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Paleo Diet Market Report

**Google Keyword Analysis on**

|  |  |  |  |
| --- | --- | --- | --- |
| Keywords | Avg. Monthly Searches | Competition | Suggested bids ($) |
| paleo diet | 550,000 | Medium | $0.61  |
| paleo recipes | 135,000 | Low | $0.43  |
| paleo | 90,500 | Low | $1.08  |
| paleo diet recipes | 27,100 | Low | $0.61  |
| paleo breakfast | 22,200 | Low | $4.22  |
| nom nom paleo | 22,200 | Low | $0.17  |
| paleo bread | 14,800 | High | $0.32  |
| paleo diet plan | 14,800 | Low | $0.56  |
| what is paleo | 14,800 | Low | $1.19  |
| paleo snacks | 14,800 | Medium | $0.94  |
| the paleo diet | 9,900 | Medium | $0.78  |
| paleo meatloaf | 9,900 | Low | $0.09  |
| paleo food list | 9,900 | Low | $0.15  |
| paleo diet menu | 8,100 | Low | $0.68  |
| paleo chili | 8,100 | Low | $0.93  |
| paleo cookies | 8,100 | Low | $0.63  |
| paleo meatballs | 6,600 | Low | - |
| paleo dinner recipes | 6,600 | Low | $2.34  |
| paleo mayo | 6,600 | Low | $0.18  |
| paleo meal plan | 6,600 | Low | $1.09  |
| paleo bread recipe | 6,600 | Low | $0.46  |
| paleo brownies | 6,600 | Low | $1.21  |
| paleo pizza | 5,400 | Low | $0.46  |
| easy paleo recipes | 5,400 | Low | $1.46  |
| paleo salad dressing | 5,400 | Low | $0.62  |
| paleo protein powder | 5,400 | High | $0.54  |
| paleo lunch ideas | 5,400 | Low | $3.75  |
| paleo breakfast ideas | 5,400 | Low | $1.92  |
| everyday paleo | 5,400 | Low | $0.48  |
| paleo muffins | 4,400 | Low | $2.15  |
| paleo diet reviews | 4,400 | Low | $0.93  |
| paleo diet breakfast | 4,400 | Low | $1.17  |
| paleo shopping list | 4,400 | Low | $0.65  |
| paleo ice cream | 4,400 | Low | $0.94  |
| paleo pizza crust | 4,400 | Low | $0.29  |
| paleo meals | 4,400 | Low | $2.03  |
| paleo pork chops | 3,600 | Low | $0.07  |
| paleo plan | 3,600 | Low | $0.11  |
| paleo breakfast recipes | 3,600 | Low | $1.60  |
| paleo dessert recipes | 3,600 | Low | $1.31  |
| paleo granola | 3,600 | Medium | $1.62  |
| paleo stuffed peppers | 3,600 | Low | - |
| paleo pumpkin pie | 3,600 | Low | - |
| paleo apple crisp | 2,900 | Low | - |
| paleo appetizers | 2,900 | Low | $0.25  |
| paleo bbq sauce | 2,900 | Low | $0.32  |
| paleo weight loss | 2,900 | Low | $2.71  |
| paleo grocery list | 2,900 | Low | $0.48  |
| paleo soup recipes | 2,900 | Low | - |
| paleo pumpkin pancakes | 2,900 | Low | - |
| paleo foods | 2,900 | Medium | $0.28  |
| paleo challenge | 2,900 | Low | $0.91  |
| paleo cookbook | 2,900 | High | $0.57  |
| paleo pasta | 2,400 | Low | $0.57  |
| paleo smoothie | 2,400 | Low | $1.04  |
| paleo lasagna | 2,400 | Low | - |
| paleo chicken salad | 2,400 | Low | - |
| paleo bars | 2,400 | High | $0.93  |
| paleo diet basics | 2,400 | Low | $0.49  |
| best paleo recipes | 2,400 | Low | - |
| paleo thanksgiving | 2,400 | Low | - |
| paleo dinner | 2,400 | Low | $0.52  |
| paleo blog | 2,400 | Low | - |
| quinoa paleo | 2,400 | Low | - |
| paleo blogs | 2,400 | Low | $0.21  |
| paleo chocolate | 1,900 | Low | $0.28  |
| vegetarian paleo | 1,900 | Low | $0.41  |
| paleo soup | 1,900 | Low | - |
| paleo quiche | 1,900 | Low | - |
| paleo dessert | 1,900 | Low | $0.46  |
| paleo chili recipe | 1,900 | Low | - |
