

Concise Paleo Diet



The 15 minute guide for people wanting to know what the paleo diet is all about.
By David Csonka of Naturally Engineered

“Let food be your medicine and your
medicine be your food.”

~ Hippocrates

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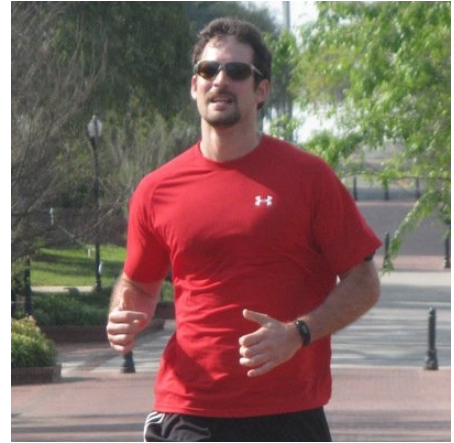
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About the Author

Thank you for reading my guide and taking the time to see what the paleo diet is all about. As the subtitle suggests, this will be a quick guide designed to give you the essential information you need to start transforming your diet quickly (with just a little bit of background for flavor).

First, perhaps I should introduce myself. My name is David Csonka, a once out of shape cubicle monkey turned natural health and fitness enthusiast. I have no delusions about winning gold medals one day, but I'm getting stronger, and I look back on my slug-like past feeling pride at how I've transformed my health.

Part of that transformation started with learning about the paleo diet, and how it was the way people were meant to eat. Once I started on that path, it was like an epiphany, leaving me wondering how I ever ate junk like ramen noodles.



If you are interested in learning more about my journey, and optimizing your health and fitness naturally, you should check out my blog, **Naturally Engineered**.

Learn more: <http://naturallyengineered.com>

Using This Guide

I only have one condition regarding the reading of this guide. You cannot drink anything with sugar in it while reading. Other than that it is free and can be given away to anybody you know or hate.

I do have several cautionary and disclaimer type points as well. You should know that I am not a doctor, registered dietitian, or professional nutritionist (yet). I'm just offering advice based on my own personal experiences, research, and observations of others. If you decide to do something insane like eat nothing but broccoli for two weeks, I am not liable for any metabolic distress or the consequences of your actions.

And lastly, even though you will probably be able to read this whole thing in 15 minutes, that does not mean I'm suggesting you should start arguing with your doctor about nutrition after finishing this short guide.

The point of this is to give you actionable information quickly so that you can start taking appropriate steps towards adopting a paleo lifestyle right away.

It is not my intention to present this guide as "everything you'll ever need to know about nutrition". At the end of the guide is a list of other resources you will want to explore to further your education into the world of real food and the paleo diet.

Who is This Guide For?

Simply, this guide is for anyone who is curious about the paleo diet and would like to learn more about nutrition. If you are already eating a paleo or primal style diet, this information may seem old to you. Thanks for checking it out anyway!

If you are somebody who has some health issues or stomach sensitivities, then we need to seriously think about what will be safe for you. Those with health problems like diabetes, heart disease, thyroid deficiency or other serious conditions should not make drastic changes to their diet without first consulting with their doctor.

For those living with these issues, the paleo diet might actually help you. However, it would be inappropriate to make a blanket statement and suggest that it will solve all of your problems or ailments. Talk with your doctor about the research and theories presented in this guide, and come to a rational conclusion about what the best course of action will be to improve your health.

What is the Paleo Diet?

Paleo in a nutshell.

The main premise of the paleo diet centers around the idea that the average human body has not yet sufficiently adapted to eating foods that have become available since the invention of agriculture 10,000 years ago. This includes seemingly benign foods like grains and beans, to the more obvious culprits like industrially processed junk food.

In a nutshell (pun intended), the paleo diet primarily consists of the types of foods available to hunter-gatherer people during this time in history. This would include food like fish, game, and other lean meats, vegetables, fruit, and nuts. What this doesn't include is bread, grains, starches, legumes, and refined sugars.

Due to eating foods that exist outside of our evolutionary metabolic milieu (as [Dr. Kurt Harris](#) would say), people now deal with chronic “diseases of civilization” like heart disease, diabetes, and obesity.

