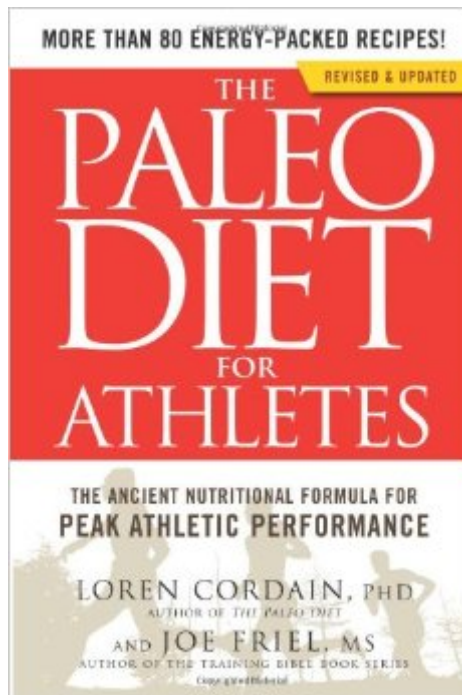


The book was found

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

Paperback: 352 pages

Publisher: Rodale Books; Revised edition (October 16, 2012)

Language: English

ISBN-10: 160961917X

ISBN-13: 978-1609619176

Product Dimensions: 6 x 0.9 x 9 inches

Shipping Weight: 15.5 ounces (View shipping rates and policies)

Average Customer Review: 4.1 out of 5 stars [See all reviews](#) (149 customer reviews)

Best Sellers Rank: #71,110 in Books (See Top 100 in Books) #93 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Paleo](#) #180 in [Books > Sports & Outdoors > Coaching > Training & Conditioning](#) #751 in [Books > Health, Fitness & Dieting > Nutrition](#)

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.

[Download to continue reading...](#)

Paleo Diet: 365 Days of Paleo Diet Recipes (Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo, Paleo Cookbook, Paleo Slow Cooker, Paleo For Beginner, Paleo Recipes) The Paleo Diet for Athletes: The Ancient Nutritional Formula for Peak Athletic Performance Paleo Diet: Paleo Slow Cooker COMBO 2 IN 1 SET - Paleo Diet for Beginners, Paleo Slow Cooker Cookbook, Paleo Diet Recipes and Paleo Slow Cooker Recipes, ... (Paleo Diet Paleo Slow Cooker COMBO SET 1) Paleo: A Simple Start To The 14-Day Paleo Diet Plan For Beginners(paleo books, Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, ... Slow Cooker) (Cookbook delicious recipes 3) Paleo Diet: 200 Delicious Paleo Diet Recipes (Paleo Slow Cooker, Paleo For Beginners, Paleo Diet Recipes, Paleo Recipes, Paleo Diet Cookbook,) PALEO: Paleo Diet For Rapid Weight Loss: Lose Up To 30 lbs. In 30 Days (Paleo diet, Paleo diet for weight loss, Paleo diet for beginners, Diabetes diet, Ketogenic diet, Anti inflammatory diet) Paleo: Paleo Diet for beginners: TOP 100 Paleo Recipes for Weight Loss & Healthy Recipes

for Paleo Snacks, Paleo Lunches, Paleo Desserts, Paleo Breakfast, ... Healthy Books, Paleo Slow Cooker Book 9) Paleo Free: Diet Guide for Beginners - Over 50 Paleo Free Diet Recipes for Optimal Health & Fast Weight Loss (gluten free, lose belly fat, paleo beginners, ... paleo desserts, paleo diet, wheat free) Paleo For Beginners: Paleo Diet - The Complete Guide To Paleo - Paleo Cookbook, Paleo Recipes, Paleo Weight Loss (Clean Eating) Paleo: 30-Day Paleo Challenge - Change Your Life and Lose 15 Pounds with Paleo Diet, Paleo Slow Cooker Cookbook - Top 80 Paleo Recipes (Paleo Series) Paleo: Paleo Slow Cooker Cookbook: Top 80 Paleo Recipes - Easy, Delicious and Nutritious Paleo Diet Cooking (FREE BONUS) (Paleo Crockpot, Paleo Baking, Whole Food) Paleo:Ultimate Pale Diet Cook Book For Beginners-MELT 10 POUNDS IN 14 DAYS MEAL PLAN +100 Recipes,(FREE BONUS INCLUDED),Paleo Diet Plan, Paleo Diet cookbook: Paleo Diet Cook Book For Beginners Paleo Diet For Beginners: Paleo Solution: (Paleo Diet For Beginners, Paleo Recipes, Paleo Cookbook) Practical 30 Day Paleo Program For Weight Loss - Paleo Diet: A BEGINNER'S GUIDE TO HEALTHY RECIPES FOR WEIGHT LOSS AND OPTIMAL HEALTH'(paleo diet, diet challenge, paleo guide to weight loss) Paleo Ketogenic Vegan Smart Moves: Avoid Dieting Mistakes (Paleo Ketogenic Vegan Diet, Paleo Ketogenic Vegan for Beginners, Diabetes Diet, Anti-inflammatory ... - Diet and Nutrition - PALEO Book 7) Ketogenic Diet: Ketogenic Diet Mistakes You Need To Know (ketogenic diet, ketogenic diet for weight loss, ketogenic diet for beginners, diabetes diet, paleo diet, anti inflammatory diet) Ketogenic Diet: 30 Day Ketogenic Rapid Fat Loss Anti Inflammatory Diet Plan (ketogenic diet, ketogenic diet for weight loss, ketogenic diet for beginners, ... diet, paleo diet, anti inflammatory diet) Ketogenic Diet: Ketogenic Catastrophe: Avoid the Ketogenic Diet Mistakes (ketogenic diet for weight loss, diabetes, diabetes diet, paleo, paleo diet, low carb, low carb diet, weight loss) Ketogenic Diet Mistakes: You Wish You Knew (ketogenic diet, ketogenic diet for weight loss, ketogenic diet for beginners, diabetes diet, paleo diet, anti inflammatory diet) Jump Attack: The Formula for Explosive Athletic Performance, Jumping Higher, and Training Like the Pros

[Dmca](#)