

Paleo Is Like You: The Perfect Diet for Modern Humans

What is the Paleo Diet?

The Paleo diet is based on the idea that humans are genetically adapted to eat the same foods that our ancestors ate during the Paleolithic era. This means eating plenty of meat, fish, fruits, vegetables, and nuts, and avoiding processed foods, grains, and dairy products.



Body Reset Diet: Double Your Weight Loss Results With The Body Reset Diet And The Healthy & Scrumptious Smoothies You Love Making With Your Favorite High ... 2: Clean Eating, Book 3: Paleo Is Like You!

by Juliana Baldec

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The theory behind the Paleo diet is that our bodies have not had enough time to adapt to the modern diet, which is high in processed foods and low in nutrients. This can lead to a number of health problems, including obesity, heart disease, and diabetes.

Benefits of the Paleo Diet

There are many benefits to following the Paleo diet, including:

- Weight loss
- Improved blood sugar control
- Reduced inflammation
- Increased energy levels
- Improved mental health

What to Eat on the Paleo Diet

The Paleo diet is based on the following food groups:

- Meat
- Fish
- Fruits
- Vegetables
- Nuts

You should eat plenty of these foods each day, and avoid processed foods, grains, and dairy products.

What to Avoid on the Paleo Diet

The Paleo diet is based on the following foods groups:

- Processed foods



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