don't have to count calories, you just eat and when you're not hungry you stop. If you're not hungry then you don't eat... You can follow this all your life. You don't even have to want to lose weight to follow this; you just have to want to be healthy. You eat real foods and it can be very easy to prepare a meal. You don't have to do all the fancy recipes if you don't have time for them. Also, I'm almost never hungry! Which is a big chance and a very nice feeling.
- Eating food that tastes good. Using more spices and being able to eat fatty cuts of meat are the most enjoyable part of this transformation. When I cheat, the food that I eat doesn't taste nearly as good as I remember it. Cheeses have become bland and silence flavors in the rest of the meal. Cheap bread kills the flavor of the food in a sandwich. My tastebuds have grown a ton.
- As Mark would say, I like to look good naked. And not to brag or anything, but I do. I'm 25 and in the prime of my life (pun intended?).
- The flexibility. Married to a vegan? A little quinoa won't kill you. Can't afford a gym membership? Some simple bodyweight exercises will work just as well. The Primal Blueprint is clear in its purpose, but adaptable and flexible enough to allow a large cross-section of folks to access it without feeling like a failure. Success is easy to come by.
- Simplicity. It just makes sense!
- Focusing on the staples of animal meat and veggies and knowing I can just eat until I'm full and feel good about what I'm eating is so easy!
- The simplicity of it. Eat natural foods that are compatible with our bodies, move around a lot, sometimes very intensely, relax, and have fun!
- It is the easiest diet to follow. The food is great. You aren't counting anything. The results are amazing.

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- MEAT! I love the fact that I can eat meat and fat. Of everyone I know who is “dieting”, I am simply the happiest. I get to eat things that I love – and as much of them as I desire. Who knew “dieting” could be so great?
- The Primal Blueprint encourages optimal nutrition but does not force it down people's throats. Living Primally means weighing out the options of doing one activity versus another based on the scientific evidence and cost vs benefit analysis.
- I like that it doesn't leave a lot of room for excuses (you could live in a closet and still do push-ups) but that it also encourages listening to and taking care of your body. So often people will ignore what the body is telling them to achieve what society expects of them. We lose sight of the fact that we are human and Primal reminds of this fact and makes it okay to act human, nay, demands it! I feel in control and balanced following Primal and not just from the food and exercise but from knowing when to take a break, learning to say no, and remembering that it is ok to take a nap and that I deserve to get outside and get some sun. It is also okay to look like a fruit-cake (Vibrams, frequenting farmers markets, reading Pollan and Taubes while stationary cycling at the gym in the middle of winter) as long as you're doing good things for yourself and your body.
- The thing that got me hooked on Primal Blueprint and Mark's Daily Apple is just how well it fit with what we were already doing on a whole foods/organic/local/pastured/Weston Price type diet, but really simplified things. I also heard about it frequently from the other internet places that fit with the way we live, parenting sites like mothering.com and politics/economics from lewrockwell.com (Primal living fits so well with attachment parenting, cloth diapering/elimination communication, homeschooling, etc. and we like having the freedom to live this way!)
- It's an active healthy lifestyle. I love how it focuses on the good things in life, and is not forbidding and restrictive like CW dieting.
- It just struck a chord and I love it and that was even though I was happy with my diet/lifestyle and not looking for any change - I just happened to read an article which made me spend Easter weekend reading (and finding Mark's Daily Apple) and that was that.
- I love the whole lifestyle. It fills me with energy and delicious food. I'm a foodie.
- Eating the way that seems natural!
- I can really eat as much as I want of really delicious food and it'll keep my body fueled up and running like a handsome machine. That is obvious. What may not be obvious is how much of the rest of my life is affected by the Primal Blueprint. I feel better, I move better, I act better, and I am way more in tune with the things I need to feel great or get things done. My mind isn't foggy, it's alive and buzzing with activity. I like that feeling.
- The lack of guilt. Truly, living Primal isn't about achieving that goal weight or hitting that calorie count or eating an 8-year-old's portion at each meal (and if you don't OMGTHEDIETMONSTERSWILLEATY-

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OURBRAINANDTAKEAWAYYOURBIRTHDAY). I get to eat the best food on the planet, move well, and not only look better, but feel better. So riddle me this, bat(wo)man: Eating animal fats. I love it.

- That DARPA have the same thinking, they were investigating sled dogs some years ago to find out how to dramatically increase endurance, and these dogs live off 60%+ fat. So if the world's largest military science department thinks a low insulin producing way to eat is worth investing in, it's probably at good bet!
- The simplicity of the meals and the wonderful flavor, colors of my meals.
- The whole lifestyle approach. While eating Paleo will make anyone healthier, I find the philosophy of the Primal Blueprint diet to be the most beneficial aspect. It has helped me have a more positive outlook, spend more time in nature, get better sleep, work harder on my relationships with friends and family and so much more.
- It feels right. It isn't about measuring, counting, etc. It is something that I can just DO.
- Never having to count calories, just eating to your full and not eating again till you are hungry is the best. I am not stressed out any more about how much I am eating. Now, I know everything I am eating is good for me and so eating isn't a stress factor. I can eat without worrying what the food is doing to me or how many calories I need to burn off. It's so simple, so natural, so perfect, just like eating and life should be when you do it right, Grok style.
- I never feel like I'm depriving myself of anything, and am happier, healthier, and more energetic.
- Simplicity
- I feel good, my stomach doesn't hurt as much anymore, and it just feels right - eating fresh foods & eating what is put on this earth for us to enjoy just seems right. I love never buying packaged crap... just looking at it makes me queasy.
- The most attractive feature of the Primal Blueprint to me is how good I feel, but just behind that is how much I like eating as part of this plan. I've always preferred the entree' to desert so a plan that just lets you eat good, hearty meals was right up my ally. Also, I've never much cared for vegetables but I am now eating more than I ever have in my life, including sockeye salmon salads, complete with kale, for lunch. I never thought this would be me.
- Mark's no-nonsense, chill approach to the whole thing. I love that it's not dogmatic, and most of the insight is based on joy and living well.
- The Primal Blueprint isn't restrictive by any means. In fact, I would argue that I'm more creative than ever. When the easy, convenient go-to's like pasta or frozen oven pizza aren't an option, you're forced to consider other ways to prepare delicious meals. I never would have considered using a julienne peeler to make spaghetti-like strands from zucchini or using coconut milk as the cream base for cream of broccoli with chicken soup. Not only have I stretched my culinary vocabulary and kitchen savvy, I get to eat food that

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tastes good and is good for me- it's a win across the boards.

- It works without being really rigid.
- Makes you feel like a man. Eat meat, lift heavy things, have frequent sex, go barefoot and wear small amounts of clothes outside. How can that not be attractive to any young man (28) like myself??
- Knowing I can be perfectly fit without jogging!! I don't mind going for a long walk or even sprinting, but I cannot stand the mind-numbing repetition of jogging.
- I think the Primal Blueprint is very easy for people to understand. I read all of the stuff that you have written, along with everything from Robb and developed the foods that I like to eat and stuck with it. Now if I do ever deviate from strict Primal or Paleo, my body knows the food is bad and deals with it.
- The concept that you don't need to be a workout "nazi" to achieve ideal body composition. I have worked my ass off in the past to achieve that "perfect" body at the expense of much-needed free time, play time, and relaxation. While I strive on challenges and continually work hard to look and feel better, the process is far simpler when you adhere to a Primal lifestyle and don't have all those grains weighing you down and bloating you up.
- I can still eat the foods I have always enjoyed but used to exclude from my diet when I was mis-informed (i.e. less red meat and saturated fat and more whole grains/fiber).
- I had tried several diets and weightloss supplements in the past with no success. I kept making progress for a short while and then losing out to hunger. The Primal Blueprint is the first time I've ever been able to stick to a program and have continued success. The scientific evidence presented in the books resonates and makes perfect sense to me and I'm a firm believer that I'm eating and drinking now like I've always been supposed to.
- I particularly love the emphasis on sustainable food, not because of the environment or feelings, but because it's healthy for you, your offspring,... and the planet. It also makes Primal easier to understand. I should mention that my mother is having a harder time with implementation. I have to field questions all the time. she even recently bought the?? day challenge book for her nook. The workout ebook was a perfect supplement to the Primal Blueprint.
- How quickly you can change the way you look feel and perform, with what feels to me like almost no effort.
- Not being starving all the time.
- Not having to spend 4 hours a day in a gym! Primal is so much more "elegant". The eating is simple...the exercise is simple... it makes for a more realistic life.
- Simplicity, and it makes sense. I truly believe the best way to eat is with the least amount of human intervention between the source to the plate. I know meats have to be killed, butchered, and cooked. I still cook

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my veggies, some I eat raw (like thinny shaved orange bell peppers, its very much like pickled ginger for me in texture and so refreshing on a plate), but no boxed foods, or no breads, pastas. I love to cook, so that halps alot, but I feel better when I eat fresher. Being an engineer, we like to say, "KISS- Keep it simple stupid"

- My favorite part of the Primal Blueprint is the boundless energy. But, my favorite part of being Primal is the online community.
- I think PB's most attractive feature for me is that it's a lifestyle, and not some phased diet that just lets you eventually fall back to old habits. PB has changed the way I eat, the way I feel, the way I move, and it feels like it would be completely easy and natural to live this way for the rest of my life. It's really liberating. I used to be quite obsessive-compulsive about measuring the tiniest details of my diet and fitness – taking body measurements, stepping on the scale multiple times a day to make sure I'm on-track, sitting down at FitDay first thing in the morning to predetermine my daily caloric / fat / carb / fiber / protein intake and the amount of exercise I'd have to do to balance it all out, making sure I eat at the right times so I don't get out-of-control hungry. Now I'm finding that as long as I cover the bases of fat – protein – plant at every meal and only eat when I'm actually hungry, I'm maintaining my weight easily and reshuffling my body composition to lower body fat / higher muscle mass – and I don't have to worry about not having access to a tape measure, my bathroom scale, my food scale, or FitDay all the time. I'm still weaning myself from addiction to numbers (I'm a mathematician by trade), but it's really freeing to know I can stay healthy without counting everything all the time. Of course, the worst feature of PB is that my clothes keep getting too big for me and need tailoring or replacing all the time. But that's a happy problem! (:
- The freedom and happiness.
- How simple it is. It just makes sense.
- Meat meat and more meat! Ok - lots of veggies & fruit/nuts too, but I feel so much better eating lots of meat! I am starting to eye up the squirrel population in my neck of the woods.
- The relative ease at which you can receive drastic changes in your life
- To me, the most attractive feature of the Primal Blueprint is its simplicity. You're not counting Points or calories or grams of anything (unless you want to). You're not spending hours in a gym or having to amass loads of special exercise equipment. You're not buying crazy foods and oodles of supplements. The "rules" are few and not so complicated that you're likely to forget them. Anyone can do this.
- The fact that it's okay to not always be perfect, and that it acknowledges that fact. Pretty cool.
- It's not a one-size-fits all thing. Also it introduced me to the whole concept of not having to go to the gym everyday, which is something I will always be eternally grateful for.
- It makes sense! Perfect, logical sense.
- The food is filling! And delicious :) But, in regards to being filling -- whenever I used to try to each

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low-fat, or count calories to be under 1,500, I was ALWAY^S HUNGRY. Constantly thinking about food and what I could eat next and when. Now that I eat delicious, filling foods, my mind has space to do other things. When I used to try to lose weight it consumed my mind space. Nowadays the only things on my mind about food are making sure we have groceries and foods prepared for quick snacks and meals. No more constant hunger thoughts.