| paleo food | 1,900 | Medium | $0.74  |
| paleo cereal | 1,900 | High | $0.85  |
| paleo diet results | 1,900 | Low | $1.07  |
| paleo chicken soup | 1,900 | Low | - |
| paleo lunch | 1,900 | Low | $3.01  |
| paleo restaurants | 1,900 | Low | $0.29  |
| paleo protein bars | 1,900 | High | $1.33  |
| paleo alcohol | 1,900 | Low | - |
| paleo chicken | 1,900 | Low | $0.23  |
| paleo recipe | 1,900 | Low | $0.70  |
| easy paleo meals | 1,600 | Low | $2.25  |
| paleo fast food | 1,600 | Low | $1.68  |
| paleo definition | 1,600 | Low | - |
| paleo stir fry | 1,600 | Low | - |
| paleo treats | 1,600 | Low | $0.86  |
| paleo cake | 1,600 | Low | $0.13  |
| paleo mayonnaise | 1,600 | Low | $0.22  |
| paleo vegetarian | 1,600 | Low | - |
| eating paleo | 1,600 | Low | $0.06  |
| paleo spaghetti | 1,600 | Low | $0.82  |
| define paleo | 1,300 | Low | - |
| paleo success stories | 1,300 | Low | - |
| paleo diet foods | 1,300 | Low | $0.06  |
| free paleo recipes | 1,300 | Medium | $0.63  |
| the paleo solution | 1,300 | Low | $0.31  |
| paleo recipies | 1,300 | Low | $0.55  |
| paleo diet snacks | 1,000 | Low | $1.57  |
| paleo books | 1,000 | High | $0.55  |
| paleo dinner ideas | 1,000 | Low | - |
| paleo solution | 1,000 | Low | $0.37  |
| paleo snack ideas | 1,000 | Low | $2.16  |
| paleo sweet potato | 1,000 | Low | $0.72  |
| paleo menu | 1,000 | Low | $0.70  |
| quick paleo meals | 1,000 | Low | $2.35  |
| paleo soups | 1,000 | Low | - |
| paleo results | 1,000 | Low | - |
| paleo smoothie recipes | 1,000 | Low | $0.59  |
| paleo diet book | 1,000 | High | $0.30  |
| paleo vegetables | 1,000 | Low | - |
| best paleo cookbook | 1,000 | Medium | $0.32  |
| paleo pregnancy | 1,000 | Low | $0.31  |
| paleo hacks | 1,000 | Low | - |
| paleo lunch recipes | 1,000 | Low | $3.01  |
| paleo drinks | 1,000 | Low | - |
| paleo meal | 1,000 | High | $0.81  |
| paleo meal plans | 1,000 | Low | $1.01  |
| paleo beef jerky | 1,000 | Medium | $0.47  |
| paleo eating | 880 | Low | $1.83  |
| paleo for athletes | 880 | Low | $0.15  |
| paleo cooking | 880 | Low | $0.71  |
| paleo meatloaf recipe | 880 | Low | - |
| paleo diet meals | 880 | Low | $3.35  |
| paleo diet cookbook | 880 | High | $0.23  |
| paleo cookbooks | 880 | High | $0.50  |
| paleo diet guidelines | 880 | Low | $0.83  |
| paleo baking | 880 | Low | $1.21  |
| paleo breakfasts | 880 | Low | - |
| paleo salad recipes | 880 | Low | $0.12  |
| paleo chicken recipe | 720 | Low | - |
| paleo diets | 720 | Medium | $0.83  |
| paleo desserts recipes | 720 | Low | $0.32  |
| paleo recipe book | 720 | High | $0.77  |
| paleo food pyramid | 720 | Low | - |
| paleo food delivery | 720 | Medium | $1.57  |
| paleo meal ideas | 720 | Low | $2.20  |
| paleo diet list | 720 | Low | $0.42  |
| paleo vegetable recipes | 720 | Low | - |
| paleo cleanse | 720 | Medium | $0.85  |
| paleo diet desserts | 720 | Low | $1.72  |
| paleo snack recipes | 590 | Low | $2.04  |
| paleo energy bars | 590 | Medium | $1.13  |
| latest in paleo | 590 | Low | - |
| paleo plan recipes | 590 | Low | $0.15  |
| paleo mama | 590 | Low | - |
| paleo kits | 590 | Low | $0.73  |
| paleo diet alcohol | 590 | Low | - |
| paleo detox | 590 | Low | $1.47  |
| paleo meaning | 590 | Low | - |
