What is a Paleolithic Diet?
Otherwise known as the “Caveman Diet” is thought to be what our ancestors ate in their time on this earth up to 2.5 million years ago (The Paleolithic Era)!

Fruit, Vegetables, Seafood, Nuts and Meat.
Excluding Dairy and Wheat (common food intolerances)

The theory suggests that our genome and body systems have not changed much over time leading to a disconnect between our bodies and today’s “American Diet” (high in sugar, fat, sodium with a decrease in fiber intake). This disconnect could be the cause to many common chronic diseases.

What Can a Paleolithic diet do for you?
- Greater decrease in waist circumference and higher weight loss when compared to the Mediterranean diet
- Improved glucose tolerance
- Decreased Blood Pressure
- Increased Insulin Sensitivity
- Decrease in LDL’s and Triglycerides
- Decreased Calcium secretion through urine...So, although you aren’t consuming calcium specifically through dairy, your body also isn’t ridding itself of its calcium stores.
- Among many other benefits that continue to be researched.

Ever since the Paleolithic diet became a popular lifestyle change, many people have written Paleo cookbooks. The cookbooks make it fun and easy to experiment making new foods so eating wholesome never gets boring!