

the first place. If you can stick this initial period out, it will get easier. At some point you won't even miss those foods you think you can't live without.

Shouldn't I be counting calories and calculating macronutrient ratios?

Try to relax into this as much as possible. Don't overanalyze what you're eating. Enjoy your food. Make cooking fun and leave time to savor your creations.

This is too hard. How can I make it easier?

No man (or woman) is an island. Making big changes is hard, and the more support you have in doing this, the easier it will go. See if you can enlist your spouse, significant other or a good friend to do this with you. (They may not be eager to join, but they'll thank you later.) Have a "paleo pot luck". Invite friends over to cook with you.

I've got a trip planned or I'm going out on a date. What do I do?

If you know you're going out to dinner with some friends this weekend, choose a place that can accommodate your needs. Call ahead and ask if they have gluten-free items on the menu. Pick a place that has meat and vegetable dishes, and order a salad on the side. Don't put yourself in a situation where you're starving because you haven't planned in advance, and then eat a bagel with cream cheese because that's all that's available. If you're going on a road trip, stock up on paleo-friendly snacks. This is all possible, but it does require some planning and foresight.

I'm taking a boatload of supplements. Should I continue taking them during the 30-Day Reset?

This one's a little harder to answer. If you know the supplement helps you, or you're taking it for a specific goal or purpose (i.e. iodine for thyroid function), by all means continue. But if it's something you started taking a while ago and you can't even remember why, and it doesn't seem to be helping you, then go ahead and stop taking it. You can always start again later if you need to.