Paleo-content

25

**Subject** – Are You Partially Paleo?

Hello Paleo People,

As lifestyle gurus, we always consider it our responsibility to help people switch to a healthier lifestyle. That is why, we recommend a healthy paleo diet comprised of the food our ancestors used to eat. It is highly nutritional food full of energy and power. However, as experts, we also understand that no matter how much we persuade, paleo is not everyone’s cup of tea.

So, sometimes, we advise our readers to go partly paleo instead of full on raw. Once you and your loved ones are used to the idea, you can gradually take the bigger step and turn your diet into total paleo diet.

Here are some tips to keep your primal diet on such a level.

* Allow yourself at least one cheat day in a week, and try to plan your outings or parties on that day.
* Don’t go completely grain free from the very start. Just try to choose grains with lower amount of gluten.
* As for dairy, giving up on milk is just not right unless you find a way to fulfill your daily calcium intake requirement. Just make sure, the source is grass fed and organic.

Be easy on yourself and allow yourself some time to change your eating habits slowly. Don’t enforce paleo like a punishment as that is the key to staying motivated.

We wish you the best of luck.

Until next time, bye!

Thanks