Foods that humans have typically eaten:

- meat
- seafood
- vegetables
- tubers
- fruit
- nuts

It's pretty difficult to argue with the healthfulness of a diet full of those kinds of foods. Some people will try, usually by suggesting that one "needs heart-healthy whole grains", but it simply isn't true. Humans evolved just fine for a million years without bagels.

Foods that humans should avoid:

- refined or processed sugars
- gluten grains
- legumes
- grain and seed cooking oils
- dairy
- processed food in general

Just like a hunter-gatherer in the wild should avoid the strange looking berries that caused the rest of his tribe to get sick, so should modern humans avoid foods that lead to chronic illness. What really surprises people, is that foods they have been told for years are healthy are turning out to be not so good.

Paleo? Primal? What does it mean?

“Paleo” is a shortening of the term paleolithic, referring to the period of human history that lasted from approximately two and a half million years ago to 10,000 BC. In layman's terms it is known as the "stone age" or the time before the dawn of agriculture and civilization.



Evolutionarily speaking 10,000 years is just a blink of the eye, especially considering that humans have existed in their modern form for 200,000 years and as a closely related group of species for much longer than that. You may be familiar with the names “Lucy” or “Neanderthal”, they are references to other hominid species that are now extinct.

During this time, humans migrated all over the world, eating varying amounts of meat, seafood, vegetables, fruit, and nuts. If it weren't for the harshness of living in the wilderness, the primitive human would probably have expected to live a long healthy life eating this kind of diet. In fact, archaeological findings show that prehistoric hunter-gatherers displayed muscularity far surpassing the average modern human, were quite tall, and had fantastic dental structure.

Is this just another diet and weight loss fad?

The paleo diet is different from other diet "fads" that you may have tried in that it does not focus specifically on how many calories you eat. In its simplest form, the paleo diet is an "elimination" diet. You strive to avoid eating certain types of foods which our bodies are not well adapted to digesting. In fact, if you eat proper food with abundant amounts of protein and fiber in them, controlling the amount of food you eat probably won't even be an issue!

Why am I just now reading about the paleo diet?

Many researchers, scientists, and nutritionists have been studying the benefits of the paleo diet for several decades now. With the relatively recent trend of organic food production, healthful diets have come to be more popular. Riding this wave of excitement for natural diets, people like [Dr. Boyd Eaton](#), [Dr. Loren Cordain](#), [Dr. Kurt G. Harris](#), [Dr. Arthur De Vany](#) and [Robb Wolf](#) have brought paleo into the mainstream.

Even so, the diet has only become a topic for mainstream discussion over the past decade. Too few studies have been conducted to draw conclusions about the diet's merits, primarily because nutrition studies can be so expensive to fund. Not coincidentally, this is the same reason that it has been difficult to definitively determine the links between nutrition and many diseases. Often times rats or rabbits used instead of humans, since people are likely to stray from the prescribed diet or lie about their dietary fidelity.

Why Should You Try the Paleo Diet?

Since mankind has existed on the planet longer than some of the foods that are currently on the menu, it is likely that the human digestive system and metabolism hasn't had enough time to adapt. Foods like grains, and legumes are all relatively new to the human diet and have been found to exhibit many harmful qualities, while simultaneously lacking many necessary nutrients, or making the nutrients they have less bio-available.

As well, an overabundance of refined sugars and carbohydrates present in processed foods cause human blood sugar levels to undergo a dangerous up and down roller coaster ride. By sticking to food types common to the prehistoric diet, one can effectively obtain all of the necessary nutrition needed for optimal health, without all of the deleterious effects encountered by subsisting on modern and processed foods.

Please note:

It should be pointed out and recognized that this is a *hypothesis*. We cannot say with absolute certainty what prehistoric hunter-gatherers ate. A lot of theories have been extrapolated based on small amounts of fossil evidence. However, the available evidence is compelling enough to prompt further study and to develop nutritional experiments using modern subjects. The results of those experiments are now shedding light on the efficacy of a paleo diet for treating various metabolic disorders.

