

PALEO

Meaning: Paleo refers to a dietary approach that focuses on consuming whole foods similar to those eaten by early humans, excluding processed foods, grains, and dairy.

1. The paleo diet emphasizes whole foods that resemble what our ancestors might have eaten.
2. Many people have found success in weight loss by following a strict paleo lifestyle.
3. She enjoys experimenting with various recipes that adhere to paleo principles.
4. Paleo enthusiasts often advocate for eating grass-fed meats and organic produce.
5. Critics argue that the paleo diet can be restrictive and difficult to maintain long-term.

Source: sentences.whatistheurl.com

<https://sentences.whatistheurl.com/sentence/paleo>