| paleo diet books | 590 | High | $0.61  |
| paleo recipes chicken | 590 | Low | - |
| paleo meals delivered | 590 | Medium | $2.51  |
| vegetarian paleo diet | 590 | Low | - |
| paleo workout | 590 | Low | - |
| paleo products | 480 | Medium | $0.37  |
| paleo diet review | 480 | Low | $0.16  |
| paleo diet blog | 480 | Low | - |
| diet paleo | 480 | Medium | $0.89  |
| paleo snack bars | 480 | High | $0.92  |
| paleo snack | 480 | Low | $2.88  |
| paleo diet wiki | 480 | Low | - |
| sample paleo diet | 480 | Low | $0.16  |
| paleo diet rice | 480 | Low | - |
| robb wolf paleo | 480 | Low | $0.34  |
| paleo diet criticism | 480 | Low | $0.22  |
| paleo bar | 390 | High | $0.98  |
| paleo menu planner | 390 | Low | $0.53  |
| opposite of paleo | 390 | Low | - |
| paleo exercise | 390 | Low | - |
| paleo primal diet | 390 | Low | $4.87  |
| paleo book | 390 | High | $0.52  |
| paleo salmon recipe | 390 | Low | $2.15  |
| paleo meal delivery | 390 | High | $2.44  |
| paleo diet food | 390 | Medium | $0.14  |
| paleo restaurant | 320 | Low | - |
| paleo diet pdf | 320 | Low | $0.25  |
| paleo diet vegetarian | 320 | Low | - |
| paleo cook book | 320 | High | $0.64  |
| paleo receipes | 320 | Low | $0.48  |
| paleo eating plan | 320 | Low | $0.29  |
| paleo diet bodybuilding | 320 | Low | - |
| paleo packs | 320 | Medium | $0.31  |
| paleo diet recipe | 320 | Low | $0.50  |
| paleo recipes blog | 320 | Low | - |
| paleo gifts | 260 | Medium | $1.03  |
| paleo diet recipies | 260 | Low | $0.85  |
| paleo nutrition | 260 | Low | $1.12  |
| paleo forum | 260 | Low | - |
| paleo appetizer recipes | 260 | Low | - |
| paleo brands | 260 | Low | $0.02  |
| paleo fiber | 260 | Medium | $0.85  |
| paleo diet blogs | 210 | Low | - |
| raw paleo | 210 | Low | - |
| paleo diet delivery | 210 | High | $6.33  |
| paleo shrimp recipe | 210 | Low | - |
| paleo recipes dinner | 210 | Low | - |
| paleo foods list | 210 | Low | $0.03  |
| paleo mediterranean diet | 210 | Low | $0.25  |
| paleo diet plans | 210 | Low | $0.98  |
| paleo menu ideas | 170 | Low | $1.26  |
| paleo wiki | 170 | Low | - |
| paleo caveman diet | 170 | Medium | $0.34  |
| paleo recepies | 170 | Low | $0.39  |
| paleo cook books | 170 | High | $0.56  |
| paleo cookbook pdf | 170 | Low | $0.07  |
| paleo recipes breakfast | 170 | Low | $2.35  |
| paleo blueprint | 140 | Low | $0.40  |
| paleo breakfast recipe | 140 | Low | - |
| paleo food recipes | 140 | Low | $0.34  |
| paleo candy bars | 140 | Low | $0.50  |
| paleo t shirts | 140 | High | $0.60  |
| paleo recipe books | 110 | High | $0.99  |
| the paleo cookbook | 110 | High | $0.59  |
| every day paleo | 110 | Low | $0.43  |
| paleo solutions | 110 | Low | $0.39  |
| paleo treats recipes | 110 | Low | - |
| paleo diet cookies | 110 | Low | $6.72  |
| paleo cleanse diet | 110 | Low | $1.19  |
| paleo diet forum | 110 | Low | - |
| paleo diet athletes | 110 | Low | $0.35  |
| raw paleo diet | 110 | Low | - |
| paleo diet menus | 110 | Medium | $0.70  |
| paleo diet cookbooks | 110 | High | $0.41  |
| the paleo plan | 110 | Low | $0.10  |
| paleo indians food | 90 | Low | $0.03  |
| paleo solution diet | 90 | Low | $0.42  |
| paleo food store | 90 | Medium | $0.38  |
| paleo tools | 90 | Low | - |