Considering the lack of success the U.S. government has had with preventing disease like obesity, diabetes, and heart disease using their recommended low-fat grain-based diet, and the relative scarcity of these diseases in hunter-gatherer groups, it would seem extremely prudent to consider experimenting with a paleo-style diet.

Losing Fat

The paleo diet isn't necessarily a weight loss diet, it is mainly a "health diet". Its primary purpose is to increase general health and wellness, and decrease the incidence of gastro-intestinal disorders and diseases like heart disease and diabetes. However, it is entirely likely that you will lose fat while eating this way.

A key component of the paleo diet is the importance of eating higher quality unprocessed foods. These types of foods are typically high in fiber compared to their processed equivalents, and fiber will fill up your stomach thereby limiting how much you eat. As well, this diet tends to contain more protein than average. Protein will satiate your appetite more than anything else, potentially causing you to eat less. Thus, it is likely that you will lose fat just from eating less than normal.

It is important to understand that the process of shedding fat from the body is not as simple as eating less calories than you use. The human metabolism is a complex system that is naturally engineered to withstand famine and intermittent access to food.

The large amounts of refined sugars and other carbohydrates in the standard diet lead to insulin and leptin dysregulation, both important hormones for metabolism, hunger, and fat storage. These foods are not a part of the paleo plan, so normal fat mobilization and blood sugar maintenance should be expected.

Dietary Intolerance Testing

Based on the supposition that the paleo diet is the nutritional model of which the largest percentage of people are most well adapted to, it stands to reason that humans in general will suffer very little food intolerance from this diet. This is your dietary baseline.

Your baseline diet is all of the food that you might eat and experience no ill effects, and excludes foods which you don't really need or might cause issues. This diet would also have to be able to sufficiently promote an active lifestyle and sustain high levels of lean body mass.



So while one might be able to eat a diet chiefly composed of vegetables and potatoes without suffering ill effects, their ability to sustain lean muscle mass without animal protein sources would be compromised. You could also call this the “minimum effective diet”, since it would consist of a minimal amount of food variety while still promoting a robust and healthy body, and exclude unnecessary or problematic foods.

By using this baseline diet, and removing potentially allergenic foods like grains, legumes, or dairy, one can determine if they have any latent food allergies which they weren't aware of.

Implementing the Paleo Diet

If you plan on changing to a paleo-style diet there are a few preliminary steps you should take to facilitate your efforts. Of course, as I mentioned before if you have any significant health issues, especially if you have any disorders with your thyroid, gastrointestinal tract, or blood sugar, I recommend consulting with your doctor before making significant changes to your diet.

Set your benchmarks.

As soon as possible, schedule a physical or at the least a blood test to include major things like "measured LDL cholesterol (not calculated), fasting glucose level, vitamin D, etc. If you can get a basic body fat measurement done, do so. This includes being weighed and pinching/ taping various areas of your body to approximate your body fat percentage.

It is important to have a baseline to make sure everything is progressing fine, but just as importantly, comparing your measurements and blood tests over time will demonstrate how much progress you are making.

Record your progress.

I highly recommend having a meal journal to record what you have eaten each day, and describe how you feel physically and mentally. Did you experience headaches, cramps, or indigestion? How did you sleep the night before? Consider including body weight changes (weight at the same time every day preferably after first waking up). This will help you keep track of your progress and to see what is working for you.

What about food allergies?

If you have any significant food allergies, you may have to make certain compromises in order to prevent instigating any problems with your health. Try to work around the parameters presented by your allergies, and make sure you don't inadvertently cause any nutrient deficiencies. It is better to supplement than to risk danger to your health through an insistence on consuming only whole foods.

How should you proceed?

When making the change to the paleo diet, it is possible to do it in stages and with different levels of commitment. Not all practitioners will eat 100% paleo, and they might have a cheat meal once a week. On the other hand, some people are totally strict and avoid non-paleo foods religiously. Obviously, the benefits of this type of diet will go up based on your level of commitment to eating higher quality food.

Fortunately, there are a few major changes that account for a significant portion of the benefits of the paleo diet. It's probably best to proceed by making the big simple changes first, to gain the most benefit. Afterward, see if you can handle making the smaller less significant changes for further gain.