- That I am 5 pounds lighter than the "best" weight I had to struggle-restrict-deprive to maintain when I was eating grains. Thus, there are THREE attractive features in that revelation: 1) no more deprivation dieting 2) easy weight loss 3) easy weight maintenance.
- The most attractive feature of the Primal Blueprint is that eating this way does not have to be difficult. There are so many delicious recipes which fit into Primal eating. Another important thing I have learned is how much variety there is when you actually look for it. There are some vegetables at the store that I never have bought – Following the Primal Blueprint made me want to experiment with whatever produce I can get my hands on.
- Less exercise. I found myself struggling to be motivated to exercise. I'd force myself to run 3 miles and lift weights daily. This not only took time from the fun things I wanted to do, like paint and read, but it also took a toll on my body. I developed arthritis in my knee and got shin splints. I grew to hate jogging or whatever chronic cardio activity I chose for the day. The Primal Blueprint opened my eyes to the Workouts of the Day (WOD) which takes less time, accomplishes more for my strength/conditioning and leaves my body healthy and happy.
- At it's simplest, it is incredibly easy to accomplish. I recommend it to friends and family very often, sparing them the specifics until they become legitimately interested. "Eat meat, veggies, fruit. Avoid any bread or beans. Only drink water, tea or coffee. No processed foods or additives. Yeah, it's that simple, call me if you have questions." (and then they get WAY more info than they even knew they wanted)
- At first, it was permission to eat fat. I have had a love affair with fat since I was a kid, and avoided it like the plague after putting on baby weight. Now... wait, it's still having the go-ahead to eat fat, only now I know so many more delicious and healthy sources of it. And let's be honest: there's a bit of delicious snob-factor that comes with saying things like, "Oh, we don't eat _____" I try to downplay it but it is somewhat a source of pride to be different and thriving.
- I really enjoy the freedom. Freedom from food and thinking you need to eat every couple hours or your body will go into starvation mode and start eating it's muscle. Freedom from long cardio workouts to burn off calories you wouldn't eat if you followed a Primal diet. Working out for me has become performance related and no longer about reducing bodyfat because my diet takes care of that. I train for strength, speed, power, flexibility, and cardiovascular health.
- To me the most attractive feature is 'looking good naked'... as superficial as that sounds that is what lead me to Primal Living and all the 'feeling better' stuff is icing on the cake... although I came for the visual

QUESTION #8

What is the most attractive feature of the Primal Blueprint to you?

appeal I definitely stay for feeling better... still... I want to be sexy.

- BACON!!!!!!! No seriously I think the most attractive feature to me was after reading the book it just clicked. I have always hated the way the media forces fad diets and sways statistics to make their point and it just seemed like Primal Blueprint was not about that.
- The reality that this is a lifestyle I can enjoy for the rest of my life that is not only effective and easy to maintain but also fun and extremely rewarding on so many levels! From eating delicious food to looking and feeling great all the time. It's completely sustainable for the rest of my life; which is the X factor to me!
- The most attractive feature of the Primal Blueprint to me is it's simplicity. It truly becomes a lifestyle rather than a strict plan that you obsess over and have to keep track of. The food tastes great with lots of flavour and all the laws make sense so that it is easy to follow if you understand the fundamental idea. No more calorie counting and weighing myself every day and making sure I schedule in enough workouts to make up for the cake I ate at lunch. Instead, I eat REAL food, enjoy playing, and if some cake sneaks by, I remember why I stopped eating this kind of food when I start having a stomach ache and carb crash!
- The lack of counting. I never count carbs or calories or anything else, despite the urge that I still get sometimes to keep track of everything that goes into my mouth.
- The most attractive feature for me is the consistent health and overall well being the Blueprint provides. I also enjoy how this is accomplished through such simple and Primal means, and how natural it feels.
- It's simplicity. No counting, no weighing, no tracking, no spreadsheets, no pills, no need to read labels since you aren't buying crap and there is a ton of information available.
- All of the support provided by the website. It's very accessible.
- General health and well being, I also am a complete wimp when it comes to getting a cold and I have only had maybe 1 in 2 years of being Primal, I used to have loads!



QUESTION #9

What does 80/20 mean to you?

QUESTION #9

What does 80/20 mean to you?

- It means do the best you can. 80/20 is just to get buy-in which is the single most critical factor.
- The 20% allows me to participate in social functions without making a spectacle of myself. I save up my non-Primal meals for birthday parties and dinners with friends.
- The 80/20 principle has helped me achieve much success in this program. It kept me from freaking out if I had an off day or if I couldn't find a suitable grass fed option for a meal. It has also pushed me to learn as much as possible about where my food comes from to allow for more of the 80 and less of the 20.
- Doing what you "should do" the majority of the time, but being flexible enough to allow yourself a non-guilt-inducing splurge occasionally.
- 80/20 means eating full Primal/Paleo while home with cooking at home but if I go out and cannot avoid eating something not Primal I'll eat it. (Those fried Oreos on the boardwalk at Seaside were delicious)
- What does 80/20 mean to you? So far, I am trying to be closer to 100-0 since I am less than a month in. After I am at my target body weight, then I will probably slowly re-introduce some indulgences on a very rare basis and small quantities (date nights with my wife and family celebrations for birthdays, etc.)
- The most important things it means to me is this: DON'T STRESS!
- 80/20 means I don't have to give up the non-Primal foods I still enjoy.
- To me 80/20 removes the need to be perfect. Who wants to be perfect anyway, you can't do it. I admittedly don't cheat much, but taking a little cream in my coffee or the occasional indulgence during a meal to appease a host won't wreck my plans. I know that it's what I'm doing every day that helps me instead of worrying about what I do once every blue moon.
- Means eating Primal every chance I can, but not feeling guilty if there is a time I have to grab a pre-made protein drink or go to a friend's or family's house to eat.
- Strive for 100%, but don't worry if you slip up. Keep trying for 100%.
- 80/20 means that when I go out to eat I don't have to worry about what is being offered, weather I am at a restaurant or someone's home. I can make the best choice with options available.
- For me it means that I can use a bit of sugar in a sauce when it is really needed, or use a bit of soy sauce. Those are two condiments that cannot be replicated well with the Primal means and I get my 20% by using it. I also eat canned fish, and when I do not have time use packed chicken broth that does have trace glutens even in the organic versions. I try to make my own, but I am sometimes strapped for time!
- Not much. I stick to Primal as much as possible but do allow cheats in terms of gluten free treats every now and again. I don't ever want to get too caught up in perfection and just want to live my life and enjoy it! 80/20 doesn't mean much if the 20% you are cheating with is gluten-filled. That could wreck the results of the 80%. I do not want any percentage of my diet to be junk or gluten - it's just not worth it. It's taken me too

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long to get healthy. However, I can see how those just starting their journey may need this approach in order to acclimate to a different kind of life and to ease into it. Hopefully if they feel good enough on the 80% they'll naturally want to keep it up and eliminate the 20%!

- Sometimes I'm tired and dinner just isn't going to happen, so we order out or go out and I might not eat on plan. This happens every few weeks. Sushi counts in my 80%, but the occasional fast food burger (and by occasional, I mean once every few months) definitely falls in the 20%. My 20% is probably more like 12% as refined sugar has a lot of negative effects for me (yeast infections, primarily), so it's by necessity that I'm strict.
- It means when I go to family get-together or public function I don't stress about what is available for me to eat. I eat as Primally as possible but I will eat a piece of birthday cake or lasagna without any qualms.
- If I had to go out to eat with friends, and I know my food is going to be cooked in industrial oils or have gluten sneaked in somehow. I also consider my indulgences of red wine, cheese, and chocolate as part of the 20% as well, and try to limit those to once a week at most.
- To me it means that when my dad comes over I can have a beer with him or when I go out to eat I don't stress too much about the salad dressing or cheese on the salad.
- Not really a follower of the 80/20 philosophy. Through trial and error, using the PB framework, I have found (am still finding) what works for me. It truly is a lifestyle, so I guess I would say I have 100% adherence to the lifestyle choices I am currently making, while always tweaking/testing to find out what results come from changing this or that.
- For me, the 20 percent is eating foods that are still Primal but not cooked by me. I don't see grains or soy or legumes as sources enjoyment anymore because I can eat delicious Primal fare that TASTES like a cheat.
- I do Primal 80% and not 20% but I would say its more like 90/10 for me.
- 80/20 means that while diet and exercise are extremely important to me, they are not the only tennents of my life. Sometimes, I want to eat pizza. Sometimes I want a bun on my burger. Eating decidedly non-Primal foods every once in a while won't kill me, make me fat, or make me less of an athlete. Life is too short to not indulge on occasion.
- When eating at home and buying groceries I'm fully Primal (in the context that works for my body). When out with friends which occurs maybe 2 times a week I still strive to eat fully Primal but might not question what oil something is cooked in. Or I'll choose not to fret over a small amount of sugar in a marinade or sauce at a restaurant. This keeps me sane and keeps the lifestyle manageable so I can still be social and not be uptight about being strict with my diet.
- 80/20 means being relaxed about the approach to my diet. I try to make the best decisions possible, but if I'm out at a restaurant, I'm not going to grill the waiter on the type of oil they use to cook or skip the steak

QUESTION #9

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because it's corn-fed. It's next to impossible to eat perfectly 100% of the time while still living and enjoying your life. Sometimes it's more important to be happy and stress-free than to work yourself up over the details. And if every once in a while you want a little ice cream, then so be it...

