

Eat on The Paleo Diet Plan

Meats



Fish & Seafood



Eggs



Fruits



Tubers



Vegetables



Healthy Fats & Oils



Nuts & Seeds



Avoid on The Paleo Diet Plan

Grains, Legumes & GMO foods



Sugar & High Fructose Corn Syrup



Dairy & Trans Fats



Vegetable Oils



Paleo Diet Healthy Living With The Paleo Diet

Christian Drosten



Paleo Diet Healthy Living With The Paleo Diet:

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