Removing Refined Sugars

Why are refined sugars bad for me?

Well most importantly, refined sugars like you see in so many manufactured foods these days have a dramatic effect on insulin and blood glucose levels. They're metabolized into the bloodstream quickly and send your insulin levels on a roller coaster ride. In the short term they'll cause weight gain and insulin resistance, in the long term possibly type 2 diabetes.

Cutting out heavily refined sugars and high-fructose corn syrup (HFCS) from your diet will have a dramatic effect and give you about half of the benefits of the paleo diet. This is because so many processed foods and drinks now contain them. Products like soft drinks, sodas, candy, etc. all usually contain these manufactured sweeteners. A constantly available and easily digested supply of sugar is totally at odds with what the human body developed to handle.

Naturally occurring sugars (like in fruit) typically have their glycemic effect blunted somewhat by the presence of fiber, which slows the rate of digestion as well as limiting how much fruit you can consume.

Liquid Sugar

The best way to start off is to give up drinking soda. It's tough, I know - considering I use to drink 4-5 sodas a day at work, but it is possible. In fact, if you manage to go cold turkey you'll soon realize how your body had become addicted to sugars and inadvertently put you through sugar cravings. If you manage to keep heavy sugars out of your diet, the cravings will soon pass. If you want, you can transition using 0 calorie diet sodas like Coke Zero.

Studies on the effect of artificial sweeteners on the human metabolism are on-going, but in some cases there has been a small effect on insulin and/or a correlation with weight gain. This research is however still in its infancy.

As far as liquid sugars go, soft drinks are the biggest culprit, but after them you will need to also think about other types of drinks that are heavily laden with sugar. Powdered/sweetened lemonade, sweet tea, fruit juices, sports drinks, frappachinos, etc.

Wait fruit juices? Aren't they healthy?

In general, yes fruit can be good for you. But, the farther it gets from its natural state, ie. an apple off the tree, the more likely it is to have preservatives and sugars added, and fiber/nutrients removed. Additionally, one must consider that fruit plants has been selectively bred for thousands of years to produce sweeter and bigger fruits.

This comes saddled with lots of extra sugar, and often most of it is fructose. Fructose is treated by the liver like a toxin (almost identically to alcohol), so go easy on the fruit. There is nothing that fruit contains (which you need) that you can't get from vegetables. "No Sugar Added" fruit juices might not be as bad as the ones which are just candy water, but the liquid form makes it easier to consume more than you should, while still causing a pronounced effect on your blood sugar.

Other Sugars

Obviously, sugar is used in many other food products besides drinks. Pastries and most baked goods, candy, ice cream, syrups, etc. the list is quite extensive. None of these "foods" encompass anything that our body needs for survival. Quite like the liquid sugars, these things will cause your blood sugar to spike at abnormally high rates. Their only potential, but minuscule, advantage over liquid sugars is that they *might* have fiber in them, which can slow down digestion and slightly blunt the insulin response. Still, they should be eliminated from the diet as much as possible.

One could consider developing a fondness for dark chocolate which is much more acceptable as a random treat. The higher the purity (percent cacao) the better, as it will naturally contain less sugar, though it will be high in useful minerals like magnesium.

Removing Grains and Bread

Contrary to popular belief, whole grains and bread are not the best way to stay healthy and lose weight. Cereal grains were only introduced into the human diet around 10,000 years ago, a very short time period in which we have been unable to completely adapt to digesting them. These include grains like wheat, barley and rye, which are known for having the compound gluten.

Gluten grains contain compounds called lectins which can damage the human digestive tract and cause disorders like "leaky gut", a condition of intestinal or bowel hyperpermeability. While the human body no doubt has a capacity to deal with these toxins, overloading the system could make it difficult to repair all of the damage.

Other grains like corn and rice are also problematic in that they contain anti-nutrients which block the absorption of useful minerals and vitamins, and have a relatively low nutrient-density compared to animal products and non-grain vegetables.

