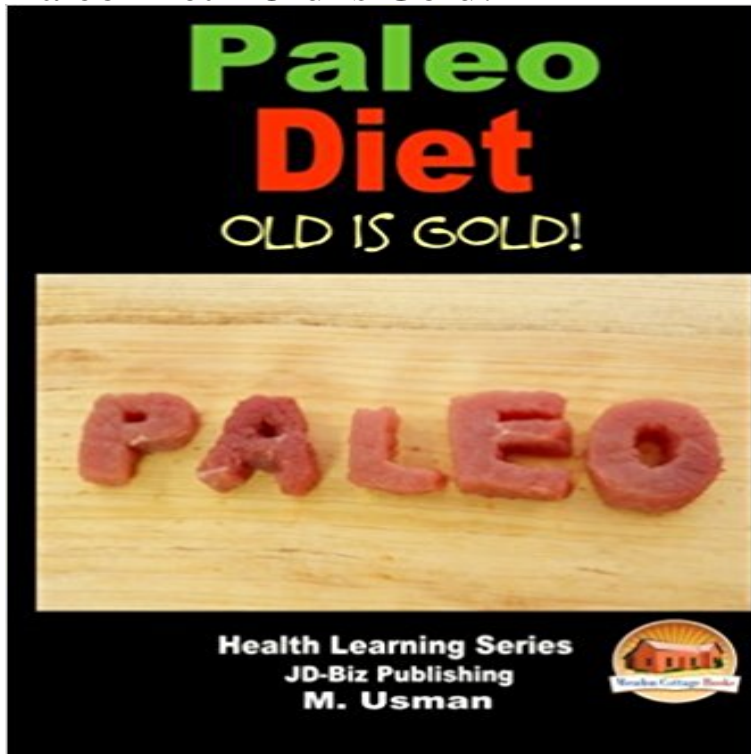


## Paleo Diet - Old is Gold!



Paleo Diet - Old is Gold! Table of Contents Prelude Getting Started Chapter 1: Overview Chapter 2: What to Eat and What Not? Chapter 3: Switching to the Paleo Diet Chapter 4: Paleo Diet Comparison Chart Benefits of Paleo Diet Chapter 1: Weight-Loss Chapter 2: Reduces Type-2 Diabetes Risk Chapter 3: Builds Muscles Chapter 4: Other Benefits Breakfast Recipes Chapter 1: Paleo Bread Chapter # 2: Paleo Pancakes Chapter # 3: Zucchini & Eggs Main Dishes Chapter # 1: Paleo Chili Chapter # 2: Baked Salmon Chapter # 3: Rapid Roast Chicken Chapter # 4: Paleo Chorizo & Kale Stew Chapter # 5: Spaghetti Squash with Sauce Chapter # 6: Homemade Pastrami Others Chapter # 1: Parrothead Salad Chapter # 2: Banana Bread Chapter # 3: Coconut-Dark Chocolate Chip Cookies Chapter # 4: Grapefruit & Avocado Salad Conclusion References Author Bio Prelude What began as a social service has now become a means to earn money and fill ones pockets; specific eating patterns or diets have long been used to get rid of an ailment or condition. The technological boom, along with the ever increasing cleverness of the marketing industry, has resulted in the release of a number of diets that could do wonders for you. The wonders part is definitely true, but the kinds of wonders most of them do come at great costs, therefore, its time to rethink as to where it all went wrong.A simple answer arises: we became modern. Thats right, we became modern and abandoned the techniques through which our ancestors survived. Also, we became so disillusioned with our lives that we fell into the simple trap of making our lives better, the easy way; thats all you need to think about now. A simple glimpse of the Paleo Diet is that its the diet that was followed by our ancestors, well over 10,000 years ago. At that time it was the only diet and comprised of raw foods like meat. Moreover, at that time,humans

had to rely on their natural skills for cooking the meal too, as there was rarely a sustainable living atmosphere at that time. This is the basis of the diet that will be used in this book to make your life better in every aspect. Also it must be known that many practitioners started creating their own personalized versions of the Paleo Diet, however in this book the pure & original version of the Paleo Diet will be used without any additives.

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