- For me it's chewing gum from time to time for concentration and freshness, as well as the once a week 85% dark chocolate with soy lectin.
- Personally, 80/20 means "Balance", not 50/50. 80% of my time is focused on proper nutrition, while 20% is for physical activity. 20% for "work", and 80% for play/relaxation. Balance is very important as you'd go insane putting all of your energy into one thing and sticking to it. Also, sorry to say, but I'm not a 100% Primal Enthusiast. 80% of my diet and lifestyle consists of being Primal, but 20% also consists of trying foods that aren't Primal, having some alcohol, or just taking some time to be lazy. If I went all in to be Primal, I probably wouldn't stick to it. So I think having this kind of balance is important for me. I know that many would argue I should be 100% Primal, but to me, that 20% of little pleasures is okay, as long as I'm not being a glutton about it. I also think this is a good start for beginners too.
- Wine every night and the occasional small dessert (usually chocolate or something ultra-rich) or open-faced sandwich. I couldn't live any other way, but I have to keep a careful eye, because it can easily start drifting (70/30...60/40....etc).
- When my wife cooks pasta I eat it.
- 80/20 means that at home we follow Primal living, but if we go out to a restaurant, or our on vacation, we don't stress the little things. however we have found that the longer you are Primal, the less we dip into the 20% category. you feel so much better physically and mentally that it just isn't worth it to feel like crap to have that dessert. we own a gourmet ice cream business that wholesales ice cream to restaurants in colorado and new mexico. had it prior to becoming Primal- however since going Primal the urge to scarf tons of ice cream has vanished. it keeps my palate cleaner when making new flavors for chefs, since it isn't always saturated with sugar, like most americans.
- Not alot. Haven't touched bread for 2+ months. Very occasionally have fries when eating out but I find theres just too much and I feel bloated and grumpy afterwards. Will have sweet potato and vegetable crisps if I have the craving I've become accustomed to for the past 25 years!
- Paleo eating / exercise - play sleep - state of mind, etc.
- It means that I fuel my body with whole nutritious food for the most part, but I don't beat myself up if I eat a few homemade cookies or cakes because I am PMSing.
- To be honest I had to look it up again. But for me, it really speaks for how I live my Primal life. I live Primal 95% of the time with an occasional pizza or ice cream with the family. Having the hectic life with 2 little girls and their activities I have to make concessions. Plus I do like my pizza and ice cream. My body just handles those indiscretions better than it used to.

QUESTION #9

What does 80/20 mean to you?

- I love this rule! I have been on so many other diets and just felt horrible when I "fell off the wagon" and would just throw my hands up in the air and say "Screw it!" But with the 80/20 mindset, I know that even if I give in and have a slice (or 3) of pizza or a few drinks with my friends, I enjoy every single minute of it and the next time I sit down to eat, I know I'm going to be back with my LIFESTYLE of eating Primal. The 20% that I give into temptation has no ill effect on how I feel about myself physically or mentally. I can keep on going on with this Primal LIFESTYLE that I have adopted without covering my face in shame that I have cheated on a diet.
- 80/20 is how my wife follows the PB. She likes to cheat a little on the weekends. I am of the mind of once a month cheats. 80/20 allows me to not get too preachy with my wife (although she might disagree).
- Eat Primal as much as you can, you will fall off the wagon every once in awhile. I have several times. But just find a way to get back on the wagon. No reason to fret about it, just move on.
- 80/20 to me means continuing to embrace the goal of eating Primally but not worrying too much when modern life gets in the way. When I eat out with friends, I might have a falafel with hummus or some white rice to go with the stir fry, but if there's a more Primal option, I'll generally opt for that.
- It is a reminder of how counter-productive stress is. I strive to be 100%, but when I miss that I do not beat myself up about it. I used to stress about missing a workout and would try to squeeze in a make-up. Now I find some positive in missing a workout and don't drive my cortisol levels through the roof by stressing. Same for food.
- It means the possibility of occasionally indulging in a bar of dark chocolate, home made ice cream or wine.
- To me, it means I can follow Primal 80% and cheat for 20%. I don't always follow this rule but there are weeks that I need a cheat meal (not the whole day, just a meal) for me to be able to continue eating the right way. But I've gone months without a single cheat meal and I was fine. It depends of my mood. I permit myself 1 cheat meal a week but it doesn't always happen.
- My pantry doesn't really have much food in it that is not Primal. My "20" consists mainly of parties and get togethers that I don't have the opportunity to cook for. I've hosted a few get togethers instead of going out for dinner with friends, but that's not possible all the time.
- I honestly don't really follow the rule really closely. The majority of the foods I eat are Primal, but if I go out with some friends, I might have a few beers or find myself indulging in something that I know is terrible for me. With my age and activity level, I think I can spare a few "cheats" every now and again. I don't go crazy with anything, but I try not to limit myself too much. Initially, I was honestly scared to eat certain foods again. I would avoid so many foods as if they would kill me right then and there. I have lightened up a little bit and feel that I maintain a good balance when it comes to diet. I know how my body responds to what I eat, and I either prepare accordingly or suffer the consequences.
- I see the 80/20 principle at work every day. I've seen how sticking to the plan 80% of the time gets real

QUESTION #9

What does 80/20 mean to you?

results. I've witnessed how cutting out grain only and leaving in dairy (which might be like cutting out 20% of my old diet) still gets me 80% of the way to where I want to be.

- It means I can have chocolate and the occasional gelato and be totally fine with it. It means I cannot be a crazy food nazi w/ the kids and let them make their own choices at parties (though they now mostly choose to eat Primal, to avoid digestive upset). It means I'm not living a historical re-enactment but rather adapting an ideal way of living to my modern day life, w/o making myself crazy!
- It means STOP STRESSING! A little cheat here or there isn't going to totally derail anything; it isn't going to send me into a Lucky Charms with chocolate milk binge.
- To me, it means do the best you can for your health at all times... but don't stress when everything is not totally optimal. For example, if you simply cannot afford grass-fed beef and pastured pork/poultry, do not stress about eating conventionally-raised meat. The stress will
- Likely do more harm than eating the meat. Being happy and relaxed plays as large a role in your overall well-being as eating the right foods.
- We live in a modern world and non Primal food is all around us. The 20% does not mean "cheat" in my Primal dictionary. It means enjoy things you really want to enjoy...but in moderation. After a few months you won't even be craving your old 20% foods. I used to crave cereal like crazy. And Doritos! I haven't thought about those foods in a long time. Now I will crave a scoop of peanut butter or sushi with rice. The key is to understand why you are eating a Primal diet. It is to feel great and be healthy inside and out. Once you get that the 20% foods will go away because you know they won't lead you to the feel great goal.
- 20% of the time I allow myself to make choices that aren't 100% Primal, whether this is in the form of cheese on my omelet on the weekend, dark chocolate indulgences, or an occasional treat of ice cream.
- 80/20 keeps me from teetering off the edge of insanity by trying to control every detail of what is going in my mouth, but it also gives me comfort in knowing if I stray for one night, I still plan to eat Primally the whole week.
- I actually tend to be stricter than 80/20 the majority of the time because my body starts rebelling if I don't stay quite strict. But, to me, 80/20 means that if I slip off the wagon one day - I'm going to be ok. I don't have to feel guilty or punish myself in anyway - I just need to brush myself off and try again at the next meal. So, if I were to overeat on accident, it wouldn't make me crazy like it used to. Also, I use 80/20 to fit in indulgences like dark chocolate (I've actually moved on to pure, baking chocolate), nut butters, and sometimes things that are a little too sweet for me on holidays. Also, I live in the Midwest and autumn here is just amazing - and so is the seasonal food! I feel like I have to have a slice of pie...or two...or too many during the season but when I keep my head straight, I know that because of 80/20, this one slice of pie isn't going to turn me into a typical American, or destroy my health.
- The 80/20 helps me to enjoy life and stay more consistent. For me, it means that if I eat well at home

QUESTION #9

What does 80/20 mean to you?

all week, I don't have to feel any guilt when I eat with other people from time to time. I like that freedom. Otherwise I make myself miserable trying to keep with good habits and eventually fail and give up and feel depressed about it. Just because I got a Frappuccino with a friend doesn't mean I've ruined my diet and have to give up, I can just get back to normal afterwards.

- 80/20 for me is the concept that not everything that's bad for you, is actually bad for you. If that makes any sense. I know that certain things I eat or do isn't particularly healthy for me, physically. But the positive effects and mental well-being those things can give me far outweighs the negatives.
- I understand that it's better to be Primal 80% of the time than 0%, however having read all that I have now read, I cannot understand why anyone would want to "cheat". Why would you want to put anything with gluten particularly in your mouth. The only cheating I shall do is when we are invited to someone's else and there may not be a choice.
- 80/20, 70/30, 90/10... It's not that big a deal. I try to eat, train and rest and create room to enjoy my carbohydrates. I love ice cream, chocolate, sourdough bread etc. And if I don't eat them all the time they taste much better when I do.
- I explain this to others a lot. We eat Primally when it's feasible, and don't stress about it when we don't or can't. 100% of anything doesn't seem healthy, it's just too strict and when we need some personal enjoyment from a cookie, malted milk ball, biscuit, or a slice of pizza every now and then, we should do it without guilt.
- What does 80/20 mean to you?
- 80/20 is the difference between a fad diet and a complete lifestyle change. 80/20 means with a couple beers here and there, a piece of pie or some cookies at a holiday party, a big hamburger on a white bun at a summer barbeque, I'm still going to continue living a Primal lifestyle, NOT one of reward/punishment. I'm not rewarding my Primal lifestyle with gluten and sugar- I'm being the natural social animal that humans are and I'm engaging in our social gatherings (that happen to include gluten and sugar). But the next day, I wake up and exercise or walk or run or play and I'm still a Primal man.
- It means that I do not have to be perfect. I strive to do the best I can, but if I slip up and have an extra helping or two of dark chocolate.. oh well. An extra glass of wine? Just living a little. Skipped a workout to hang in the pool? Just getting my vitamin D. No need to stress over it so long as it doesn't get out of control.
- 80/20 is the death of the dietmonster I mentioned earlier. There's no more guilt. If my grocery store is having a rocking sale on non-organic green peppers... it's still okay if I get them. If I really, really want three squares of 85% chocolate instead of one, I eat them. When and if the day comes that I want to eat half that bar... well I'm sure I'll get a stomach ache and that actually doesn't sound great, but so what? It isn't the end of the world, and it certainly is not the end of my control over my health. 80/20 does not mean that 80% of my diet is Primal. It is much, much more than that. It means that "slip ups" aren't "slip ups" – they're just a tiny part of this awesome cycle of health that the PB has led me to.