**Most Shared Articles on Paleo Diet**

1. 8 Food Trends The Paleo Diet Has Crushed <http://www.buzzfeed.com/annanorth/8-food-trends-the-paleo-diet-has-crushed>
2. The Victorian Orphan Diet <http://www.slate.com/articles/life/low_concept/2014/07/paleo_diet_forget_the_latest_food_fad_it_s_time_for_the_victorian_orphan.html>
3. 8 Smart Swaps to Borrow From the Paleo Diet <http://www.everydayhealth.com/pictures/smart-swaps-to-borrow-from-paleo-diet/>
4. 8 Foods on the Actual Paleo Diet <http://mentalfloss.com/article/57766/8-foods-actual-paleo-diet>
5. Millions alive today would have to die before the paleo diet could take over <http://grist.org/food/millions-alive-today-would-have-to-die-before-the-paleo-diet-could-take-over/>
6. Human Evolution How the paleo diet evolved into a cult of nonsense <http://www.dailydot.com/opinion/how-caveman-paleo-diet-evolved-nonsense/>
7. Taco Bell Pushing Protein Bowls Amid Paleo Diet Craze <http://www.bloomberg.com/news/2014-07-10/taco-bell-pushing-protein-bowls-amid-paleo-diet-craze.html>
8. The Paleo Diet - A Thyroid Warning <http://thyroid.about.com/od/symptomsrisks/fl/The-Paleo-Diet-A-Thyroid-Warning.htm>
9. Discovery Of Oldest Human Poop Exposes The Original Paleo Diet <http://io9.com/discovery-of-oldest-human-poop-exposes-the-original-pal-1596359533>
10. Food Philosophies: The Paleo Diet <http://www.dailyhiit.com/hiit-blog/hiit-diet/food-philosophies-paleo-diet/>
11. How the Paleolithic life style got trendy. <http://www.newyorker.com/magazine/2014/07/28/stone-soup>
12. The Paleo Proposal <http://www.runnersworld.com/nutrition-for-runners/the-paleo-proposal?page=single>
13. Fossilized Human Poop Reveals The Real Paleo Diet <http://www.businessinsider.com/fossilized-human-poop-reveals-the-real-paleo-diet-2014-6?IR=T>
14. Experts Share Tips for Starting the Paleo Diet <http://hypothyroidmom.com/experts-share-tips-for-starting-the-paleo-diet/>
15. Navigating your First Paleo Grocery Trip <http://paleoleap.com/first-paleo-grocery-trip/>
16. Taco Bell beefs up menu with Paleo protein: Low carb diets gain muscle <http://www.examiner.com/article/taco-bell-beefs-up-menu-with-paleo-protein-low-carb-diets-gain-muscle>
17. Creamy Paleo Chicken Skillet <http://paleogrubs.com/skillet-chicken-recipe>
18. ‘Paleo diet’ restaurant to open in North Berkeley <http://www.berkeleyside.com/2014/07/23/paleo-diet-restaurant-to-open-in-north-berkeley/>
19. Paleo Salted Caramel “Cheesecake” Bars <http://paleogrubs.com/caramel-cheesecake-bar-recipe>
20. Paleo and Gluten Free Buttermilk Biscuit Recipe <http://www.grassfedgirl.com/paleo-gluten-free-buttermilk-biscuit-recipe/>
21. Scarlett Johansson used Paleo and Crossfit-style regime for Avengers Black Widow <http://www.examiner.com/article/scarlett-johansson-used-paleo-and-crossfit-style-regime-for-avengers-black-widow>
22. ‘Cavemen’ Diet Was Far from Primitive: Paleo Diet Myths <http://healthimpactnews.com/2011/cavemen-diet-was-far-from-primitive-paleo-diet-myths/>
23. The best way to lose weight? A diet filled with protein: Eating fish, eggs and meat every day is easiest way to stay slim <http://www.dailymail.co.uk/health/article-2680254/The-best-way-lose-weight-A-diet-filled-protein-Eating-fish-eggs-meat-day-easiest-way-stay-slim.html>
24. Paleo diet used by Jack Osbourne and Chad Vaccarino to manage multiple sclerosis <http://www.examiner.com/article/chad-vaccarino-treats-multiple-sclerosis-with-paleo-diet-as-does-jack-osbourne>
