Paleolithic Diet

Books

The Paleo Diet Revised: Lose Weight and Get Healthy by Eating the Foods You Were Designed to Eat by Loren Cordain

The Paleo Diet Cookbook: More Than 150 Recipes for Paleo Breakfasts, Lunches, Dinners, Snacks, and Beverages by Loren Cordain and Nell Stephenson

The Paleo Solution: The Original Human Diet by Robb Wolf and Loren Cordain

The Paleo Diet for Athletes: The Ancient Nutritional Formula for Peak Athletic Performance by Loren Cordain and Joe Friel

The Paleo Answer: 7 Days to Lose Weight, Feel Great, Stay Young by Loren Cordain

Websites

The Paleo Diet: www.paleodiet.com
Robb Wolf, Revolutionary Solutions to Modern Life: www.robbwolf.com

Bibliography


Paleolithic Diets. Our epidemics of dietary disease have prompted a great deal of research into what humans are meant to eat for optimal health. In 1985, an influential article was published, proposing that our chronic diseases stem from a disconnect between what our bodies evolved eating during the Stone Age, or the Paleolithic period, during the last two million years and what now makes up our diet, and advocating for a return towards a hunter-gatherer type of diet of lean meat, fruits, vegetables, and nuts, also.