QUESTION #9

What does 80/20 mean to you?

- I try to use the Pareto principle in every aspect of my life, from work to health. In health this means HIIT training and simplicity. I don't need fancy meals. I just want a chicken breast and a salad.
- The minimum. It should be the point where you say to yourself 'really? I've only managed to do this 8 out of 10 times this week?' and look again to see if you can improve next week; as the closer to that 100 you get, the better health you'll enjoy anyway.
- 80% Primal 20% wouldn't say SAD, but cheat times.
- It means that even though I eat clean almost all of the time, if I do make a decision that isn't as clean, I don't have to feel guilty about it. For example, this past weekend I ate a salmon dish that included hummus - those were the first legumes I have had since going Primal but I didn't feel anxiety or guilt, just enjoyed dinner with family and friends.
- Do that best that you can 100% of the time and know that if you aim for this you will always be in the 80% compliance range. Or....an occational scope of full fat ice-cream :)
- It meant my assumption that losing weight was mostly what you ate was correct. I was thinking it was like 95% what you ate. Luckily its 80%, allowing room for mistakes and knowing being perfect isn't an option. We are all human and perfection is a bad goal. I know now the eating part is the most important part, not working out. The 80/20 helps me focus on what is important and lets me know I cannot be perfect, and that it is okay to make mistakes. I just have to remember to pick myself up again.
- I don't worry if I have something which might be off of the diet. Cravings are rare, but if I have a few fries while out with friends, I don't beat myself up over it.
- To me it means that sometimes we all want something that isn't necessarily Primal... like a cheesecake, or macaroni and cheese, or a Coke. This says to eat Primally 80% of the time, and do what you want with the other 20%. I tend to stick to a 90/10... or even a 95/5. I really like chocolate chip cookies and brownies, so I don't know if I will ever be 100%. ;)
- 80/20 means I can still enjoy a good beer as long as that's part of my "20". It means that I can enjoy a piece of pizza every now and then without flogging myself in penance for cheating on the sacred diet. It's great to have a rough guideline and be told "do the best you can. Don't let it drive you nuts". If I have more of my "20" than I should in a couple of days I increase my exercise and try to be extra good for a few days following. It's incredibly freeing.
- 80/20 is the perfect setup for handling unexpected situations gracefully. We are 100% compliant at home, but don't want to be so rigid that we can't enjoy a restaurant meal in France that may not be perfectly "Primal." Same goes for birthday parties and things like that for my daughter. Eating should not be filled with rules, and we want to be able to embrace the wonderful experiences that come our way without thinking, "but is it OK?!"

QUESTION #9

What does 80/20 mean to you?

- I use 80/20 to not get stressed if I eat poorly while travelling, or if I miss exercises because of work.
- The leniency of 80/20 is what makes staying Primal feasible for me. I don't respond well to rigidity and knowing that there is room to wiggle keeps it realistic for me. As a 20-something, I know that these are going to be some of the best years of my life. I don't want to miss out spending time with my peers by being in bed by 10 PM every night and forgoing the shot (or six) of who-knows-what at the bar. It doesn't mean I'm frequenting the local watering holes every weekend, but it reinforces the fact that when I do decide to have a crazy night out on the town, I don't have to feel guilty about my choices.
- It has changed from what it meant at first. At first I would eat anything for a cheap meal. Now a cheap meal is much more Paleo - Primal than before.
- It means that you can have spaghetti once a week :) To me it pushes me to work hard and stay vigilant throughout the week so on Saturday morning I get to have my 2 pancakes with peanut butter and maple syrup along side orange juice, eggs and sausage. It's only Tuesday...
- It means doing the best you can all the time, but not sweating the small stuff. Being able to go out to eat without worrying that might be a bit of something not perfectly Primal that made it into the dish. It means sanity.
- 80/20 means putting in 20% of the effort to obtain 80% of the results. I used to be a lifting fiend and thought I needed to lift 6 days a week for maximum results. 80/20 tells me differently. I don't think 80% works well with diet. 5-10 % deviation from the diet is more tolerable in my mind. If you cheat 20% of your meals you are doing more harm than good.
- It means I am extremely diligent throughout the workweek, when there tend to be no surprises in my schedule and no non-Primal friends/family to throw me off-guard with a happy hour or group dinner. It means that I don't feel (tooooo) guilty about the occasional burger on the grill on a Sunday afternoon (it's just not the same unless you can pick it up!), because I know I'll go right back to Primal on Monday morning.
- It means "sustainability." There are certain foods and drinks that I could never give up (i.e. BBQ, Mexican, craft beers, and whiskey). Knowing that I can break the rules every-so-often makes having these food/drinks more enjoyable.
- 80/20 is a nice way to limit the guilt I feel if I fall off the wagon for a minute or two. I would only caution people to push to be as close to 100% Primal as possible. I find if I aim for 100% I end up about 90/10 and if I aim for 80/20 I end up 70/30 or worse. Always push to be the best you can.
- I still drink beer on occasion. ice cream will find its way into my bowl infrequently. if I don't feel like going to the gym, fine. it's a great way of keeping stress to a minimum by relieving the anxiety.
- 80/20 simply reminds me that there is no such thing as perfect. Do my best, every day, and strive to live 80 percent peaceful, mindful, healthfully, and energetically.

QUESTION #9

What does 80/20 mean to you?

- If I am over at someone's house for a meal, I will eat the meat and vegetables, whether or not they are cooked in a non-optimal oil. I'll have a bit or two of dessert if I would otherwise offend them. Once you know how good you can feel eating this way, I generally don't want to stray from meat, vegetables and good fat. I like how Melissa Joulwan put it - "I eat this way 90% of the time, not 110% of the time."
- The best fat to meat ratio for hamburgers, or the percentage of time a person should commit to being Primal and still live a healthy lifestyle.
- Strive to meet 100%, but know that it's okay if you don't quite make it there. That doesn't mean I eat pizza every Friday night, it means it's fine that I can't always get grass fed meats...and occasionally (though very rarely) have pizza.
- For me, the 80/20 principle means that as long as I eat well and take care of myself on a regular basis, that scoop of real ice cream on Memorial Day won't derail me, nor will staying up past midnight to watch the sun set in Alaska on summer vacation. My system actually handles minor disruptions really well now, and it seems to like its new equilibrium in the Primal lifestyle.
- It means not stressing if my Uncle makes me a Dark and Stormy with sugary ginger beer on the weekend, if the French fries are done in canola oil when I'm out with my friends on a Saturday night, and mostly recognizing that the mental stress of obsessing over 100% Primal 100% of the time is more detrimental than whatever the offending food is.
- 80/20 for me means that if I do choose to eat something that I know I shouldn't I don't need to beat myself up over it, or tell myself I am "cheating". I can accept my choice and move on.
- A challenge! When I just HAVE to have something wheat due to being out - like a Mother's Day buffet or friends house for dinner. The beauty of it is a small piece of anything now tastes like enough! No more cramming half a loaf of bread or 3 cherry cheese danish in the mouth! A small bite is satisfying but I really crave the fruit and veggies more, and the meat - did I say I like meat?!
- It means that maintenance is not a problem because I can "cheat" whenever I feel that it is necessary
- To me 80/20 means that this Primal lifestyle isn't all or nothing. Thank God. Do I literally calculate what that 20% looks like, in terms of what I eat? Absolutely not. And, truth be told, I RARELY stray from Primal eating. But on the odd occasion that I do, the 80/20 rule means that I don't beat myself up about it. To be sure, my body doesn't like the non-Primal stuff - which is why it doesn't happen very often - but that freedom is reassuring.
- It means if it's inconvenient for me to eat Primal, I can deviate for one meal (and deal with the carb hang-over later).
- For me it means that I can eat out with friends from time to time or eat at my in-laws and not stress about

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the possible hidden sugars and vegetable oils that are hidden in my food. As long as I control what's going into my body most of the time, I can relax and enjoy what life throws at me.

- Because of my autoimmunity, 80/20 for me is really more like 95/5. I don't have as much "wiggle room" as others, and that's ok. I have to be strict because I want all my health back, or at least as much of it as I can find. For me though, it means that I don't need to beat myself up if I decide I want a York Peppermint Patty (soy lecithin and sugar I know I know). I was never very good at beating myself up anyway. It's about doing your best in the circumstance you find yourself, and knowing that your best is not always going to be THE best, and that it's ok, because it's better than before.
- This rule applies more to exercise for me. I've found that for dietary choices, I'm best closest to 100% — grains, sugar, white potatoes, and even high carb fruits result in intense cravings for me. A "cheat meal" turns into a cheat day, turns into a cheat week, turns into "Oh, yeah, we should start eating Primal again sometime soon." With a somewhat addictive/obsessive personality the food needs to be all or nothing for me right now (ALL, of course). For exercise, I really just do my own thing, whenever I feel like it for strength (30 wall push ups yesterday), and don't really sprint at all. Sometimes the long walks are daily, sometimes they are a few times a week. Sometimes we just play. Being okay with not having a workout schedule is our 80/20.
- Means I'm not a purist. I consider myself anti-grain, and you Mark Sisson and your Primal Blueprint program always get all the credit if I'm asked what program I follow. However, for decades, I have existed for cheese and peanut butter! Repeat, literally existed for cheese and peanut butter. In fact, one of them is part of every single meal or snack I consume. However, now bread, English muffins, and pizza that I would add them to are not!... I know, the caveman didn't/couldn't/wouldn't have these foods, so that's the 20% off the path for me!
- I can have a glass of red wine sometimes!
- It means eating fermented potatoes and sweet potatoes every now and then.
- Personally I try to be 100% Primal 80% of the time meaning I have 3–5 meals per week that are not Primal. If I want to go out to dinner with friends or if I'm out of town and don't have easy access to good food, I don't beat myself up about it. I'll have a bad meal and wake up the next day and have my bacon and eggs again.
- Several things. 80% of health is due to dietary choices, 80% of the time one should be following these dietary choices. If 80% is diet, the other 20% is the rest of the lifestyle, and the other lifestyle choices should be followed 80% of the time. A statistician could have a lot of fun with calculating how much % is complete disregard for the Primal Blueprint in total (hint: it's not very much!)
- I have to say, I don't like the 80/20 rule. It is confusing: are we talking 20% of our dietary intake on a daily/weekly/monthly basis? It allows room to "get away with" things that pause or reverse the goodness Primal

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brings with it. A family member of mine takes it to be 20% of their daily intake. They're calling themselves "Primal" without seeing any of the results, and they're frustrated. They didn't stay "clean" long enough to retrain their bodies, establish good habits, or build up some kind of fitness momentum. I am totally Primal in my day-to-day; a one-off dessert or sandwich won't hold me back at all. A whole day, like indulging repeatedly on Thanksgiving, requires a few "pure" days to recover from. I'd consider a treat a week to be my 20%, but I don't always make use of it.