25. Low-carb Paleo-style diet beats low fat for weight loss: Calorie myth debunked <http://www.examiner.com/article/time-magazine-debunks-calorie-myth-low-carb-paleo-style-diet-aids-weight-loss>
26. Paleo Diet Could Be Killing The Planet <http://www.mensfitness.com/nutrition/what-to-eat/paleo-diet-could-be-killing-planet>
27. Put Cash in Your Pocket With Paleo <http://www.wallstreetdaily.com/2014/06/30/paleo-saves-money/>
28. Paleo vs Mediterranean: The Diet Face-Off by Associate Professor Antigone Kouris PhD APD AN <http://nutrition-az.com/2014/06/30/paleo-vs-mediterranean-the-diet-face-off-by-associate-professor-antigone-kouris-phd-apd-an/>
29. Real-Life Paleo Diet Included Spiral-Tusked Elephant Ancestor <http://www.livescience.com/46790-elephant-ancestor-clovis-site.html>
30. Paleo diet is anti-aging and aids weight loss: Curbs disease, boosts fat-burning <http://www.examiner.com/article/mark-sisson-credits-low-carb-paleo-diet-for-ripped-physique-at-60>
31. 30 Day Paleo Reset: How to Start? <http://gutsybynature.com/2014/07/06/30-day-paleo-reset-how/>
32. Taco Bell announces plans to beef up its menu with new high-protein items based on the Paleo diet - all under 500 calories <http://www.dailymail.co.uk/femail/article-2691644/Taco-Bell-announces-plans-beef-menu-new-high-protein-items-based-Paleo-diet-500-calories.html>
33. The Paleo Diet’s Dirty Laundry <http://butternutrition.com/paleo-diets-dirty-laundry/>
34. How the Paleo Diet Works <http://health.howstuffworks.com/wellness/diet-fitness/diets/paleo-diet.htm>
35. Paleo parfait <http://www.womenshealthandfitness.com.au/diet-nutrition/recipe-finder/1255-paleo-parfait>
36. A Different Way to Start Paleo <http://paleoleap.com/different-way-start-paleo/>
37. What to Do if Paleo is Tanking your Workouts <http://paleoleap.com/paleo-tanking-workouts/>
38. Award-Winning Paleo Recipes <http://nomnompaleo.com/post/90138745868/forky-friday-6-27-14>
39. Paleo Diet: The Meatza With Grass Fed Beef! <http://www.athleat.co.uk/the-paleo-diet-meatza-grass-fed-beef.html>
40. 30 Day Paleo Reset: Why Do One? <http://gutsybynature.com/2014/06/29/30-day-paleo-reset-why/>
41. True Blood star Joe Manganiello's Paleo diet and CrossFit workout routine <http://www.examiner.com/article/joe-manganiello-crowned-hottest-bachelor-his-low-carb-diet-and-workout-secrets>
42. Pros and cons of the Paleo Diet <http://fox59.com/2014/07/09/pros-and-cons-of-the-paleo-diet/>
43. Cavemen fecal analysis confirms they ate Paleo diet: Duh, say Paleo proponents <http://www.examiner.com/article/fecal-analysis-of-cavemen-showed-they-ate-paleo-diet-of-both-meat-and-plants>
44. The Pros And Cons Of The Paleo Diet <http://he41thy.blogspot.in/2014/07/the-pros-and-cons-of-paleo-diet.html>
45. Adapting Paleo to Your Eating Style <http://paleoleap.com/adapting-paleo-eating-style/>
46. Garlic and Zucchini Soup Recipe [http://www.buypaleo.com/garlic-and-zucchini-soup-recipe/#](http://www.buypaleo.com/garlic-and-zucchini-soup-recipe/)
47. Paleo and Primal Grill Party Recipe Roundup <http://www.grassfedgirl.com/paleo-and-primal-grill-party-recipe-roundup/>
48. 7 Things That Vegans And Paleo Dieters Can Actually Agree On <http://www.businessinsider.com/things-vegans-and-paleo-dieters-agree-on-2014-7?IR=T>
49. Vitamin and Nutritional Supplements Increase Chronic Disease Morbidity (Incidence) and Mortality (Death) <http://thepaleodiet.com/vitamin-nutritional-supplements-increase-chronic-disease-morbidity-incidence-mortality-death/>
50. Multiple Sclerosis Stymied with The Paleo Diet <http://thepaleodiet.com/multiple-sclerosis-stymied-paleo-diet/>

