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The Paleo Athlete: A Beginner's Guide To Real Food For Performance



Synopsis

Are you tired of being confused by performance nutrition? You want to know what to eat and when to eat it so you can train and compete at your best, but it's hard to find a clear answer. Consider this THE manual for any athlete who wants to go Paleo—whether your sport is power-, high intensity- or endurance-based—or anyone who's Paleo and wants to start training for a sport. In The Paleo Athlete you'll learn:

- Why athletes thrive on nutrient-dense, anti-inflammatory foods
- The basics of Paleo and understanding macronutrients
- All about carbs—who needs them and why
- How to burn fat at rest
- What and how much to eat before, during and after a workout
- Why dietary hacks can't substitute for solid nutrition
- Practical cooking tips for your busy schedule
- How to get ready for competition
- How to improve sleep and recovery and deal with injuries and stress
- FAQs and troubleshooting guides
- Thirty stupid-easy, mouth-watering recipes—and much more!

If you're looking for a balanced approach to fueling, you're curious about how to apply Paleo to your sport, or you're a Paleo athlete already but you're wondering how to tweak your nutrition for better performance (while not sacrificing your health), The Paleo Athlete is for you.

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Customer Reviews

The Paleo Athlete is a great primer for weekend warriors, dedicated exercisers, and competitive athletes. This e-book bridges the gap between general Paleo recommendations and specific dietary strategies designed to improve athletic performance and recovery. It's geared specifically for the sports mentioned above, and features strategies for those who participate in endurance athletics. Stephanie explains daily nutrition, training nutrition, and competition day fueling, giving you a range of macronutrients, recommended supplements, and timing strategies so you can figure out what works best for your body and your goals. But The Paleo Athlete is more than just pre- and post-workout nutrition. Stephanie teaches you how to incorporate eating real food around your busy work, family, and training schedule. She gives you tips for preparing your kitchen, ideas for training meals on the go, and more than 50 recipes to get you started on your Paleo Athlete journey. By using the guidelines outlined in The Paleo Athlete, you'll be able to tailor your nutrition strategy in a way that works for you—your body, your life context, your sport, your goals. The information The Paleo Athlete provides will form the foundation for your carefully planned daily, training and competition-day nutrition, which will translate into faster times, heavier lifts, and course PRs.

This book is exactly why I went Paleo. Having been running seriously for a year and eating the standard foods most Americans who are living a healthy lifestyle would (plenty of whole grains, low-sugar processed products and soy-based shakes), I could not understand why my performance was sub-par. Additionally, recovery was difficult, I wasn't really losing weight, poor sleep was an issue and I still had digestive troubles. Some research quickly led me to Paleo and now I thrive! I needed to put down that low-fat, low-sugar yogurt and grab an avocado with a side of bacon. Don't let the title fool you, this book is for anyone who has committed to an exercise regimen and wants to partner it with optimized nutrition. I wouldn't consider myself an athlete, but I CrossFit and depend on the principles Stephanie outlines in The Paleo Athlete to get the most out of my WOD and recovery. After all, my "real" workout is chasing after my kids, keeping up with the house and cooking all day! I found myself constantly saying "ooohhhh, that's why!" throughout the book. It connected so many dots for me. After you read this book you will have a completely new understanding of your body in terms of fitness and also what it means to be Paleo. Forget the caveman stuff, The Paleo Athlete breaks down which foods cause harm and hinder performance and which promote health and function, particularly for those who require their bodies to perform at higher levels. Explained with science then translated into language anyone can understand, this book contains the "why's" and the "how's"... and it feeds you. There are TONS of fantastic recipes that showcase the science in a very tasty way. Science. Application. Recipes. DONE! Ciarra

Hannah~Popular Paleo

So far I like this book. Unfortunately, I'm only 30% of the way through the book and many of the tables referenced in the book are simply missing. She says see table below for Paleo friendly protein powders - no table. See table below for carb sources - no table. Same for fats. VERY disappointing as the direct recommendations of "what to put in your mouth " was one of the reasons I bought this book.

I've been training as a Paleo athlete for a while so a lot of this was well known to me. It was a good read with useful information. FYI the charts and links show up at the very end not within the body of the book. I'm looking forward to trying the recipes. I read through them and they seem easy enough to follow and have simple ingredients.

So far I've loved reading through over half of this book. It's great content, breaks down technical information well and is easy to digest. I haven't completed the book yet, but have noticed that all links to video content just open a new tab pointing to apple.com. I've tested on my desktop and while reading on my iPad mini with the Kindle app. If there's any way to fix this, I'll happily update the rating and review!

With the rising popularity of Crossfit, the ever-steady interest in endurance events, and the resurgence of weightlifting over the last few years, athletes and novice competitors desperately needed a guide to show them how to best leverage their nutrition for top notch performance. I am happy to report that Paleo Athlete does exactly that! Using a Paleo approach, this book pushes for whole, nutrient dense foods, with an emphasis on health and keeping inflammation at bay, which is crucial for athletes or anybody that trains hard. In her easy-to-read, no b.s. style, Stephanie breaks down macronutrients, why each one is crucial to our body and performance, and provides guidelines for each style of athlete to follow in order to get the most out of their nutrition. Pre-workout, peri-workout, and post-workout is all covered in this book, along with other tips and tricks that Steph has learned throughout her extremely successful athletic journey to date. As an athlete, a trainer, and a coach myself, this book answers some of the most frequent questions that I get asked. If you are looking for a guide to help you enhance your health and your performance (and who doesn't?), then this book is for you! Bonus: there are delicious, easy recipes included!

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