



## What Is the Caveman Diet?

By David Oc

Createspace, United States, 2012. Paperback. Book Condition: New. 206 x 134 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Have you ever wondered why most prehistoric men and women are never depicted as fat and overweight slobs? Their depictions in mass media outlets such as movies, commercials endow them with Adonis-like proportions. So what is the ancient secret that lets Mr. Prehistoric He-Man keep his six-pack abs? Two words: Paleo diet. The Caveman diet consisted mainly of fish, fruits and vegetables, and plenty of LEAN meat. This way of life ensured that these people had neither too much nor too little to eat. In other words, ancient man had the perfect recipe for being ripped.

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