**Most Viewed Videos on Paleo Diet**

### [Paleo Diet - The Paleo Diet Primal Burn System](https://www.youtube.com/watch?v=QxFsGLVkuyw" \o "Paleo Diet - The Paleo Diet Primal Burn System)

### [Paleo Recipes - Everything In One Place](https://www.youtube.com/watch?v=euH16oyThUM)

### [Paleo in a Nutshell Part 1: Food](https://www.youtube.com/watch?v=uCFZoqmKf5M)

### [Debunking the paleo diet: Christina Warinner at TEDxOU](https://www.youtube.com/watch?v=BMOjVYgYaG8)

### [Paleo Diet & Strength Training Biochemistry | Doug McGuff M.D. | Full Length HD](https://www.youtube.com/watch?v=2PdJFbjWHEU)

### [★Paleo Diet Recipes★ - How The Paleo Recipe Book Can Improve Your Health !](https://www.youtube.com/watch?v=9Mq8ExQz2uY)

### [Paleo Diet Before and After Pictures: My Weightloss Transformation](https://www.youtube.com/watch?v=JXQqaaQg9UE)

### [★Paleo Diet Recipes★ ★Paleo Cookbook★ Over 370 Paleo Recipes](https://www.youtube.com/watch?v=8txm7hNygHQ)

### [Paleo recipes -Paleo recipe book review with Over 370 Paleo diet recipes](https://www.youtube.com/watch?v=rlSmvbmprPo)

### [Truth About Paleo Diet](https://www.youtube.com/watch?v=0dIjAHvMgvA)

### [6 Month Body Transformation -- Paleo/Crossfit](https://www.youtube.com/watch?v=S4XqkKkG7lw)

### [The Paleo Diet Explained](https://www.youtube.com/watch?v=52A3ayfxfTs)

### [Rob Riches Pre-Contest Paleo Diet](https://www.youtube.com/watch?v=FwDHOJHaXSo)

### [Why Eat Paleo?](https://www.youtube.com/watch?v=PtvOxol0G68)

### [Paleo Figure Transformation](https://www.youtube.com/watch?v=umTf9JxZUnM)

### [Paleo Diet Recipes- How to change it up with everything from Paleo Desserts to Paleo Dinner Recipes](https://www.youtube.com/watch?v=fehzBi-vI2A)

### [Low Carb Paleo with Mark Sisson](https://www.youtube.com/watch?v=Um-a61rClSs)

### [Paleo Diet - Secrets they don't want you to know!](https://www.youtube.com/watch?v=xZRzhIO28Ks)

### [10 Tips When Eating Paleo](https://www.youtube.com/watch?v=j1ZGDx4TrNo)

### [Paleo Meals : How to make Paleo Pizza](https://www.youtube.com/watch?v=Nntl_m66ieg)

### [The Paleo Diet Is It For Me & Does It Work?????](https://www.youtube.com/watch?v=Oh9491CBBkQ)

### [PALEO LIFESTYLE - My Paleo Kitchen](https://www.youtube.com/watch?v=ktcsPNIg6Y4)

### [My #1 Weight Loss Secret: The Paleo Diet](https://www.youtube.com/watch?v=YD6fMs6Vt08)

### [Negative Effects of Paleo Diet with Robb Wolf](https://www.youtube.com/watch?v=pqJJWknKpGg)

### [The Paleo Diet](https://www.youtube.com/watch?v=8A-byWZEEN0)

### [Eat Like a Caveman - The Paleo "Caveman" Diet](https://www.youtube.com/watch?v=SUUsvjyKS00)

### [Perfect Paleo Breakfast](https://www.youtube.com/watch?v=L7cn56qM-9Q)

### [Paleo girls VS Vegan Girls: What's best for weight loss & vitality?](https://www.youtube.com/watch?v=KZSeS9wR_Js)

### [Over 350 Healthy Paleo Diet Recipes with Cooking Methods-100% Paleo Approved Cookbook](https://www.youtube.com/watch?v=CdnXykNTZBM)

