



The Buff Baker Presents the Paleo Handbook: The Ultimate Collection of Paleo Recipe Basics (Paperback)

By Shawn Rashid

Createspace Independent Publishing Platform, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. 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...



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