Paleo-content

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**Subject** – Fill Your Platter with Proteins

Hey,

As I was browsing through the internet this morning, I stumbled upon a post about paleo diet. It was pretty interesting and informational until I scrolled all the way down to the comment section. People are skeptical about the Paleo diet, and why shouldn’t they be.

It is only natural to question something you don’t completely understand. As for paleo diet, most people are either unaware of what it is or simply think of it as a diet full of raw uncooked or undercooked food.

As a health and lifestyle guru, I want to clarify the confusion in the simplest way.

Paleo diet is healthy not just because it was consumed by the people healthier than us; it is healthy because it is full of proteins.

Yes, proteins – the building blocks of life.

It’s less fat and more lean protein. It is the perfect balance you need to maintain a healthy weight and energy level. An ideal paleo platter, of which I will share a recipe in the future, contains the ideal amount of protein you need.

So, here is a myth busted? But I am sure there is more you need to know before you go paleo.

Visit my website and sign up for more information.

Thank you