



**The Everything Paleolithic Diet Book: An All-Natural, Easy-to-Follow Plan to Improve Health, Lose Weight, Increase Endurance, and Prevent Disease (Everything®)**

*Jodie Cohen, Gilaad Cohen*

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# The Everything Paleolithic Diet Book: An All-Natural, Easy-to-Follow Plan to Improve Health, Lose Weight, Increase Endurance, and Prevent Disease (Everything®)

*Jodie Cohen, Gilaad Cohen*

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Our prehistoric ancestors survived and flourished on high-protein diets filled with fresh meats, fruits, and vegetables. While you no longer have to hunt down a saber-toothed tiger for supper, following the Paleolithic diet can transform your body and help prevent obesity, diabetes, and cancer. You'll learn to prepare 150 nutritious recipes, including:

- Bacon and Vegetable Omelet
- Chicken with Sauteed Tomatoes and Pine Nuts
- Thai Coconut Scallops
- Roasted Pork Tenderloin
- Nutty Chocolate Trail Mix
- Mango Creamsicle Sorbet

Featuring extensive meal plans and shopping lists to help transition into the lifestyle, this book helps you lose weight, gain muscle, and achieve peak performance and optimum health.

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