"Whole grains" are often touted as more healthful than bleached or refined grains, but this is mainly a marketing ploy used by industrial food corporations. While the fiber in the whole grains blunts the insulin response and slows down digestion (which is helpful for controlling blood sugar) the grain itself contains anti-nutrients which were evolved by plants to prevent the consumption of their seeds, by animals. That's right, most plants don't benefit from animals eating their reproductive parts, and have developed mechanisms to discourage that practice - namely chemicals that wreak havoc on the digestive tract.

Why is gluten bad?

Gluten grains are bad because of the various proteins and anti-nutrients they contain. Most of us have probably heard of or at least know a person who has Celiac disease, a severe autoimmune disorder related to gluten. The percent of prevalence among Western populations is estimated at roughly 1%, but probably up to 30% – 40% of the population still suffers from a low level of gluten intolerance or irritation.



Chronic gluten exposure is theorized to increase intestinal permeability (or leaky gut) even in the absence of Celiac disease. Other compounds like lectins (also found in legumes) further exacerbate autoimmune issues and phytates serve to make many useful nutrients bio-unavailable. Phytates accomplish this by chelating minerals such as calcium, or iron, resulting in insoluble complexes and leading to decreased absorption.

Generally speaking, grains probably adapted the use of these chemicals to keep animals from digesting what are essentially their reproductive parts. Considering the poor amount of nutrition they provide, gluten grains aren't worth having to deal with all of the side effects they cause.

Are all grains bad?

Corn and rice aren't as bad as gluten based grains, but as a food source they're mainly just a source of cheap calories. As well, the highly refined and processed versions of these grains are quite problematic because they typically induce a high glycemic response coupled with a significant starch-based carbohydrate load. When compared to more nutrient rich vegetables which don't wreak havoc with your blood sugar or intestinal track, these other grains just don't seem very worthwhile either.

Removing Legumes and Seed Oils

Legumes and Beans

Legumes include plant products like soy beans, peanuts, and most beans in general. Along with lectins, in recent years, a new class of substances called saponins have been found in legumes (and other foods) which might also be responsible for increased intestinal permeability. Legumes are typically prized by vegetarians for their plant-based protein content, but it is of poorer quality compared to meat, and the beans must be prepared properly to reduce their innate negative qualities.

Seed and Vegetable Oils

With the vilification of saturated fat over the years, animal-based cooking fats have been gradually replaced by seed and vegetable oils. Whereas foods like butter and lard are more stable due to their saturated fat content, most seed oils primarily contain poly-unsaturated fatty acids (PUFA), which are prone to oxidation and thereby increase the level of oxidative stress in the body. This stress damages cellular proteins, membranes and genes and leads to systemic inflammation.

The typically high omega-6 fatty acid composition of these seed oils is another factor which could increase levels of inflammation. The various omega-3 (fish oil) and omega-6 fatty acids are precursors to hormones which regulate the inflammatory process in your body. Since they share the enzymes used to build these hormones, a massive proportional shift of these fatty acids to the omega-6's could lead to run-away inflammation.

The Rest of Breakfast

What about bacon and eggs?

Eggs are a great source of fat and protein, although there are compounds within the egg whites which could pose problems for some people with a sensitive gut. According to Dr. Loren Cordain, it's the second most common food allergy. Just be mindful of this, a food source becomes less useful if it causes chronic inflammation. However, if you have no problems with eggs should feel free to eat them every day.

Some may point to the high cholesterol content as another reason for caution, but there is a growing body of evidence illustrating that earlier studies vilifying cholesterol were severely flawed. Cholesterol makes up almost 25% of your brain and is a precursor to many of your most important hormones. It's hard to believe such an essential substance could be deadly.

Similarly, bacon gets a bad rap for it's fat content, but you should consider it back on the table. Even if saturated fat were bad, which hasn't been conclusively proven, that fat content of bacon is mostly mono-unsaturated anyway. For both foods, it is generally better to source them from pastured or free-range animals.

What about dairy?

Dairy products present a sort of gray area and point of contention when it comes to the paleo diet. It can be argued that there are certain dairy foods like grass-fed butter that can be healthful despite the fact that they are derived from milk. The high amounts of saturated fat usually give people caution, but newer research is now indicating that it isn't the cause of heart disease like we have been lead to believe.

