



# Paleolithic Cookbook [Second Edition]

*Sandra Wright*

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## **Paleolithic Cookbook [Second Edition]** Sandra Wright

Bestselling Paleolithic Cookbook [Second Edition] Paleolithic Cookbook: Getting Started in Paleo Nutrition and Paleo on a Budget ----- Now [Second Edition], with the following changes: \* New content: Additional text to introduction - 459 words. \* New content: Multiple recipes - 3785 words. \* Improved formatting and editing ----- Why Paleo? What is the Paleolithic Cookbook? Eat like a caveman, who would want to do that? The Paleo diet is the new buzzword in the "diet" industry. Everyone seems to be talking about it. Seems like another fad, but is it? Well no, not really. The paleolithic cookbook is based on the foods eaten within the palaeolithic era, while individuals were still thought to be "hunter gatherers", always on the move, never really settling, or living in a tribal, domesticated manner. This means they would never have consumed food like we do in modern times. They'd never have had access to refined, mass produced wheat, cheese, abundant fruits and other related, processed ingredients. Yet history shows these hunter gatherers to be extremely strong, vigilant peoples, which apparently never suffered from health troubles we see today in modern society. Even recent studies suggest within tribal societies that live on a traditional diet, complaints like heart disease, obesity and diabetes are unheard of. And the good news is that this can be replicated. The paleo diet is like no other. By simply removing certain food groups, and concentrating on whole foods, your health can be restored. There are no calories to count. You can eat as much as you want, yet still lose weight. This guide -- Paleolithic Cookbook: Getting Started in Paleo Nutrition and Paleo on a Budget will show the beginner how to begin with Paleo, and show you some simple and delicious Paleo recipes.

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