

# et for Beginners: A Practical Guide to Losing Weight

*author: Randall Colbert*

---

2026-06

## Synopsis

---

| author     | Randall Colbert |
|------------|-----------------|
| readBy     | Cliff Weldon    |
| inLanguage | english         |

Are you thinking of going on a paleo diet? Randall Colbert reveals his long-awaited guide to the paleo diet.

The paleo diet is anything but a fad. It's a way of returning to our true way of eating. We started eating paleo about two-and-a-half million years ago, but since then, we've drastically changed our diets only 10,000 years ago. That's not a lot of time for evolution to catch up, so our bodies are still adapted to what we've been eating for millions of years.

Here is what you'll learn:

- Fundamentals of the paleo diet
- Foods you should eat
- Foods you should avoid
- Why the paleo diet is the best diet out there
- The benefits of the paleo diet
- Easy to make breakfast, lunch, and dinner paleo recipes

## Reader's comments

---

comment 1:

â€"â€" ()