### [Make Weekly Paleo Food Prep Easy](https://www.youtube.com/watch?v=2upizqKg7cY)

**Forum Discussions on Paleo Diet**

1. Help on the paleo diet!<http://board.crossfit.com/showthread.php?t=84408>
2. Advice on cheap paleo eating in the UK? <http://board.crossfit.com/showthread.php?t=51879>
3. Paleo Diet Essentials <http://board.crossfit.com/showthread.php?t=73787>
4. **My experience on the Zone and Paleo Diet** <http://board.crossfit.com/showthread.php?t=86492>
5. Paleo Diet + Antibitoics ? <http://board.crossfit.com/showthread.php?t=86294>
6. Applying The Paleo Diet for Athletes <http://board.crossfit.com/showthread.php?t=84587>
7. Paleo Diet Does and Don'ts <http://board.crossfit.com/showthread.php?t=72195>
8. Young 20 year old Raw Paleo Newbie with Severe Health Issues <http://www.rawpaleodietforum.com/general-discussion/young-20-year-old-raw-paleo-newbie-with-severe-health-issues/>
9. Running & Paleo? <http://www.sparkpeople.com/myspark/team_messageboard_thread.asp?board=0x28224x56889921>
10. Paleo and depression? <http://www.sparkpeople.com/myspark/team_messageboard_thread.asp?board=0x28224x54023489>
11. Day 1 Paleo to commence at midnight!!! <http://www.sparkpeople.com/myspark/team_messageboard_thread.asp?board=0x28224x56853386>
12. ~ Fatty Meat, Potatoes, Dairy And Paleo 2.0 ~ <http://www.sparkpeople.com/myspark/team_messageboard_thread.asp?board=0x28224x56300877>
13. Women, Paleo and your cycles \*WARNING\* TMI  <http://www.sparkpeople.com/myspark/team_messageboard_thread.asp?board=0x28224x49247253>
14. It's too expensive to eat Paleo! <http://www.sparkpeople.com/myspark/team_messageboard_thread.asp?board=0x28224x56393465>
15. SCD Diet: Paleo with a twist... <http://www.sparkpeople.com/myspark/team_messageboard_thread.asp?board=0x28224x56471597>
16. Did you eat Paleo this 24 hours? Yes or No <http://www.sparkpeople.com/myspark/team_messageboard_thread.asp?board=0x28224x54136287>
17. ~ Insoiration: Paleo Success Stories, please share <http://www.sparkpeople.com/myspark/team_messageboard_thread.asp?board=0x28224x51602865>
18. the scientific background of the paleo diet <http://www.sparkpeople.com/myspark/team_messageboard_thread.asp?board=0x28224x55262341>
19. Atkins/Paleo <http://www.sparkpeople.com/myspark/team_messageboard_thread.asp?board=0x28224x55915416>
20. Paleo recipes <http://www.sparkpeople.com/myspark/team_messageboard_thread.asp?board=0x28224x55393863>
21. First Week Paleo -- FATIGUE! (and a little intro) <http://www.sparkpeople.com/myspark/team_messageboard_thread.asp?board=0x28224x55015022>
22. Low carb Paleo Not <http://www.sparkpeople.com/myspark/team_messageboard_thread.asp?board=0x28224x49695770>
23. Has paleo improved your health conditions? <http://www.sparkpeople.com/myspark/team_messageboard_thread.asp?board=0x28224x52617202>
24. Has going off Paleo/low carb worsened health? <http://www.sparkpeople.com/myspark/team_messageboard_thread.asp?board=0x28224x54626859>
25. Interested in Paleo books? <http://www.sparkpeople.com/myspark/team_messageboard_thread.asp?board=0x28224x54042422>

