



Paleo On A Budget, Why The Paleolithic Diet Works - Delicious Paleo Recipes for Health and Weight loss.

Trent Gordon

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Based on the original eating habits of our human ancestors, the Paleo diet removes processed foods and encourages fresh, raw, and organic ingredients for optimum health. Keep the foods in their natural state. Grill, steam, or lightly cook some ingredients. Build your own Paleo diet meal plan with these ideas for breakfast, lunch, and dinner. Why The Paleolithic Diet Works by Trent Gordon is the best book to help you learn more about the Paleo diet.

Breakfast ideas for the Paleo diet include eggs and lean proteins like turkey or bacon, lightly cooked vegetables such as sweet potatoes, and tomatoes. Breakfast fruits are easy to find, delicious, and varied. Eat bananas, oranges and orange juice, apples, melons, and berries. Robb Wolf, author of "The Paleo Solution: The Original Human Diet," also recommends bran cereal with raisins. You can drink black coffee with nothing added.

Other Paleo Plans include: a grilled beef or chicken salad with plenty of fresh greens and vegetables is an excellent afternoon lunch idea. Top with berries, nuts, and a splash of balsamic vinegar. Lightly steamed vegetables and protein options like turkey, chicken, or lean beef is another option. Last night's Paleo diet leftovers make a quick lunch, too.

Learn Why Why The Paleolithic Diet Works!

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