- To me eating 80/20 means eating Primally all the time because I enjoy it and don't feel deprived in any way, but If I am out at a restaurant (which isn't too often) I don't go crazy wondering if they put something in there I wouldn't have. Don't get me wrong, I still order 100% Primally at restaurants but I know I'm probably consuming some non-Primal oil or something at somepoint and don't sweat it too much. Also If I ever travelled somewhere where you just "had" to try a certain food I wouldn't turn it down. For example, I probably wouldn't go to Italy and not have fresh pasta and gelato. But I wouldn't have these things just going to an Italian restaurant. I'd get right back on track once I get home.
- Honestly, it means failure; weight gain, puffy, bloated, and intestinal problems. It means 5-6 days of working off the weight gain to get where I was before the "20." When we went Primal, we went whole-hog, if you'll pardon the pun. We have almost no cheat days because my boyfriend suffers greatly if he drinks a beer, eats a little bread, etc. We just do Primal all day, every day. It's who we are and how we live. It's not hard, and when you have those kinds of physical reactions to typical cheats, it's just not worth it. We do cheat now and then, because we're not perfect and we have cravings for things that aren't good for us (hello, Peanut Butter M&M's!!), but it's more of a 99/1 ratio. We might cheat once a month, or once every other month for one snack or one meal. If I started cheating 20% of the time, I'd start sliding backward one or two pounds at a time, and I'm just not willing to let that happen.
- To me, 80/20 means if you mess up/slip up you don't need to worry about it... just as long as the trend is towards positive/adherence then you're golden.
- 80/20 means I don't feel bad if I eat something that may not be perfectly Primal I don't beat myself up for falling off the band wagon once in awhile.
- Means more emphasis on eating the right kinds of food and eliminating the wrong ones, as 80% of body composition is diet based. No matter how hard or often a person works out, runs, trains etc. you have to eat the way our body was intended for it all to count. The 20% accounts for all the other factors that are also important to an overall well-being (fitness, sleep, sun, play, low-stress management etc.) all count too in the big picture too! it's not just all about diet and exercise. The 20% though, to me, also allows for a bit of flexibility to wander slightly and briefly from the "Primal Path" knowing you won't fall off the wagon entirely. This takes pressure off any regiment ideal that it's 100% all the time or nothing mentality. This is also a key to PB being a sustainable healthy lifestyle for life!
- The 80/20 rule to me means that I value the Primal Lifestyle and what the laws do for me but if I slip up

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once in a while because I want to enjoy my mom's cooking and not hurt her feelings, or don't feel like sprinting today, or whatever the case, I will not fall of the wagon and go on an all-out binge. It means this is a lifestyle so if I make a mistake, it's not time to give up, it's just life!

- 80% of the time, I don't eat fruit, dairy, or nuts. 20% of the time, I allow myself to eat some fruit with whole cream on top, or something made with nut flour. So, I suppose you could say that I'm Primal 100% of the time. I never allow myself to eat grains or anything else un-Primal, for the simple reason that it's a slippery slope, and I have no desire to be at the bottom of that slope again. :)
- 80/20 means I can live out my Primal lifestyle while still doing certain things that make me happy.
- 80/20 means that I can kick back, go out, and relax with friends a night a week and not be what they would say is anal retentive about what I eat. In essence I'll drink some cocktails or hard cider or have some nachos and not feel guilty about it afterwards.
- It means I don't have to beat myself up if I decide to have a piece of bread or cheese (I eliminated dairy products as a self test and have found that I have had no allergy symptoms or congestion and have stopped using the nasal inhaler.) Truthfully, I am probably more 90/10 but not because I'm trying to do so, it just seems to be where my cravings go.



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- Actually, my husband became a 'convert' after I've been 'brainwashing' him into it for a while. I knew that based on his food preferences he wouldn't struggle too much adapting this lifestyle anyway. All he needed to do was to cut grains and bread out of his diet and as if by miracle, he started dropping pounds straight away. This keeps him motivated like nothing else could. (He is actually doing a better job sticking to Primal eating than I am!) I think the key is not to force anything on anybody. Just 'show' by example - how tasty this way of eating can be, what sort of positive effects it can have on general health and well being, etc.
- A great question and particularly pertinent to me. I have always been the one with weight issues and she never has (even during and after 2 pregnancies... I put on more weight during the first pregnancy than she did!) This makes it impossible for me to preach or explain. I am still on the journey but I try very hard to just get on with my Primal life, answer questions as they arise, ignore the occasional jibe (especially the ones about the "disgusting" smell of coconut), and give it time. I am nowhere near my target yet but am slowly progressing towards it. When I am there or closer, she will notice that after 25 years of me getting heavier and fatter, I will have finally reversed the trend, and reversed it finally. Actions speak louder than words! The day I will have made it is the day when she asks for one of my almighty omelettes for breakfast (today was duck eggs with salmon, asparagus and cheese) instead of her revered "healthy" cereal and milk.
- How do you handle a spouse/partner/significant other who refuses to change their own habits, even if they quite clearly are harmful to them?
- Not a spouse, but parents... I finally got my dad (stroke, 2 heart attacks, diabetes, etc) to switch to grass-fed meat, and am bringing food along whenever I go, trying to wean him off carbs, too... I am hoping my good example will eventually be enough to switch him over.
- Same thing with the religion part. I'm fine with it, I don't judge it as long as they don't try to "influence me". I think my enthusiasm and leading by example will get them into it because I've only done this for a week and people are ALREADY starting to ask about that "new ridiculous and weird diet" I do. ;)
- The biggest challenge I have found so far is that my wife, although supportive of my decision to live this way, I still holding onto her right to eat grains. I noticed this after about 2 weeks that there was a slight resentment between us in the food choices we were making. I was resentful that she couldn't see the obvious health benefits to not just me but the whole family, and hence make the transition as well, and she was resentful of me for the amount of 'preaching' about food that I was doing (even though this was not a conscious thing). The situation came to a head after a breakfast out at a local restaurant (a rare treat for the kids) at which I had a herbal tea, 4 slices of bacon, mushrooms, 2 poached eggs and half a grilled tomato + a small handful of pumpkin seeds from the granola bar - that's it. I did not make a big deal of what I ate, but the kids went nut's and ate pretty much everything, including toast, muffins, crumpets (very British I know), cereal with dairy milk, and parts of the hot breakfast too. Consequently they were a bit ill later that day, and my 8 year old came out in an allergic rash later that night. When I commented that it was likely due to the food at breakfast, my wife and I had a lengthy 'discussion' about food, allergies and what is best for the family. There was no winner or loser from this discussion, we 'agreed to disagree'. The best way that I have found to deal

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with this is to take the pressure off her by preparing my own food, and giving her a 'Primal approved' list of shopping items (including where to get them). What this does is gradually expose her to the Primal way of eating and thinking, without burdening her with preparing different meals. She eats more like me than she used to, but I have realized that this challenge is deeper and harder to conquer than I originally thought.

- This question strikes quite close to home for me, since my sister does not follow this lifestyle outside of the house and my boyfriend is the Everything-in-Moderation type. Luckily, they abide by my rules at home. However, I constantly struggle with explaining the whys to my boyfriend. My sister is still in the parrot but rebel phase of her life, so I mostly resort to endless patient repetition. But with my boyfriend, life is hard. He's half Japanese, half Spanish, so life before me was exceedingly carb-centric. Only after doing three days of the South Beach Diet (as recommended by his friend) did he realize how he absolutely craves starch. Nevertheless, he's seen firsthand how reducing my starch intake and increasing my vegetables has led to less hypoglycemic episodes. I also talk endlessly about health studies, which he tolerates and sometimes listens to because of my family's history of terminal medical disasters. He mostly supports whatever craziness I follow, since he wants me to live at least as long as he will! However, he still insists that the occasional pizza or cake is okay and can grow rather upset if I restrict too many foods. So, on one hand, it's a struggle pulling him over to the Primal way, reminding him he could eat scrambled eggs for breakfast instead of toast and jam. On the other hand, his mind-set keeps me from getting obsessive and keeps me on the 80/20 track!
- I got my partner to watch certain movies and clips that documented (in an entertaining way) why certain things are harmful - he had no interest in reading the PB, and was much more interested when I would read thing out to him and then explain them. I led by example, I made sure there was always delicious Primal fare to be hand and I occasionally gave a prod in the right direction. Most of all, I let him make his own decisions about what he would be giving up - bullying him never helped. Now, he can't believe how he used to eat, and thanks me for not giving up on him.
- My partner does not really like this way. She like the leaner body, she like the more muscle, but really is not into it. But we live together in my flat. I told her, that she can buy bread or potato if she wants, I wont make her eat my way, but don't make me eat her way. So mainly she just eats what I eat and it is good. She really did not want me to take supplements, but got used to, and now she also does. Did not like kettlebell, but now she does. Slowly, not making anything hard for her, she is also starting this way. Of course we are going for walk, or running together. Hiking, cycling also. Since we do everything together it is natural that she gets every time a bit nearer to this lifestyle. Not knowing, but since there is no bad side, she really cannot say anything against it.
- This is a problem for me, but I am working on it. Before eating Primally, I was a vegetarian for two years (this was during the aforementioned most unhealthy part of my life, when I subsided mostly on beer for dinner.) My girlfriend of more than five years has been a vegetarian her entire life, because her Indian family have been vegetarians their whole lives, too. Yet I see some health issues in her older relatives that I really hope she can avoid. She has a bit of a deterministic outlook with regard to these issues and seems to think

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they are inevitable. I do not believe she has to be doomed to the same diabetic and cardiovascular fate of her family. She is stubborn and headstrong and argumentative (and this is probably why I love her), but I hope to slowly change her mind. I know the only way to persuade her is to live as best as I can and show her the results I have seen (without beating her over the head with them). I still have a lot of weight to lose, but I'm about halfway there and the differences are staggering. Hopefully by next year, my abs will be argument enough to get her to think about a lifestyle change.

