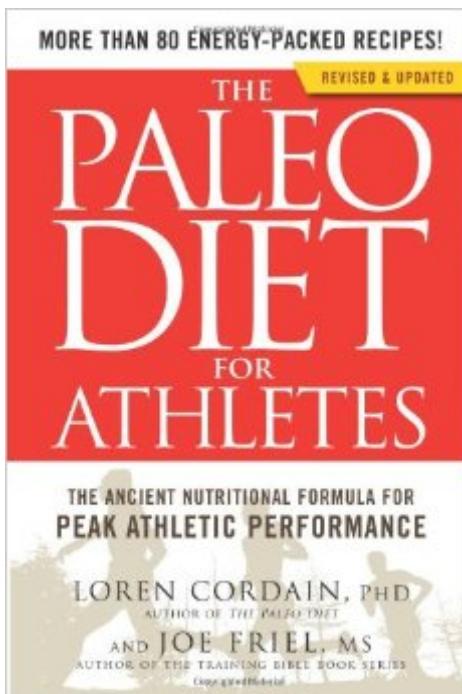


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# The Paleo Diet For Athletes: The Ancient Nutritional Formula For Peak Athletic Performance



## Synopsis

A breakthrough nutrition strategy for optimum athletic performance, weight loss and peak health based on the Stone Age diet humans were designed to eat. Paleo-style diets are all the rage as fitness enthusiasts, including the booming nation of CrossFitters, have adopted high protein, low-processed-food diets to fuel their exercise. It all began with the publication of the book *The Paleo Diet* by renowned scientist Loren Cordain, Ph.D., who presented a breakthrough plan for weight loss and disease prevention without dieting or exercising. In 2005, Dr. Cordain joined with endurance coach Joe Friel to write *The Paleo Diet for Athletes*. It sold 8,000 copies that first year, but it has sold even better as a backlist title—more than 20,000 units in both 2010 and 2012. Now, the authors offer an updated and revised edition of *The Paleo Diet for Athletes* specifically targeting runners, triathletes, and other serious amateur athletes. Cordain and Friel show that by using the foods our bodies were designed to eat—protein, fruits and vegetables, healthy fats and even some saturated fats—anyone can achieve total-body fitness and dramatically improve the strength and cardiovascular efficiency. *The Paleo Diet for Athletes* gives specific guidelines for what to eat before, during and after a workout or competition along with simple, tasty recipes packed with power and wholesome ingredients.

## Book Information

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## Customer Reviews

This is a very detailed review with bibliography supporting evidence. This is well written for the layman, and the book is not written like a technical journal. I have run and lifted weights for over thirty years as an amateur athlete. This book has given me new insight into aspects of my diet that

are worth experimenting with. I remember first becoming familiar with the 'Paleo' theory in 1989 - reading Paleolithic Prescription. That was a great book, and the Paleo Diet offers more updated evidence of the logic behind such a diet. The infrequent athlete will find new ideas for experimenting with a diet to aid weight loss. The amateurs will take the ideas on diet and add the insight in pre-race meals and post recovery. Some myths are debunked which I had not heard before (in 30 years of reading). He backs up his statements with sources. He is extremely experienced in the field of endurance, so the advanced athlete will find numerous ideas to work with that I have not read in other literature.

I'm an avid runner... I run at least 20-30 miles a week and have competed in several half marathons. When I started following a paleo lifestyle, I really struggled to maintain my energy while running. I got very weak and felt kind of foggy and off for the first couple of weeks. Gradually my body adapted to fewer carbs, but I wanted to get a resource that would help me train and eat smartly for when I was training for a race. While this book has a TON of information, I just found it too hard to really absorb. This is coming from someone with an MA in English Lit and a certified holistic health coach, so I've done my fair share of both reading and studying the subject of nutrition. Even though I broke out a highlighter and made some notes in the margins, I just didn't walk away from this one with any firm idea of what to do or not to enjoy peak performance while still embracing a paleo lifestyle. Instead I've realized the best thing for my body is to experiment and try to figure what feels right and fuels me the best. I do incorporate healthy carbs like sweet potato in my regular diet, and do sneak in some quinoa and millet when I'm race training. It's been working for me, and I think it's the simplest and best advice to give (not to eat what I do, but to experiment for yourself). I wish I could recommend this book to others looking to balance their athleticism with paleo eating, but I didn't find the "ancient nutritional formula" in here no matter how hard I looked.

I read a lot and have never felt the strong urge to write a review until today. If you are serious about staying paleo while training for athletic events DO NOT BUY THIS book. It has great information about sports nutrition and the paleo diet but for some reason was not able to merge the two ideas. Refueling with sports drinks and gels was what I was trying to avoid due to paleo lifestyle. This book still advises to do this type of fueling offering little alternatives. I do not know anyone paleo who is willing to consume juice and sports drinks regardless of endurance activities.

I have this book on my kindle, but I've learned my kindle isn't great for training/ reference books. I

purchased the hard copy version so that I can quickly flip through the sections and refer back to them before, during, and after my training.

A must read for Crossfitters! The pre/post workout recovery chapters are very informative. If you are an Crossfitter or endurance athlete you need this book.

This book has a ton of relevant and accurate information. The writing style is just too verbose and clinical for my taste. The information is great, and it is really a one-of-a-kind book. It fits a very specific niche.

The introduction tells the reader what does and doesn't make up the paleo diet. Then upon reading in more than one section of the book he forgot what he wrote. One example page 62 you may select from corn, bread, rice, a bagel and cereal to continue rapid replacement. I bought this book because I'm a runner and wanted specific info. It sure ain't here.

It's got a ton of great information in it. But I don't feel that it was presented well. I expected to use it as more of a reference guide. I felt like I needed to read other -- more introductory books to the Paleo diet before I started with this one. Because of the way the book was laid out I felt like I was having to hunt and peck for the information I wanted -- like what to eat, and when to eat it before and after workouts etc. I don't recommend this book because I didn't feel that it's user friendly.

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