

MEDITERRANEAN

VS

PALEO

Class Notes & Educational Overview

(Information Only)



PURPOSE OF THIS DOCUMENT

This document is provided as educational support for the ***Mediterranean vs Paleo class.***

Its purpose is to:

- Explain the differences between the two approaches
- Provide background and context
- Help members understand why each approach exists

This document is provided to help you understand which approach may be the best fit for you when choosing your challenge path.



DIETS VS LIFESTYLE

Mediterranean and Paleo are often referred to as “**diets,**” but they are better understood as frameworks or approaches to eating.

No single way of eating works for everyone forever.

Your nutrition needs may change depending on:

- Health goals
- Stress levels
- Activity
- Season of life

Food is a tool — not a measure of discipline or worth.



THE COMMON DENOMINATOR: INSULIN CONTROL

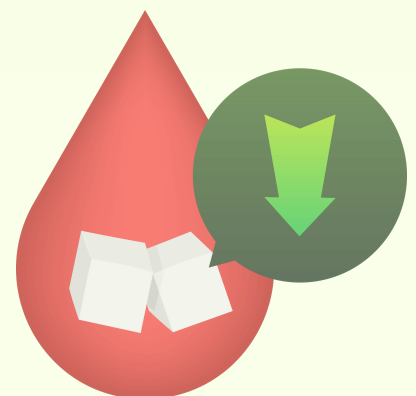
Across successful eating approaches — *Mediterranean, Paleo, Keto, Carnivore, Plant-Based* — the shared factor is:

Blood sugar and insulin control.

When insulin sensitivity improves:

- Energy stabilizes
- Inflammation decreases
- Fat loss becomes more attainable
- Long-term health improves

The specific foods matter less than how consistently blood sugar is managed.



MEDITERRANEAN APPROACH

ORIGIN & BACKGROUND

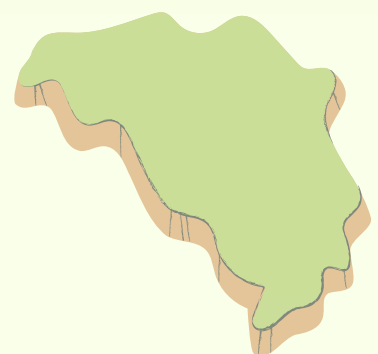
Origin:

The Mediterranean approach is rooted in the traditional eating patterns of countries bordering the Mediterranean Sea — particularly Greece, Italy, and Southern Europe.

It gained global recognition in the mid-20th century through the research of Ancel Keys, who observed lower rates of heart disease and longer life expectancy in these populations compared to Western nations.

Cultural Context:

- Meals were simple and home-prepared
- Food was shared socially
- Physical activity was part of daily life
- Highly processed foods were rare



WHAT DEFINES THE MEDITERRANEAN APPROACH

- Whole, minimally processed foods
- Emphasis on vegetables and fish
- Olive oil as a primary fat
- Moderate dairy
- Small amounts of legumes and grains
- Enjoyment and sustainability

WHEN THIS APPROACH IS OFTEN USED

- Long-term maintenance
- After metabolic healing
- Seasons focused on sustainability and flexibility
- When social eating is important

CONSIDERATIONS

- Carbohydrates can increase if portions aren't intentional
- Can be misunderstood as "Mediterranean junk food"
- Results depend heavily on food quality and balance



PALEO APPROACH

ORIGIN & BACKGROUND

Origin:

The Paleo approach is inspired by evolutionary biology and the idea of eating foods humans were biologically adapted to before modern agriculture.

It was popularized in the early 2000s by **Dr. Loren Cordain**, building on the concept that many modern foods contribute to inflammation and blood sugar dysregulation.

Historical Context:

- Focuses on foods available to hunter-gatherer societies
- Excludes foods introduced through industrial agriculture
- Emphasizes simplicity and food elimination



WHAT DEFINES THE PALEO APPROACH

- Protein-centered meals
- Vegetables at every meal
- Healthy fats
- Elimination of grains, legumes, and dairy
- Minimal ingredients and processing

WHEN THIS APPROACH IS OFTEN USED

- Blood sugar instability
- Inflammation or digestive concerns
- Autoimmune support
- Fat-loss or metabolic reset seasons
- When structure and clarity reduce stress

CONSIDERATIONS

- Can feel restrictive socially
- Limited variety for some people
- Not always ideal as a long-term lifestyle for everyone



BLUE ZONES & LONGEVITY

Certain regions of the world, known as Blue Zones, are recognized for exceptional longevity and quality of life.

Shared Characteristics:

- Whole foods
- Minimal processing
- Consistent movement
- Strong community and purpose

Examples:

- Ikaria, Greece
- Sardinia, Italy
- Okinawa, Japan
- Nicoya Peninsula, Costa Rica
- Loma Linda, California

These populations don't just live longer — they experience more years of health and independence.



STRUCTURE VS FLEXIBILITY

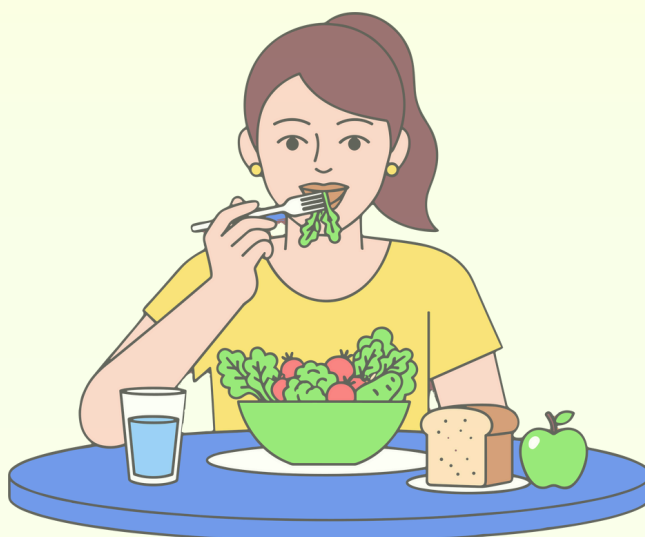
Some individuals thrive with:

- Clear rules
- Elimination
- Repetition

Others thrive with:

- Variety
- Flexibility
- Social freedom

The most effective approach is the one that lowers stress, not increases it.



SEASONS OF EATING

It is common — and healthy — to move between approaches over time.

- Paleo may serve seasons of healing or fat loss
- Mediterranean may serve seasons of maintenance and sustainability

FINAL NOTE FOR MEMBERS

This document exists to support understanding, not to dictate daily food choices.

For the challenge:

- Follow **only** the meal plan for the challenge you selected.
- Avoid mixing Mediterranean and Paleo rules.
- Simplicity and consistency are key to finishing strong.

Education builds clarity.

Consistency builds results.

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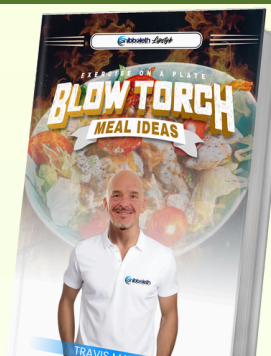
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