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A Primitive Diet is a book of information and recipes free from gluten, yeast, sugar, dairy products, large amounts of meat and grain, and processed foods that today are a major proportion of the modern "western" diet. These recipes are suitable for people of all ages.

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**Primitive Diet, A-
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A primitive diet, or paleolithic diet (also referred to as the Paleo Diet) includes whole, alive, fresh, varied, non-toxic, endogenous, naturally flavored and simple foods. It was a diet where about 99% of the food came from vegetables, fruit, roots, lean meats, legumes and nuts. It is a very nutrient-dense diet.

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I bought this book as I wanted to read Dr Price's study for myself, instead of reading other people's interpretation of it. I found it enlightening and informative, and it reinforced what I had already experienced for myself with my own health when eating the westernised diet, and then switching to local, clean organic, meats,

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available veg, and
cutting out refined ...

**Nutrition and
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protein diet consisting
of lean meats, wheat
vegetables, and
healthy fats.

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modern "western" diet.
These recipes are
suitable for people of
all ages. Don't be put
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because you consider
yourself healthy ...
you'll be surprised at
the gourmet delights
within ...

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The ideas behind the
diet can be traced to
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centric "Stone Age"
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