

Eat more, lose more!

Filling up on real foods, not made-to-crave chemicals, helped Terri Paige, a mother of 8, ditch 10 lbs in one month!

With nutrition, like fashion, the classics always come back. So while creators of fad diets claim their plan is the next great fat fix, there's something to be said for humans' original way of eating: the paleo diet. It's all-natural, unprocessed and ultra-satisfying. Even when people try to overeat on this plan, they still lose weight. "The right diet can help us feel as healthy as nature intended," says Mark J. Smith, Ph.D., coauthor of *Paleo for Life*. Keep reading for the simple secrets to slimming with zero hunger. —BY LISA MAXBAUER

Named after the historic Paleolithic period, paleo eating is sometimes called the caveman diet, since it focuses on foods our hunter-gatherer ancestors ate: meat, eggs, fruits, veggies, nuts and seeds. The plan avoids processed, modern ingredients like grains (gluten), dairy and sugar that can inflame the gut.

"For most of humanity's time on this earth, this is how we ate. It shaped our genetics," explains Smith, a physiologist and chief science officer at The Paleo Diet. In fact, up to 70% of all grocery-store items are unfamiliar to our bodies since they didn't even exist a few generations ago.

Why paleo works: "Most weight-gain issues are related to eating a high glycemic (sugary-carb) diet that leads to increased blood sugar and insulin levels," says Smith. "The paleo diet is a low glycemic diet and is also very nutrient-dense, allowing people to obtain the needed nutrients without consuming unnecessary calories."

After decades of real-world testing, Smith sees women lose an average 1 to 2 pounds per week eating this way. Can't imagine giving up pasta? No worries: Most people who eat this way follow the 85/15 rule—eating paleo foods 85% of the time and enjoying modern fare (like

"It Worked For Me"

Terri: from size 10 to 2

This Kentucky mother of 8 grew up with the food pyramid. "It was 'ingrained' into us to eat more grains!" But that wrecked her gut and triggered painful symptoms. Paleo finally allowed Terri to heal and slim. "When I die and go to heaven, God willing, I'm going to eat bread all day. Until then, I'll stay on the paleo path." But it's about flexibility, not perfection. "On occasion, I eat brown rice pasta." She also snacks on paleo-friendly Simple Mills almond crackers with peanut butter. "You've gotta have a cracker sometimes!"



BEFORE

Help yourself

On a paleo plan, strive to get 85% of your daily calories from unprocessed whole-food sources that have been part of the human diet since the beginning: meat, fish, eggs, fruit, veggies, nuts and seeds. (Avoid or limit dairy, grains, legumes and refined sugar.) There are zero limitations on portions, so eat all you want and watch your health soar, while cravings vanish. Some ideas, *right*, to get started.

Additional reporting by Cailey Griffin

pasta or cheese) 15% of the time. “Individuals can still see weight-loss benefits by adopting a relatively small number of paleo recommendations.”

Hunger, satisfied

This diet is so foolproof, Smith often issues this challenge: “If you’re not down to the weight you’d like to be, try to eat as many vegetables as you can and *not* lose weight.”

This all-you-can-eat paleo challenge is freeing for anyone who has felt burned by restrictive, starvation diets.

“In over 30 years of teaching paleo eating, I have never suggested limiting the quantity of paleo foods,” he says, adding that this all-you-can-eat feature has never prevented weight-loss success. “It is extremely difficult to overeat on paleo because of the large volume of food relative to the calories.”

Consider this: “You’d have to eat more than 50 cups of spinach or 6 apples to get the same number of calories in one slice of pizza.” He promises, “The fiber and nutrients in natural

foods are going to fill you up before your calorie count gets out of control.” Bottom line: “Feeling hungry is not a feeling you have on paleo.”

Proof: In a 2019 study in *Cell Metabolism*, people instructed to eat unlimited amounts of unprocessed whole foods like those in a paleo diet lost 2 pounds in 2 weeks. People told to eat to their heart’s content on an ultra-processed diet consumed around 508 *more* calories per day and gained 2 pounds in that time.

And a 2025 *Nature* study found adults dropped 2.1% of their body weight when they switched from ultra-processed to minimally processed foods for 8 weeks.

Hormones, supported

“What I love about the paleo diet is it removes many foods that tend to increase inflammation in the gut but leaves good carbs like sweet potatoes and berries,” says Emi Hosoda, M.D., who lost 100 pounds in her 50s eating this way.

“Women need some carbs to make progesterone, and very low-carb diets like keto do not

serve some women well,” especially those who have problems with hormones, like those with PCOS, she says. In fact, Dr. Hosoda has seen patients lose up to 120 pounds on paleo.

From toxic to thriving

Thanks to a diet of “sugar, carbs, carb, carbs,” Terri Paige, 61, was in a “never-ending cycle” of health problems. She says, “I got shingles every other month.” She also had GI issues (leaky gut), chronic fatigue and joint pain. “I had a medicine for everything: reflux, allergies, depression. I wondered, where does it end?”

Terri didn’t set out to lose weight. She just wanted to help her toxic system. And after reading *The Primal Blueprint* she learned “how eating more of a paleo diet is healthier and in alignment with how our body is made.”

So she eliminated dairy, gluten-laden grains and many processed items. She chose whole foods as part of a paleo-Mediterranean diet. “My husband is a physician. I was kind of like case study number 1.”

She didn’t count calories. “I ate a *lot* of roasted vegetables and good quality

protein and felt amazing!” She lost 10 pounds the first month and says, “I lost belly fat!” She shares, “Once I got my gut integrity back, my health started to fall into place.”

In all, Terri dropped 45 pounds and transformed her life. Her thyroid function improved, along with all of her other chronic conditions. Today, she no longer needs any medicine. Inspired, she became a certified lifestyle coach and opened a practice with her husband called the Medical Transformation Center. Her advice to other women: “It’s never too late. Just start because when you start something, it builds!” **WW**

Learn more in *Paleo for Life* or at ThePaleoDiet.com



Yes!
People who eat more paleo-friendly blackberries reduce their risk of sleep problems by up to 37%
—Penn State study



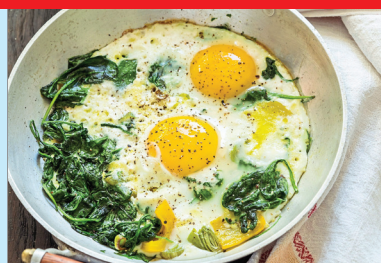
Minty marvels

Try this paleo version of the classic Peppermint Patties

- 1/4 cup coconut butter, melted
- 1 Tbs. honey
- 3 fresh mint leaves, minced
- 1 tsp. peppermint oil/extract
- 1/2 cup 100% dark chocolate, chopped

In a bowl, mix all ingredients except chocolate. Let harden for a few minutes and shape into patties. Place on a rimmed baking sheet lined with parchment. Freeze for 10 minutes. Using a double boiler on the stove, melt chocolate. Coat patties with chocolate. Refreeze. *Makes 8–12*

to seconds: Try these filling feasts



ZUCCHINI EGG NEST

Spiralize 1 peeled zucchini into noodles; sauté. In a pan with olive oil, fry 2 eggs, spinach and garlic. Serve eggs over noodles.



SALMON SALAD

Grill salmon and plate with a big green salad topped with sliced avocado and tomatoes. Dress with olive oil and lemon.



COCONUT CURRY

Boil butternut squash, 1 can unsweetened coconut milk and 1 Tbs. curry powder. Add chicken + cauliflower “rice.”

Individual results vary. Experts encourage us to focus on steady, sustainable progress. Always get your doctor’s okay to try a new dietary strategy.