

# Download Paleo Plain Simple Beginners Guide With 25 Quick And Easy Recipes

The Paleo Diet solution mimics our hunter and gatherer ancestors. So if you can find or kill it in nature, you can eat it...essentially. For those of you that would like the hard core rules ironed out, so here we go with our Paleo Do's and Don'ts. The ultimate guide to the keto diet for beginners. Dr. Josh Axe covers it all, including how to get into ketosis, expected benefits and what to eat on keto. 15 Easy Keto Breakfast Recipes: Low Carb, Fat-Burning Meals. February 25, 2018 By Peter Irlam [Leave a Comment](#) / This post may contain affiliate links at no extra cost to you. Please see my full disclosure for more info. You've heard of the benefits of the Paleo Diet but still don't fully understand what it is? Or you're looking for a simple guide to share with your family and friends who keep asking about it? ThePaleoDiet.com guest writer Paul Vandyken has created a visual, clear and very simple guide to ...