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[The Paleo Diet: Eating Like a Cave Man](#) The Paleo diet sometimes called the cave man diet is based on the idea that eating foods similar to those consumed by our hunter-gatherer ancestors is the healthiest, most successful path to sustainable weight loss and optimal health.

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Live the Paleo lifestyle to get healthy and fit with natural foods Paleo All-In-One For Dummies is the powerhouse resource that includes all the information you'll need to get started with the Paleo lifestyle or further refine your diet if you're already a

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Online shopping from a great selection at Books Store. [Paleo Diet Food List PDF - Ultimate Paleo Guide](#)
[Paleo Diet Food List](#) The following is a comprehensive paleo diet food list. In it, you'll find a list of paleo diet meats, vegetables, fruits, nuts, seeds, oils that are [Book Review: Paleo For Dummies | The Whole30 Program](#)

[Book Review: Paleo For Dummies 2 May, 2013](#) We don't do many book reviews, but when the fabulous Melissa Joulwan (of The Clothes Make the Girl and Well Fed fame) teamed up with Dr. Kellyann Petrucci to pen the next book in the famous For Dummies series, we were pretty excited.

[Paleo for Dummies - real food pharmacist .com](#)
Then along came the agricultural revoluBon and everything changed. The&Agricultural&RevoluBon Also called the Neolithic Demographic [Paleo Diet: The Definitive Beginner's Guide | Nerd Fitness](#)

So you wanna learn about the Paleo Diet, eh? Here's the ENTIRE diet in a nutshell: If a caveperson didn't eat it, neither should you. Now, obviously there's more to it than that, and that's what I'm going to cover in great detail with this article today.