

Civilized Caveman Discusses Paleo Recipes

Chris Ormiston, RLI April 30, 2014



Civilized Caveman Cooking

Starting and maintaining a healthy lifestyle can be a challenge. However, sites like Civilized Caveman Cooking make it easier, providing helpful tips, weekly meal plans, and delicious recipes, all centered on the Paleo lifestyle.

(Newswire.net -- April 30, 2014) --With the many eating plans and healthy options out there, it can be confusing to anyone trying to maintain a healthy lifestyle. Luckily, for those interested in the Paleo lifestyle, Civilized Caveman Cooking offers delicious and easy to make recipes and tips. The Civilized Caveman website offers many helpful features, such as a weekly meal plan, which helps you get started right and stay on track. The website also offers many Paleo recipes at <http://civilizedcavemancooking.com>, many of which are created by the genius behind Civilized Caveman, George Bryant.

One delicious recipe he features is Paleo Banana Bread at <http://civilizedcavemancooking.com/tag/paleo-bread/>. While the Paleo diet is famous for cutting bread for its list of acceptable foods, Civilized Caveman has been able, with a bit of creativity, to create a recipe for a Paleo-approved banana bread using a combination of acceptable ingredients like coconut flour and bananas. The Civilized Caveman strives to provide easy and delicious recipes like this so switching to and maintaining a healthier lifestyle is easier.

People often think that if they change their lifestyle to a healthier one, like the Paleo diet, they will have to give up delicious desserts and other fun foods. The Civilized Caveman proves that is not true with a long list of approved Paleo desserts at <http://civilizedcavemancooking.com/tag/paleo-dessert/>. For example, the Double Chocolate Brownies contain no flour and instead focus on healthier alternatives like almond butter, eggs, and bananas.

About Us: The Civilized Caveman has been providing quality Paleo recipes and advice since 2011. After spending the first 20 years of his life in a constant battle with his weight, creator George Bryant took matters into his own hands. What started as a simple place to post recipes for friends has since turned into an award-winning food blog focused on the healthy Paleo lifestyle.

For More Information:

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