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Paleolithic diet Wikipedia

Paleolithic diet. The Paleolithic diet, Paleo diet, caveman diet, or stone-age diet is a modern fad diet requiring the sole or predominant consumption of foods presumed to have been the only foods available to or consumed by humans during the Paleolithic era. The digestive abilities of anatomically modern humans, however,

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The Paleo Diet Easy Paleo Recipes Nutritional Science

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