- You do not try to control their lives. A spouse or child is an independent person and of course makes their own choices. Don't try to force and try not to nag all that much. That being said, it may be good to take some opportunities to educate and remind them and yourself about the negative health implications of bad eating habits and the science behind it.
- Luckily we don't have that problem. Parents and friends with illnesses we do have. They think we're crazy. However, I'm handling chemotherapy really well so it seems (not my words, chemotherapy sucks), so I hope they are wondering why. 'Cause I know why! The only wise words here are to explain why you feel great and hope for the best.
- I avoid getting into arguments, but merely make my opinion known, and remind them every time I see them engage in these harmful habits that it is not good for them. But ultimately I accept the choice is theirs to make.
- I take responsibility for my own health and happiness. I expect my wife to do the same. I prepare most of the meals in our house because it's my passion and I enjoy doing it. My wife generally eats whatever I prepare. She also snacks on chips etc. and indulges herself with sugar laden desserts. I don't, I eat fruit for dessert or a square of dark chocolate. I've found that it's better to not speak to her negatively about her bad habits. Instead, I try to lead by example and occasionally I'll send her an article that I think is focused and interesting. I answer her questions but seldom offer advice when it's not asked for. Everyone needs to find their own way in their own time.
- I can't make my husband eat Primal 100% of the time, but I can take on more of the meal planning and cooking responsibilities. I've found that so much of the food is so good that he doesn't even realize that it is Primal and that he's "missing" something. I can help guide our decisions, and lead by example. It works pretty well, and he's now to about 60/40 Primal.
- Lead by example. Often those who are closest to you seem the most unwilling to take your advice. As you get healthier and happier don't push them, they can see it for themselves and will or will not come to it on their own.
- I just remind myself that I'm doing what is right for me, and that's all I can be responsible for. If you do your best to lead by example, then maybe people will take notice and follow, maybe not, but that's their choice. What works for me may not work for others. I know people that thrive on a vegan diet- I didn't -but it's not my place to tell them what to do because it works for them. If I'm witnessing clearly harmful habits,

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I may suggest something, but once you get preachy people shut down and communication becomes impossible, at least in my experience.

- I just continue explaining the thought behind what I practice. Eventually they end up seeing that it seems to be working for me and they will think about it with a little more open of a mind.
- I am lucky in that my husband is even more obsessed with being Primal than I am! However, he does play around with his diet some, and it can mean leaving out things that I can still have (e.g., nightshades, eggs, dairy), or making separate meals. I try to find things to eat that we can all have. If there's something I want, I can have it at lunch. If I did have a partner stuck on a CW way of eating, I would find substitutes by simply looking up "Primal (your favorite food here) recipe" and making that for dinners.
- It's a hard thing to accept, but I'm trying to. I tell myself it's their body, their life, their decision. I can recommend various books and articles and hope they come round, but it's ultimately their choice and I'm unwilling to start a row about it.
- Just be a living example. My parents both could use some diet tweaking. They used to complain to me about how my grandmother always complained about not feeling well, and now they do the same thing. I continue to eat the way I eat, and they can see the changes, so it's up to them. I never changed anything I made for my own family's dinner – just made extra veggies for me and skipped the grains/potatoes/noodles I made for them. Now they tell me to skip making the grains/ potatoes/noodles at most of the meals. Funny thing is how our pantry has changed – it's emptying out and now our old fridge (which we kept when we remodeled) is full of fresh veggies!
- I went about this the wrong way at first. I harped on my fiance about his soda drinking and his reluctance to totally give up bread and cake. Then I realized it was the same as with my son - the stress I was creating by pressuring him to do what I'm doing was more toxic than anything he was ingesting. So I told him that when he was ready to really go for it, I would be happy to help, but it was up to him to decide, and I let it go. I would love for him to give up those things, but it's not worth poisoning our relationship. He is extremely supportive of me and believes in the Primal way of life because he has seen my results, and for now that's enough. When he's ready to make the change, I know he will.
- I do the cooking, so my boyfriend eats Primal when I cook for him. He'll eat anything, but I usually try to make his favorites. He hasn't complained yet. When he's at work he eats what he wants, and he snacks on what he wants. He generally eats low-fat foods, and lots of bread, on his own. So when I feed him Primally it means he ends up with a good amount of protein and vegetables on top of the carbs, so he eats decently well.
- That's a tough one. I try not to get pushy... I mean, I found the Primal Blueprint lifestyle on my own. Maybe it is the kind of thing people need to get to by themselves. As long as the information is out there... I see the trend going the way of Primal!
- I'm a firm believer that you can't force people to do something they are not prepared to do. That being

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said I would not pressure them and would continue to lead by example and hopefully after time they will see the power of eating this way and try it themselves.

- Lead by example. If you continue to make awesome, healthy meals, and you are active, then your significant other will most likely follow because she will see how awesome you are. If not, and you don't like it, then you may not be a good match anymore. But whatever you do, don't criticize her for not being like you. Remember, you were once following the Standard American Diet as well and would hate it if someone told you were wrong.
- You have to be very careful telling someone that they are eating the wrong stuff. Conventional Wisdom is very heavily ingrained (no pun intended) into the majority of us. Whole grains, low fat, high carbs. Most people I know that are overweight and miserable are eating "healthy". I have tried to mention the PB. Some take an interest, some don't want to hear about another diet. In the end, each individual is responsible to take the information given them and use it to create the best life possible.
- I lead by example. My family has noticed the change and my mom ordered the Primal Blueprint as a result. When I make dinner, my husband still grabs himself a slice of bread on the side or I'll boil up a few noodles for him. He accepts my decision to eat this way and I accept his way. I've noticed he's started asking more questions about my diet as time has gone on, and I explain the benefits. I've given him the information and he'll make the decision on his own. You can lead a horse to water, but you can't make him drink.
- Lead by example. This is a tough one, especially since my partner is in pretty good shape. Low body fat %, lifts weights and runs. He's not quite chronic cardio (runs 3x week, maybe 45 min or so each time), but sometimes seems close and 'gets antsy' if he hasn't gone for a run. Like the lbs will just pile on if he misses it for a day. He 'fears fat' and often comments about how much butter I eat, but also can't deny that I've lost some weight. So, I just 'do my thing' and he seems to have gotten better over time. While I'm here (since we're usually long distance) I do the cooking (though he does the shopping) and I don't make a starch with dinner, just meat and veggies. He has now taken that up and doesn't eat starches with dinner, even if I'm not here. While we're out shopping he'll ask 'is this okay?' and ask me to have a look at the ingredients list. He doesn't identify with Primal, he'll still eat wheat (though, not as often) and some other non-Primal things (i.e. juice, though he cuts it with about 90% water to 10% juice), but he has picked up some of my habits. I don't talk about it much anymore, unless he asks, and I have found that his biggest fear was that I would no longer be 'fun' or able to go out to dinner, since he likes to once a week. Though, I did joke that he's such a picky eater that I could eliminate a whole food group and there are still more things that I would eat than him.
- I shop for the food and cook breakfast and dinner. I allow my husband to do as he pleases. I have found it is best to live by example rather than words. He has lost a lot of weight and gained health even without making such a full on commitment as I have. I take care of myself no matter what. You must love yourself before you can love someone else.
- I can only imagine how much more tough it is when someone is more 'obviously' harming themselves or

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is in worse shape. The only thing I can think of is that, like in all things, communication is key: answer their questions and concerns, 'hear their fears' and have open conversations. Then, lead by example since you can't force anyone to change. Hopefully that will be enough, that once you've helped yourself you can inspire others to help themselves.

- It wasn't hard to convince my wife to try Primal, but she cheats much more often than I do. Because of that, she's had less success, but she has still progressed. Much of my family has transitioned to Primal after seeing my results, however my mother and sister just won't buy in completely. I've taken a soft approach with them, sending relevant articles that discuss their concerns with the diet (high fat, cholesterol mostly), but I have not pushed them to adopt it. If they see the success of the people around them and still don't decide to change, nothing will make them change. Robb Wolf had an article about this not long ago and stated that 25% of people won't change no matter what, so odds are high that someone around me will be in that group.
- I have been lucky enough to go through this Primal journey with my husband. He is a little less strict than I am (he enjoys beer too much to give it up completely).
- I give them the freedom to make their own decision and let my results speak for themselves.
- I find that leading by example works way better than trying to convince people they are wrong. If you eat this way, live this way, and excel this way, then, eventually, people will look at you and try to figure out how you did it. If they ask, have a simple "elevator speech" ready for what you do and why, and watch their revulsion turn to curiosity as they see you live out life in health, happiness, and harmony :)
- I try to live by example. I am only in control of myself so hopefully by living a healthy lifestyle, other people will witness the health benefits and results that come out of it. For most people, seeing is believing so I want those around me to see the importance of what you put into your body is what you get out of it.
- My husband eats whatever I cook!!! He may add bread or cereal on his own but I don't stress over it. When we eat out or at a gathering he eats like he wants to (I guess he would fall in the 70/30 category!!) He made fun of my Kerry's Gold Butter at first but when I had that and regular butter in the fridge he always chose the Kerry's Gold!! He thinks I pay too much for eggs, chicken, and meat but he doesn't complain since our kids are grown and it is just the 2 of us. He also sees the difference in me and my health so I am lucky to have his support.
- This is probably the toughest one for me. My whole family NEEDS to change their lifestyle as soon as possible. They are sick, overweight, and their bodies are setting them back in their lives. I thought leading by example would suffice, but even though I show results and gloat about how much better I feel, they insist on going against me when I say GRAINS ARE EVIL and just blow me off as if I'm following some crazy fad-diet that won't last long. Even the ones that do admit that it would work, they say things like "it's too late for me" or "it's too hard". I used to be over 250 lbs, so I know all the excuses and mind sets that go through you when it's time to buckle down and do right for yourself, but being able to do it for myself, as hard as it is, isn't nearly as hard as it is to help others do it. I'm going for my Master's in Nutrition because I feel a need to

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help others find a way to fix themselves as I did, but honestly, I constantly have doubts about my ability to do it: if I can't help my own family, who else is going to listen to me?

