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**By Debra Fowler**

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### **The Beginner's Guide to the Paleo Diet | Nerd -**

The Paleo Diet is an effort to eat like we used to back in the day WAY back in the day. If a caveman couldn't eat it, neither can you. This means anything we

<http://www.nerdfitness.com/blog/2010/10/04/the-beginners-guide-to-the-paleo-diet/>

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<http://www.shape.com/healthy-eating/diet-tips/beginners-guide-paleo-diet>

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Easy Paleo Diet Plan for Weight Loss: Start the Complete Paleo Diet for Beginners & Lose Weight Paleo Diet for Athletes) (English Edition) eBook: Michael E. Reese

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