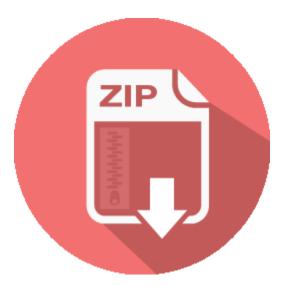
UK DIET



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The diet lacks variety in the initial phases, so there's a risk you'll get bored quickly and give up. Paleo diet. The paleo diet, also known as the caveman diet, consists of foods that can be hunted and fished (such as meat and seafood) or gathered (such as eggs, nuts, seeds, fruits, vegetables, herbs and spices).

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