- I have dealt with this, not only with my partner but with friends. All I do is share what I believe if they ask, and then, live my Primal life. People do notice that I am not like other people as far as eating and exercise habits go, also, they see I have tons of energy but I am mellow at the same time, I am always in a good mood, and I look very healthy. So, be the example, but know that some people may not ever make the switch and you must be respectful of their choice. People only change if they want to, if the change comes about as the result of internal motivation because there's not external factor that will be sufficient for such a major paradigm shift. My partner is fully Primal now, he started making the switch within a month of us dating, and I am extremely grateful for that. So far, three friends of mine have ditched CW for the Primal life and they love it. Also, don't get pushy on people, even if you're right, they won't listen if you come across as preaching, and keep in mind that food habits and the relationship that people have with food are very complex; if you start challenging their choices you might possibly be invading an aspect of someone's life who is very personal.
- This is a painful subject to me – not due to my spouse, but my family of origin. My husband hasn't made the switch completely, but is very supportive and loves the food I make him now. My mother and grandmother are struggling, though. I wish I could just sweep in and do it for them, but unfortunately, I live in a different state. I don't know how to get them going without being there physically. They are with me philosophically, but can't seem to make the switch. In the end I know that I can only be responsible for myself, but that is so hard to do!
- I try to lead by example. The Friday Success Stories were a huge benefit in helping promote that example as well. I can't make my partner do anything, but I can certainly show her that I want a life that's happy and healthy and encourage her to do the same. Asking my wife to go shopping with me at the farmer market, telling her to get out of the house and go for a run or hit up a dance class with her friends while I watch the kids, simply encouraging and allowing for opportunity to be Primal made all the difference.
- Start cooking more. If you start cooking healthier food they will slowly start taking a liking to this whole Primal thing.
- Whenever I cook, the meal is Primal. When my boyfriend doesn't want to eat it, I make him cook the meal. More often than not, he'll just eat what I've cooked rather than make his own mean. Dinner is much nicer when someone else cooks, so if I cook a Primal meal, he'll tend to eat it. He's also gotten good at cooking Primally for me when I have to work late because he knows I prefer to eat that way.
- I love my husband dearly, but he is a grown up, and can make decisions for himself. Although, it is not comfortable for him, as I have removed most gluten-laden foods from the house. I am the cook, so he eats what I make, which is Primal. I hope that as my results show, and my health improves, and he sees that our Primal household isn't going anywhere, he will have more "buy in." Right now, he thinks it's a fad.

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- All we can do is model healthy behaviors. Perhaps we can inspire others with our success?
- I don't have a spouse/partner/significant other, but I do see what my mom is doing. She eats M&M's for breakfast, lunch & dinner. Sourdough bread with butter, potatoes with butter.... I just shake my head, and try to show her by example that I don't suffer for anything on Primal. I eat fabulously (even on vacation!), eat virtually whatever I want, and I still maintain a healthy lifestyle.
- Take over all grocery shopping and cooking duties; make them the healthiest foods they will enjoy. Better is still better, even if it's not optimal. Read relevant books/blogs and talk about what you're reading. Tell them that you are concerned about their health, and hope to live a long and healthy life together. But realize that you can't force someone to change.
- Don't pressure! Very incremental steps to educate my wife about the lifestyle and its benefits over a long period of time. I just asked her to do her best to accommodate me and I wouldn't ask her to change anything for herself. As she saw how much beneficial impact the lifestyle had on me, she slowly became a believer herself!
- I'm trying to figure that out now! My wife knows she feels better.
- When she eats a Primal Blueprint diet but she's having a hard time giving up bread. I send her articles I come across, and I also am getting her involved in helping me with my own goals. I also have an overweight mom and sister, and I've realized the only way I can help them is to get results myself. Once they see a difference, they'll be more willing to hear about the problems with added sugars and processed foods.
- That is difficult, and I don't honestly know how to handle it. By way of reasoning, it is clear that my spouse has reactions to a lot of food (and doctors have told her about food allergies too!). I take comfort in the fact that we eat Primal (except for ice cream!) at home and eat more meals at home than we use to. So the wheat/junk that she eats at work/lunch is less than before, when we ate junk for every meal of the day.
- As an ex-smoker I can tell you nagging doesn't work and drives them further to their harmful action. Set a good example, provide them with information when appropriate, and they will make the change when they are ready. It won't happen or stick if it doesn't begin with them.
- Luckily not much of a problem, but leading by example and making the "better" choice easier helps a lot
- I don't really know. My wife was willing to give it a try as long as it didn't mean more work for her.
- I can cook, make suggestions, educate, but I can't change or be responsible for another person's actions. My husband is a responsible adult who has to make his own choices.
- Luckily my husband is a fan, so our family lives this way. If he didn't I think I would hold my own that this is about me and what do I want to deal with or feel like later in life. After dealing with the Anxiety and Panic for so many years I will do anything and tune anyone out not to go back to that dark place.
- My partner is on board with this plan. We are both looking forward to healthier bodies and quality

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retirement. I believe in this with my whole being. I have always been an obese adult. I am the fittest I have been in 30 years. I am still improving but I have a vision for my future. I have tried everything as far as diets go and yo-yoed back and forth in weight but this is not a diet, it is my way of life.

- I am the cook in the house so he eats what I eat but I cannot control what he does during the day such as chocolate bars, etc. I can only hope he feels healthier with the changes I am making.
- Leading by a loving example. My parents are very anti Primal, and so all I do is I eat the way eat when I'm around them, if they ask questions about what I'm eating or why I do my best to answer them by focusing on the good this food is doing me, rather than the bad their food is doing them, and I continue to enjoy their company and love them hoping one day they may be more open to taking that plunge.
- Patience and understanding are the first two tools that have to be used here. Many people don't respond well to people pressuring them to change, especially if they pick up a sense judgment, even it's only perceived judgment. Loved ones first have to see the possibility of change, then they have to see a way out, and then they have to take that step. By modeling a working system that doesn't require unattainable rules or goals, you exhibit that change and ability to them.
- Fortunately, my husband adopted Primal living not long after I did when he saw all the positive changes. Doesn't hurt that I do almost all the cooking! When he was at first skeptical and then transitioning to Primal, I didn't bombard him with information or question his choices. Rather, I led change through example. I did set down some ground rules though to take care of myself—I cleaned out the pantry and fridge of all non-Primal foods and said I wouldn't cook them at home but he was free to eat what he wanted to outside of the house. We were both okay with that compromise and over time he reduced his consumption of non-Primal foods.
- It's been a few years but my wife now eats mostly Primal well. Patience, respect and communication were the keys. At first, she thought my diet change said something about her food choices, but over time she's come to enjoy the way I eat and it's actually been freeing for her.
- I've learned that my wife will never ever ever give up her whole wheat breads and got sick of saying hey you should cut out grains darling. Your marriage isn't worth constant nagging over food. As long as there healthy, just try to slowly cut out foods and before you know it, your family will say wow we haven't had fettuccine Alfredo in like 3 months ! That's how I do it.
- I try to lead by example. The Friday Success Stories were a huge benefit in helping promote that example as well. I can't make my partner do anything, but I can certainly show her that I want a life that's happy and healthy and encourage her to do the same. Asking my wife to go shopping with me at the farmer market, telling her to get out of the house and go for a run or hit up a dance class with her friends while I watch the kids, simply encouraging and allowing for opportunity to be Primal made all the difference.
- I have dealt with this and tried my best to hold my tongue or offer very non-judgemental info. In the

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end, I figured that I would do the best I can to be the best I can and my partner has actually told me how much the Primal Blueprint lifestyle has helped him just by the little bit that he gets of it by living with me. We both cook but I probably cook more now that I try to avoid so many things and am learning new recipes. He eats what I make often and the food is so good! It's only asking for frustration to try and force a lifestyle on someone. I wouldn't want someone to do that to me. Food is so personal.

- I'm hoping that when they see the difference it has made in my life (in 2 short months), they will not need convincing. We will see.
- I don't. If someone doesn't want to change their life then that is their prerogative. I don't tell others what to do and I don't like being told what to do. Just as if a doctor tells me that I need more dairy then I pay it no mind.
- I was lucky and didn't have to deal with this. My parents, however, are a different story. I regularly refer them to your website, and we cook for them, as well as encourage them to be more active. All the while we're constantly sharing the benefits that we're reaping with them, in hopes that they'll one day see the light!
- I have a resistant spouse who is not willing to give up his favorite things (beer, bread and cookies) for the sake of as you would say it "Living Long and Dropping Dead". I read the book and relayed a lot of what I learned to him but he still was not interested in making the commitment. I started my journey without him because I knew it was what I wanted to do. I am staying strong because I know it will make me leaner and healthier and when he sees those results, he will want to join me and go Primal too.
- I don't know, I don't have a spouse who refuses to change her habits; my wife saw my success and became a believer immediately. She's now my Primal partner.
- I have begun cooking more (being the man of the house). I cannot control snacks and food on the go, but by taking the initiative to create great meals that are balanced and nutritious- I get quite a bit of distance taking the chore away from my wife! She hasn't yet complained about the food I prepare.
- My husband was totally on board from day one. I love that he is so supportive. He has always been the better cook but he is so proud of me for tackling new recipes all by myself. The only thing is that he will not give up peanuts but he has limited the sugar he gets in his coffee. I'd say he's doing all right! I would like to get my parents and my brother to go Primal.
- My husband wasn't really on board when I started, but he was fine with the meals as he is a meat lover anyway. I just quietly did my thing and let the results show without nagging. After a few weeks he figured that he might as well join and he is telling everyone we know about Primal Blueprint and looking great I might add. :)
- I do the cooking, so if my spouse does not want to eat Primal, he can have a sandwich during the day when he is at work. I am not going to push for compliance, instead I will lead by example.
- Honestly, I have noticed the healthier my diet has become, the more my relatives question my lifestyle

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and change their own. I was blessed to be brought up by parents who condoned a healthy lifestyle, but even recently, my Mom began a "Natural" diet. Although she says it did not coincide why my own dieting changes, the timing was too perfect. Regardless, I am proud of her and my Dad for bettering themselves and not being stubborn to changing how they have eaten for more than a decade. I always offer advice but do not force my views on others. As the old adage says, "You can lead a horse to water, but you can't make them drink." To each his or her own.