It should also be kept in mind that grass-fed and pastured cows produce milk that contains more useful nutrients, and a more favorable omega 3 fatty-acid ratio. There are however some obviously problematic compounds found in dairy products.

Lactose intolerance (leading to gut irritation) is well known and there is also the protein casein which operates in a similar fashion to gluten. Many people will be susceptible to the negative reactions which these compounds cause. Generally, it is best to remove dairy along with gluten, and then later on try adding back less problematic dairy foods like butter and full fat yogurt and observe how your body responds.

Testing Yourself For Dietary Intolerances

As I mentioned earlier, the paleo diet is an excellent tool for dietary intolerance testing. While you are changing your diet and gradually eating more strict, you will automatically be excluding potentially allergenic foods. After thirty days or so, you might consider staging a little experiment and reintroduce some of these foods (one at a time) and observe how your body reacts.

Reintroduce restricted food types in a controlled manner and observe any changes.

Adding back food types in a controlled manner means only changing one variable at a time. You keep everything else constant and controlled. So for example, you have been eating your baseline diet for thirty days and now want to start looking for food types which might be responsible for your chronic bouts of indigestion. A good first step might be to reintroduce dairy foods.

You won't want to reintroduce dairy and gluten at the same time, because if you do experience indigestion you won't know which of the variable food types was the actual cause. This is ultimately the scientific method applied to dietary experimentation, and is basically the easiest way you can determine food allergies by yourself at home. The key is to remove potentially problematic food types until you feel good, and only reintroduce one food type at a time into you start feeling bad again.

What if you feel ill very soon after reintroducing some of your favorite foods?

If you were shocked that you felt ill after adding back some foods that you use to eat all the time (and loved) don't be. Just as your body has ways of masking the pain of acute physical injuries, so does it have a way of blunting the micro trauma of subjecting your gut to the varieties of allergenic foods that we have available to eat.

You should take this as a sign that your favorite foods might not have been as good for you as you thought, and that excluding them from your diet permanently might be a good idea.

Other Benefits of a Paleo Diet

Dental and Periodontal Health

There are a lot of reasons why the paleo diet can help relieve something like periodontitis. For one, no longer eating refined sugars and processed grains and carbs severely limits the food available to the acid producing bacteria that damage your teeth and gums. As well, having more fat-soluble vitamins like A, D and K available for tissue repair is essential for healthy teeth and gums.

The anti-inflammatory properties of vitamin C can also alleviate symptoms in people with periodontal disease, and of course calcium helps strengthen bone mass beneath the gum line, minimizing bone decay from bacteria. You'll find out more on how diet can help alleviate tooth and gum disease by reading about Weston A. Price, DDS and his years of studies on diet and dental health in the book *Nutrition and Physical Degeneration*.

Blood Sugar Management

The paleo diet has been shown to be quite effective at helping type 1 diabetics manage their blood sugar, as evidenced by the efforts of [Arthur De Vany](#) in his book, *The New Evolution Diet*, and in recent controlled studies. Limiting carbohydrate consumption to foods that have less severe insulinemic characteristics affords the body the ability to effectively manage fat apportioning and blood sugar levels.

Lower Inflammation

The omega-6 to omega-3 ratio in the standard American diet can purportedly be as high as 20:1. The resulting systemic inflammation from massive PUFA consumption, along with free radical damage, and oxidative stress are all implicated in many serious diseases such as cancer and Alzheimer's. By limiting seed oils and sourcing meat and eggs from pastured animals (providing more omega-3 fatty acids) one can better achieve a balanced fatty acid ratio.

In Closing

Give it a try!

As you can see, the paleo diet consists of some pretty simple principles. Avoid food that your body isn't adapted to eating. Where the diet gets tough is when you realize that the bulk of food in the grocery store does not fit into this paradigm. But, armed with this knowledge, you are now in a position to make informed choices that will help you towards living a much healthier and vibrant life.

I hope this guide has been informative and will help you on your way to adopting a paleo diet. On the following page I've included a list of books and websites that go into much more detail than I could with this short guide. Use this as a starting point to learn more about the paleo diet and nutrition in general. Above the door to my old college's main hall is a sign that reads, "The half of knowledge is to know where to find knowledge." Consider yourself half way there!

