Paleo-content

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**Subject** – Can Vegans go Paleo?

Hey again,

We are ecstatic that we are actually able to convince so many of our readers to consider paleo lifestyle. Paleo surely is the way to go. Unfortunately, many of our readers have already made a lifestyle altering choice by going all vegan. So that means – raw, well cooked, or undercooked – meat is just not their thing.

The question we get asked the most is whether or not sworn vegans can switch to paleo, a diet so full of meat?

Well, you can. You just need to find the right balance. We understand that being vegan is not always a dietary choice based on personal preferences. It is often dictated by the religious and cultural norms. So, while we do want to say a lot about the importance of meat, we don’t want you to completely shun the life you have been living for years.

So, here we are – with our concept of being ‘Pegan’ instead of plain paleo or vanilla vegan!

How does that work? Here are some important pointers:

* Both vegan and paleo don’t prefer dairy product, so it’s kind of a mutual agreement here!
* Paleo considers grains unhealthy but pegans wisely choose grains with low glycemic in small portions.
* While meat may be a complete no-no, many vegans can start slow with seafood and fish instead.
* Eat meat in the form of tasty appetizers and sides prepared with vegetables or fruits.

This is how you jump on the bandwagon. And if you hold on tight, you will gradually but surely get to your destination i.e. a complete paleo lifestyle.

So, best of luck and bon voyage!

Thank You,