



**Paleo Diet For Beginners : Basic Paleo Recipes-
How To Start The Paleo Diet With These Health,
Simple, Easy Paleo Diet Recipes: Paleo Diet For
Beginners: :The Ultimate Collection of Paleo
Recipes**

Shawn Rashid

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Paleo's handbook :The Ultimate Collection of Basic Paleo Recipes(The Buff Baker Health & Fitness Series)

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Here Is A Preview Of What You Can Expect To Learn from Basic Paleo Recipes:

Before proceeding to the actual recipes, let's have a closer look to what the Paleo diet is and what are its main restrictions, as well as what you are allowed to eat and how balanced your meals should be.

The Paleo diet, also known as the Caveman diet or Stone Age diet and sometimes Hunter-Gatherer diet, is a modern diet program based on what our ancestors used to eat. Basically, if our ancestors wouldn't recognize certain foods, then that specific food is not Paleo, therefore should be avoided. The diet consists in fish, meat coming from grass-fed animals, eggs, vegetables and fruits, fungi, roots and nuts and excludes grains, legumes, dairy products, salt and refined sugar, but also over processed oils, such as sunflower oil.

The program was developed in the 70s and has gained many followers ever since, including myself. The idea is that despite all this technology, humans have barely changed and our body works in the same way as our ancestors did. For that reason, what was good for them then, it's just as good for us now, rather than the fatty, sugary diet we all have usually.

The first great thing about it is that it recommends natural foods that have been little to no processed at all, clean meat and clean vegetables, free of any chemicals or additives, just like the Paleolithic man used to eat. The advantage of that is undeniable: improved health, detoxified body, healthier organs, a better functioning system, better looking skin, healthier gums and the list can go on. Once our body is free of all those toxins, fats and sugars, the difference is amazing.

The Paleo diet is based on the idea of consuming more proteins than we currently are. A caveman used to eat at least 20% protein every day, while we barely reach 15% with a normal diet. The solution to this is more clean meat, seafood and plants rich in proteins.

Apart from proteins, the Paleo diet also consists in foods rich in fibers, but not whole grains. Despite most beliefs, whole grains have less fibers than fresh vegetables for instance. Even fruits are richer in fibers than grains so the Paleo diet advises you to avoid them and choose fruits and vegetables instead.

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