What is a Paleo diet

- Paleo diet is a diet that have been eaten during the early humans times.
- This consist of:
Benefits of a paleo diet

- Helps burn fat
- Reduced allergies
- Clear skin better teeth
- Better sleep
- Better workout
- Overall better health
The thing that sucks about paleo diet

- You don’t get to eat your favourite things that you use to eat
- It’s too hard to not eat some process food and sugar
- The effect of a paleo diet doesn’t happen straight away
Things that you are not allowed to eat on a paleo diet

- Things that contain grains (including corn) such as bread, rice, etc.
- Dairy products (not including eggs) such as milk, butter, cream etc.
- Things that contain sugar such as cakes, soft drink etc.
- Legumes such as beans etc
- Starches
- Process food such as biscuit
- Alcohol