- This problem arises with my parents. They don't understand why my husband and I choose to eat Primal. We have explained it to them and the science behind it and it still does not make a difference. I don't care if they don't want to eat Primal, but when they take our daughters for an extended visit and feed them tons of carbs, even though they know we are against it, makes us very frustrated. Then of course our daughters think they are in heaven eating gluten free pancakes and gluten free pizza and buttered noodles at grandma and grandpa's house and upon returning home usually have upset stomachs and /or get sick shortly after. So we usually explain to them that it is most likely due to the grains they consumed at grandma and grandpa's house.
- I do my own thing and offer to share. He usually wants what I fix and enjoys it.
- I've dealt with some significant addiction issues, specifically alcoholism, with close family members and it's very similar in form. You just have to walk your own path in life and be there for them as support when they do in fact look to make the change.
- He's a grown man, perfectly capable of making his own choices in life! We both try to respect each other's decisions even if we don't agree with them. I do all the cooking, so it's easy enough to make us roughly the same dish, but tweak the proportions to suit our respective needs. The mismatch - both in energy and priorities - have been very frustrating, but ultimately I try to focus on the fact the only person I can take responsibility for is myself.
- My wife got me on board, so that's not an issue. The rest of my family; however, is not willing to change. I try to send them blog posts or snippets of information to help them learn, but they're awfully stubborn. It's frustrating to see!
- My mother is a type 1 diabetic and I am trying to get her to see the benefits of going Primal but I am having some difficulty as we are a Greek family and they are set in their ways. I am slowly introducing my mother to this diet so that she can make the transition when she is ready. My father isn't an issue as he usually listens to my advice when it comes to diet. We are considering opening a Primal Restaurant in our city of Halifax in the near future.
- None currently, but my reasonably healthy 87 year old mother will soon be living with me and just shakes her head at PB, though she's been impressed with my weight loss/maintenance. During visits, she willingly eats what I put on the table, but once we live together, I'll probably cater a bit to her tastes with occasional side dishes like potatoes and pasta, without indulging in them myself. I'll do my part by providing PB-

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healthy entrees and keeping a variety of veggies/fruits at the ready—what she does for desserts and snacks is her business.

- My spouse has finally come around. He has was not on board and having digestive issues. He has switched over almost fully now and feels much better. He is also running much faster too (5k's).
- I am lucky. Our whole household eats clean now. My wife was reluctant, but I do the shopping and cooking. After eating clean for periods of time she would eat some crap food. And guess what, she felt like crap. So now she eats clean because she feels amazing.
- My husband is slim and eats a load of grains. He just has that kind of body. I accept that he does not agree with the changes I have made in my diet and there is nothing I can do about it. Maybe, when I have finally achieved the body I would like, further in my journey, he will look at me and reconsider, but at the end of the day – this is for me. He needs to do what he thinks is best for his health, just as I need to do the same. It is fairly easy for us to make meals that keep both of us happy, especially now that it is BBQ season. I just don't eat the grains and he does.
- Luckily my wife and I decided to do this together and both are full into it and believe in it so I haven't had to fight that battle. While deciding we had many healthy discussions of weighing pros/cons and figuring out how to make it work financially, logistically,etc. We are also blessed to have a couple that introduced us to going Primal and so we had real life examples to learn from and rely on. I will say where this question shows up in my life is outside of my household. So explaining to our parents and brothers and sisters the Primal way of life has been tough at times because of how ingrained (pun intended) we are that grains are a staple of life. What has helped us is using the 10 Primal commandments to give a quick and dirty explanation to people who are new to it and now just 3 weeks in I'm showing visual results that are hard to argue with. We have a great support system so no big altercations have come up yet but getting others to let go of conventional wisdom, is what I see as the biggest hurdle.
- My husband is struggling with Mountain Dew and all manners of caffeine and he loves McDonalds so I try to not be nagging or anything. He'll come around when he's ready too or we'll just work with his 60/40 Primal lifestyle. Thankfully he only eats that stuff while I work so I'm not around it enough for it to bug me. I keep hoping he'll be come more 80/20 vs 60/40 but only time will tell.
- My issue is actually with an ex-spouse as relates to our children... We get along very well and while he supports my lifestyle changes, he is not on-board to change the options available to our girls when they are at day care/school or his house. I believe that my oldest is gluten-intolerant, if not celiac (although has not been tested for either), and would love it if we were in agreement to prevent her access to gluten-containing foods until she is old enough to make the choices herself. However, he is not convinced that is good for the kids, so I have to accept that he is at least supportive of the changes I have made at my house and the fact that the kids will eat the same way when they are with me. All you can do is provide the information (I have loaned him many a book and blog hyperlink) and hope that when the person really wants to know, the resources/

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knowledge is there for them. Forcing it will accomplish nothing.

- Aah, the bane of my existence... Last night he had KFC and he's drinking diet Mountain Dew right now. Told him he can't sneak SAD chicken to the cat; too many hormones and crap. I offer to cook for him but usually we eat separately. I'm very frustrated that he won't even try it for the 21 day transformation. He's seen me lose weight and talks about wanting to lose, too, but same old habits stay. This is highlighting bigger issues in our relationship.
- My significant other believes that eating Primally really is the best way to go, but as a 23 year old male who is in good shape, he doesn't feel that strongly compelled to comply as strictly as I do. When we cook together it is always Primal, and he really enjoys it. Mostly he just has a pretty big sweet tooth and knows that he shouldn't eat as much sugar as he does. At this point in time, I don't have a difficult time with it. I think eventually he may go more Primal but I also don't think it's a huge issue as he doesn't eat too poorly overall, especially when I'm around.
- Personally, I didn't have to do anything, the results spoke for
- Themselves. Now we both are eating more Primal and reaping the
- Benefits (including the ones in the bedroom, *wink*).
- Funny you should ask. I am exactly in that predicament. My boyfriend has Crohn's disease and is sick most days. All he eats are white carbs and sugar, because he says that everything else makes him sick. I took him to a "nutritionist" at Massachusetts General Hospital, and she backed him up... very frustrating to me. I asked her if the SCD diet may help, and her response was, I don't ask my patients to do that because it's too hard.... TOO HARD??? I was flabbergasted. He sees how healthy I am now, and he knows how I got that way. He refuses to listen, so I just lead by example. If he wants to pursue a healthier course of action, then it's up to him to find his path.
- In our modern times, we have all heard all the warnings, seen all the shows and know all the dangers. It is up to us as adults to make the right decisions. Does anyone imagine that a smoker has not heard a thousand times or more all of the dangers in smoking? If they ever stop, it is because they want to. It is because they have seen or heard something that has motivated them to quit. Perhaps they went to the hospital of a friend who smoked. Maybe it was the tears of an insisting child. Or, maybe it was the example of someone who beat the addiction themselves. No trues words can be spoken than those of a role model. By living Primal, I try to be that example for people around me. When they see what I am doing, they will and do ask. When they are ready, they will follow. "When the student is ready, the teacher will appear".
- My wife (then girlfriend) was not very receptive to the Primal diet when I first started talking to her about it. She was raised in a family that cooked a lot of pasta, loved a daily bagel, and couldn't imagine life without pizza. I showed her anecdotes from people on your site that had similar ailments as her, started cooking spaghetti squash and pizza with almond flour crusts, and told her how much it's been helping me. We've

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been living this way now for a number of years and couldn't imagine going back.

- I love them for who they are and ask that they do the same for me. I am the cook in my family so I only make one option (Primal) and if they don't like it than they can make what they please. My personal results and experiences were so positive that its rubbed off on those that I love. No need to preach by words, actions and results will speak for themselves.
- I tend to handle my girlfriend's resistance to change in a few different ways. First, I'll simply let her know that I don't agree and I'll tell her that I can explain why if she's interested. Secondly, I make sure to lead by example in avoiding those harmful habits myself. Thirdly and lastly, when she actually gets into an analytical mood and doesn't mind diving into the "how and why", I make sure that I've got the facts right so that I can provide a solid explanation. Once she knows what's harmful, it's up to her to make the change if she wants to.
- My boyfriend is too scared to change his ways although he could use to loose 20-30 pounds. But I keep telling him what I eat (we don't live together) and how he could incorporate that in his life. He also has Hep-C so I'm not sure what the effects would be on his liver, so I'm kind of hesitant to give too much advise.
- My husband agreed to support me in eating this way, but said he was not going to do the same. We have agreed to disagree on this. He is willing to try what I make that is Primal, but he rarely likes it. We have come up with some meals that are good for both of us and he adds spaghetti, bread, rice, ranch dressing, etc. to it. This works for us.
- After telling the people I know about what I am doing, I simply let them watch in amazement as I lose weight while eating steaks and other high fat meals for dinner every night.
- My husband thinks I'm nuts for following such a "strict diet". I do have to admit that I tried a lot of diets before going Primal and needless to say not one of them stuck with me. So when I tell my husband, who is not interested in nutrition or that "healthy stuff", that I started this cool new thing called Primal Blueprint and he should try it, too. He just "waves and smiles"! So I eat what I want he eats what he wants. I feel good, he has problems with his stomach. Either he gets interested or he doesn't. As long as he doesn't nag about my food I don't nag about his. I didn't marry him for what he eats. And if I don't accept him the way he is all we can do is separate because that's what will happen when I try to change him. The wish for change has to come from him not from me. It's his life so he can decide how to live it.