

Abel James

Eating in the Wild

PODCAST SHOWNOTES

Our guest today is Abel James, a modern-day Renaissance man. He is a #1 bestselling author, award-winning talk show host, keynote speaker, professional musician, and entrepreneur. Abel's work has been featured in WIRED Magazine, Paleo Living, and hundreds of publications in business, technology, psychology, and health.

Traveling

Abel James spent two years living in other places and experiencing how different cultures view food. Moving from town to town in state national parks and dry camping, he experimented with how to eat healthily when your resources are slim. Being prepared for meals is key, and having a survival pack that sustains you comes from preparation. The good news is that Abel does advocate for the inclusion of emergency chocolate (at least 75% cacao). When you put together your survival pack, load up on greens. Snacking on veggies like cucumbers, celery, and carrots is easy and so good for you.

The Wild Diet

We should be eating far more deep, green, leafy plants. When you are sourcing food, aim for eggs and protein that was raised on their natural, wild diet -- this plays a huge role in your health. The wild diet is what best serves our bodies.

Typical Meal Plan for Abel

Abel engages in intermittent fasting

Breakfast: coffee with heavy cream, occasionally a green smoothie (fat-heavy with avocado, tons of greens)

Lunch or Breakfast (if not fasting): big omelette with goat cheese, lots of veggies

Dinner: Zoodles (zucchini noodles), stir-fry chicken in a sauce with olive oil and pasture-raised bacon

When Abel and his wife do make a treat like a muffin, they include a sweet potato or beets into a muffin mix with coconut flour to create a treat with moisture and fiber.

[Check Out Abel's Site for more tips, recipes, and resources!](#)

Listener Question:

I love your shakes, but I like them later in the day. What should I do for breakfast?

You can eat dinner for breakfast and breakfast for dinner -- it's interchangeable. Eat by the plate. Both the Sugar Impact and Virgin Diet have a plate to eat by. Use leftovers from the day before or follow the plate. Omelettes are great, Paleo wraps with almond ricotta cheese, and chicken breakfast sausage with a side of raspberries. Clean, lean protein, healthy fats, and slow-low carbs and veggies in balance is the key.

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As always, remember:

You are worthy. Dare to live a life that matters.

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