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Paleo Diet: What Is It And Why Is It So Popular? - Mayo Clinic

A Paleo Diet Is A Dietary Plan Based On Foods Similar To What Might Have Been Eaten During The Paleolithic Era, Which Dates From Approximately 2.5 Million To 10,000 Years Ago. A Paleo Diet Typically Includes Lean Meats, Fish, Fruits, Vegetables, Nuts And Seeds — Foods That In The Past Could Be Obtained By Hunting And Gathering. Feb 26th, 2019

The Paleo Diet: Ultimate Beginner's Guide + Shopping List ...

And When You Start To Answer This Question, You Identify The Foods That You're Not Allowed To Eat On The Paleo Diet: Grains Like Pasta, Cereal Bread, And Rice; Dairy Like Milk And Cheese; Candy, Cookies, Ice Cream, And Other Processed Foods; The Paleo Diet Also Almost Completely Eliminates Sugar Outside Of Fruit. No Candy. No Soda. No Powdered Donuts. Apr 14th, 2019

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