



Article published on June 23rd 2012 | [Weight Loss](#)

If you are looking forward to lose weight you should focus up on your Paleo diet food list. The list is very comprehensive and offers you multiple options to choose from. People usually get tired of consuming the routine food items in their diet program. It is very important to keep their motivation level high by introducing new meal plans. Paleo diet food list is one such diet program that never makes you bore with its menu. It has equal amount of all the nutrients that are important for the balanced diet. You can find the proteins, carbohydrates, healthy fats, vitamins and minerals in the food diet list.

People usually think that there are not enough options to choose from and that consuming the same tastes end up in developing their taste buds all in wrong direction. But they need to realize the fact that when the Paleo diet food list is provided to them, they just need to experiment with it by combining them and turning them into something new and exciting. Adopting the Paleo diet does not offer you just meals; rather they offer you complete life style of living a healthy, happy and lovely life.

Some of the options that are available in the Paleo diet food list are all the fruits that are best source of vitamins, vegetables, nuts that are an active source of protein, you can also choose the eggs as a protein source, healthy and good fat sea food and meat, all these are present in the diet list. The diet list thus does not make you suffer rather it just asks you to eat everything at the proper time, in proper ratio so that instead of causing harm it can act beneficial for your body. The best thing about the diet food list is that the more variation you develop, the healthier you get. It is best to add as much as color to your diet as it is possible. The purpose can be achieved by bringing color to your diet.

The simplest and the easiest way to bring color to the diet food is to eat a combination of apple and fruits from the Paleo diet food list. From the green leafy vegetables you can choose, broccoli or spinach, the green vegetables are good source of iron. Some of the other vegetables that are highly recommended in the list are the avocados, cabbage, onions and cauliflowers. It is up to the individual that what vegetables he or she prefers in his or her menu. The diet plan can be a combination of both the fruits and vegetables. All fruits are good for you as they provide some kind of vitamins and minerals to you and help you in easy digestion. But the top of the list fruit is berries. Either it can be black berries or red berries. You can just wash and eat them as a whole fruit or add them in fruit salad.

The particular reasons why one should add berries to the Paleo diet food list are that they are antioxidant in nature and posses low glycolic index as compared to other fruits. When it comes to source of protein, the user can choose from the non lean as well as lean meat, whatever he finds more appealing and as per taste. Other than meat some vegetables also offer you plant source good fats You can also take the protein part from nuts if you are not fan of meat. Some of the nuts that are high in protein are pecans, walnuts and almonds. Pick any you like. Pork, chicken and turkey also provide you good fat and are an active source of protein. The density or thickness of the milk that you add to the diet plan is also your choice. The healthy diet plan does not mean that you have to pick up all fat free items. You need to keep in mind that not everything is a bad form of fat.

Article Source:

<http://www.articleside.com/weight-loss-articles/get-to-get-a-perfect-figure-with-paleo-diet-food-list.htm> - [Article Side](#)

[Esteban Jasso](#) - About Author:

Get the perfect figure using delicious and simple a [paleo recipes](#).

Article Keywords:

paleo diet, paleo recipes, caveman diet, wieght loss, weight loss tips, lose wieght fast

You can find more [free articles](#) on [Article Side](#). Sign up today and share your knowledge to the community! It is completely FREE!