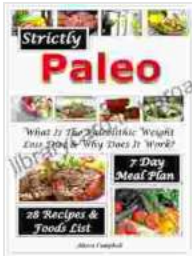


# Strictly Paleo: The Weight Loss Diet of the Stone Age



## Strictly Paleo! What Is The Paleolithic Weight Loss Diet? With 7 Day Meal Plan, Foods List & 28 Delicious Recipes by Alison Campbell

★★★★☆ 4.1 out of 5

Language	: English
File size	: 795 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 85 pages
Lending	: Enabled



Are you tired of dieting and not seeing results? Are you struggling with chronic health issues that just won't go away? If so, you may be interested in trying a Stone Age diet. A Stone Age diet is based on the foods that our ancestors ate during the Paleolithic era, a period of time that lasted from about 2.6 million years ago to about 10,000 years ago.

During the Paleolithic era, humans were hunter-gatherers. They ate what they could find, which included meat, fish, fruits, vegetables, nuts, and seeds. They did not eat processed foods, grains, or dairy products.

Research has shown that a Stone Age diet can help you lose weight, improve your health, and reduce your risk of chronic diseases. For

example, a study published in the journal *Obesity* found that people who followed a Stone Age diet for 12 weeks lost an average of 12 pounds more than people who followed a low-fat diet.

Another study, published in the journal *The American Journal of Clinical Nutrition*, found that people who followed a Stone Age diet for 12 months had significant improvements in their cholesterol levels, blood pressure, and blood sugar control.

If you are interested in trying a Stone Age diet, there are a few things you need to know.

1. **Eat whole, unprocessed foods.** This includes meat, fish, fruits, vegetables, nuts, and seeds.
2. **Avoid processed foods, grains, and dairy products.** These foods were not available to our ancestors during the Stone Age, and they can be harmful to our health.
3. **Cook your food.** Cooking makes food easier to digest and it can help to kill harmful bacteria.
4. **Drink plenty of water.** Water is essential for good health, and it can help to keep you feeling full.

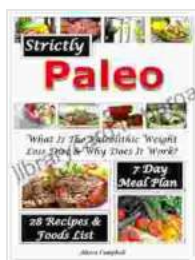
Here is a sample day meal plan for a Stone Age diet:

- **Breakfast:** Eggs with bacon and spinach
- **Lunch:** Grilled chicken salad with mixed greens, tomatoes, cucumbers, and onions

- **Dinner:** Salmon with roasted vegetables and brown rice
- **Snacks:** Nuts, seeds, fruits, and vegetables

If you are new to the Stone Age diet, it is important to start slowly. Start by cutting out processed foods and grains from your diet. Then, gradually add more whole, unprocessed foods. Over time, you will find that you are feeling healthier and more energetic.

The Stone Age diet is a healthy and sustainable way to lose weight and improve your health. By following the tips in this article, you can start reaping the benefits of this diet today.

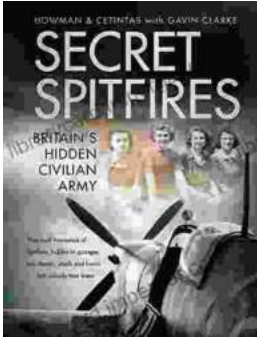


## Strictly Paleo! What Is The Paleolithic Weight Loss Diet? With 7 Day Meal Plan, Foods List & 28 Delicious Recipes by Alison Campbell

★★★★☆ 4.1 out of 5

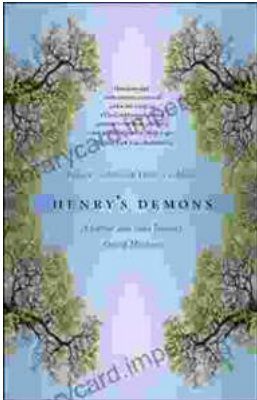
Language	: English
File size	: 795 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 85 pages
Lending	: Enabled





## Unveiling the Secret Spitfires: Britain's Hidden Civilian Army

: The Untold Story of Britain's Spitfires In the annals of World War II, the legendary Spitfire fighter aircraft stands as an enduring symbol of British resilience and...



## Living With Schizophrenia: A Father and Son's Journey

Schizophrenia is a serious mental illness that affects millions of people worldwide. It can cause a variety of symptoms, including hallucinations, delusions,...