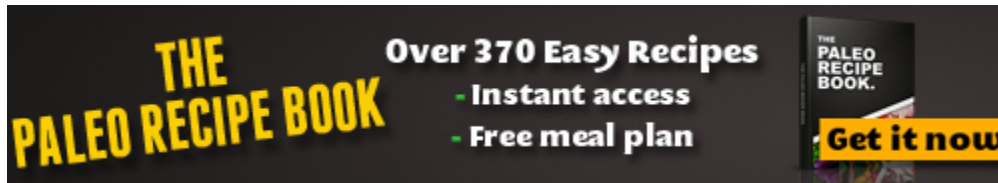
If you found this guide beneficial, please share it with your friends or anybody you know that is thinking about trying the paleo diet!

If you'd like to receive the latest announcements and weekly blog updates from Naturally Engineered, I encourage you to sign up for my free email [newsletter](#). Your contact information will remain confidential and will never be used for email spam.

Connect with me online! You can find me on [Twitter](#) and on [Facebook](#). As well, feel free to reach me directly through my website [contact form](#) with any questions you might have.

Sincerely,
David Csonka

The Paleo Recipe Book



[The Paleo Recipe Book](#) is an excellent resource for anyone wanting to learn how to cook delicious paleo meals. It also provides instructive information on the nature and use of the ingredients you're going to be using and the how-to's of making many popular dishes.

For example, you won't just read the steps to grilling a great steak, you'll see how to pick the right cut of meat, and why each step in the process is important.

Along with the recipe list (which comes out to a mind-boggling 370+ recipes) the Paleo Recipe Book also comes with an herb & spice guide, and a paleo diet meal plan. This is a *complete* paleo cooking package.

I think it's an excellent resource, and promote it because I also use it myself on a regular basis. It helped me to become a better cook and move past a life of eating boring meals every night. If you would like to learn more about his book, I've got a [free downloadable preview](#) (PDF) that you can check out.

Resources

Books (in alphabetical order)

The New Evolution Diet, by Arthur De Vany
The Paleo Diet, by Loren Cordain
The Paleo Solution, by Robb Wolf
The Primal Blueprint, by Mark Sisson

Websites (in no particular order)

Dr. Loren Cordain <http://thepaleodiet.com/>
Dr. Kurt G. Harris <http://www.paleonu.com/>
Dr. Arthur De Vany <http://www.arthurdevany.com/>
Don Wiss <http://paleodiet.com/>
Robb Wolf <http://robbwolf.com/>
Richard Nikoley <http://freetheanimal.com/>
Mark Sisson <http://www.marksdailyapple.com/>
John Durant <http://hunter-gatherer.com/>
Melissa McEwan <http://huntgatherlove.com/>
Sarah Fragoso <http://everydaypaleo.com/>
Diane Sanfilippo <http://balancedbites.com/>
Andrew Badenoch <http://evolvify.com/>
Chris Kresser <http://thehealthyskeptic.org/>
Todd Dosenberry <http://www.primaltoad.com/>
Kevin Holbrook <http://www.paleoplaybook.com/>
Michael Miles <http://nutrition-and-physical-regeneration.com/blog/>
Sébastien Noel <http://paleodietlifestyle.com/>
Brock Brown <http://www.mypaleolife.com/>
Diana Hsieh <http://www.modernpaleo.com/>
Darryl Edwards <http://www.thefitnessexplorer.com/>
Dr. Emily Deans <http://evolutionarypsychiatry.blogspot.com/>
Jamie Scott <http://www.thatpaleoguy.blogspot.com/>
John Welbourn <http://talktomejohnnie.com/>
Cheryl White <http://cavegirl101.wordpress.com/>
Don Matesz <http://donmatesz.blogspot.com/>
Chris Masterjohn <http://blog.cholesterol-and-health.com/>
Stephan Guyenet <http://wholehealthsource.blogspot.com/>
Nikki Young <http://www.paleocookbook.com/>
- and many more which I may have neglected to include.

I wish you the best of luck. Remember, food should make you healthy and feel good!