

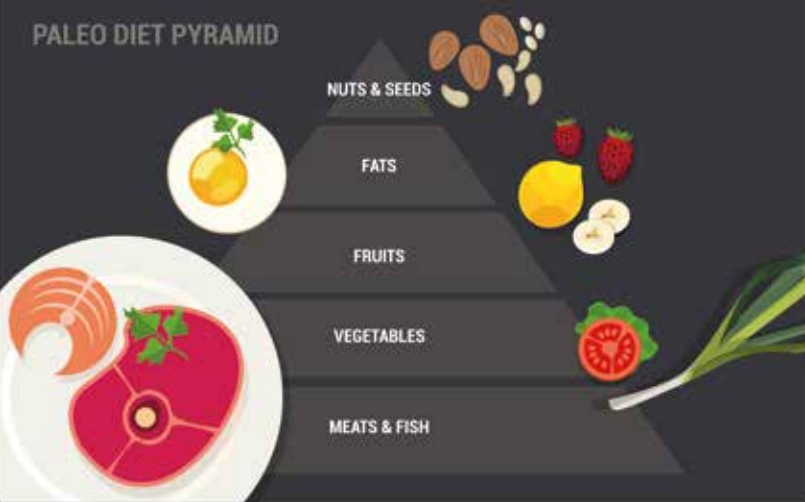


Going paleo or eating caveman style isn't as hard or as daunting as it may seem.

In a nutshell, all it means is eating food that humans were designed to consume such as meat, vegetables, fruits, seed and nuts and avoiding anything that a prehistoric man wouldn't have recognised such as dairy, pulses, sugar and obviously processed food.

It can be great for losing weight, helping to heal an autoimmune disorder, fix digestive issues or simply just provide you with more energy.

PALEO DIET PYRAMID



Four reasons why the Paleo Diet could work for you

You can eat meat

Meat is not bad for you, but the type of meat you eat is important. Good quality meat that has been bred and fed well and on the right diet is the best way to go.

It's easy!

Getting rid of the processed food from your store cupboards and menu plans really isn't that difficult. Because you are simplifying what you cook with, meal planning can become a lot easier. There are also lots of menu plans for paleo eaters online and you'd be surprised at just what you can create by going caveman.

It's natural

Choosing a paleo diet is simply re-setting what our bodies were supposed to eat in the first place. You don't see wild animals craving carbs and queuing up for a fish supper on a Friday night so why should you?

It's really satisfying

It's really satisfying. How many times have you tried a diet or food fad and spent the whole day craving an illicit food or felling hungry? When people start eating Paleo, they often lose weight, feel less hungry, and have fewer cravings for sugar. And it's all because they are eating the right foods.

MACBETH'S
Traditional Scottish Butcher & Game Dealer



Macbeth's Butchers is a family run business that provides high quality meat products throughout the UK. In the main, the beef is provided from our own farm, Edinvale, in upland Moray where we rear traditional Scottish native breeds. These are reared in as an extensive, natural environment as possible being fed grass, home grown hay or silage and no growth promoters.

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