**Most Viewed Documents on Paleo Diet**

1. Paleo Diet Discoveries <http://www.slideshare.net/OfflineConsultant/paleo-diet-discover>
2. Paleo Diet Weekly Menu <http://www.slideshare.net/msdl1031/paleo-diet-weekly-menu>
3. Steps To Lower LDL Cholesterol While On The Paleo Diet <http://www.slideshare.net/medicalmeals/steps-to-lower-bad-cholesterol>
4. Paleo Diet Chicken Recipes - 3 Easy Paleo-Friendly Chicken Dishes <http://www.slideshare.net/msdl1031/paleo-diet-chicken-recipes>
5. Paleo Diet Food List PDF <http://www.slideshare.net/paleodietfoods/paleo-diet-foodlistpdffinal>
6. List of Paleo Diet Foods <http://www.slideshare.net/msdl1031/list-of-paleo-diet-foods-24130551>
7. Paleo diet food list <http://www.slideshare.net/Davwab/paleo-diet-food-list-21531790>
8. Paleo Diet Food <http://www.slideshare.net/tac88/paleo-diet-food>
9. Ways To Manage Type 2 Diabetes Nutrition With Paleo Diet Recipes <http://www.slideshare.net/margkloppenburgnutrition1965/ways-to-manage-type-2-diabetes-nutrition-with-paleo-diet-recipes>
10. Paleo Diet Secrets – What You Need To Know <http://www.slideshare.net/sarahrasyidi/the-paleo-diet-28762832>
11. Paleo Diet-Recipes <http://www.slideshare.net/tac88/paleo-dietrecipes-20159308>
12. Paleo Diet Advantages <http://www.slideshare.net/msdl1031/paleo-diet-advantages>
13. Consensus statement paleo diet <http://www.slideshare.net/Caveman-Paleo-Diet/consensus-statement-paleo-diet>
14. The shape of paleo diet <http://www.slideshare.net/gourmandiaca/the-shape-of-paleo-diet>
15. Meehl house adopts omni paleo diet <http://www.slideshare.net/prpagencia/meehl-house-adopts-omni-paleo-diet>
16. Paleo diet for athletes <http://www.slideshare.net/Davwab/paleo-diet-for-athletes-21531888>
17. The Paleo Diet Blueprint: Shred fat, lose weight and increase health <http://www.slideshare.net/sunshinemillions/paleo-diet-31987754>
18. The Paleo Diet - Obesity Levels In America Climb To Record Heights <http://www.slideshare.net/AlphaExpress/the-paleo-diet-obesity-levels-in-america-climb-to-record-heights>
19. Paleo diet recipes <http://www.slideshare.net/posttodaytopchart/paleo-diet-recipes-20114064>
20. Paleo diet tone\_abs\_and\_burn\_fat <http://www.slideshare.net/spectrag/paleo-diet-toneabsandburnfat>

**Most Pinned Pins on Paleo Diet**

1. I'm not really doing a paleo diet <http://www.pinterest.com/pin/231091024602984736/>
2. No grain and low carb paleo diet <http://www.pinterest.com/pin/284008320224557641/>
3. Eat Like a Cavewoman: 32 Perfectly Paleo Recipes. <http://www.pinterest.com/pin/110338259595075218/>
4. Grilled Pineapple with Cinnamon Glaze (Paleo Diet)... <http://www.pinterest.com/pin/266205027947421882/>
5. Greek Meatball Soup and more Paleo soup recipes <http://www.pinterest.com/pin/538039486703330586/>
6. Creamy Strawberry Champagne Pops @Paleo Dieting﻿ <http://www.pinterest.com/pin/203295370652222189/>
7. Apple Pie Smoothie - Gluten-free, Vegan + Refined Sugar-free <http://www.pinterest.com/pin/145663369169264581/>
8. Paleo diet sweet potato hash <http://www.pinterest.com/pin/70861394106524345/>
9. Chicken Asparagus Carbonara - Paleo Diet Lifestyle <http://www.pinterest.com/pin/146015212891241654/>
10. Paleo Spaghetti alla Carbonara (Zucchini Noodles) <http://www.pinterest.com/pin/13933080071608457/>
11. Paleo Greek Salad <http://www.pinterest.com/pin/535435843168719859/>
12. paleo diet- next 20 days! <http://www.pinterest.com/pin/184788390932633138/>
13. Coconut White Chocolate <http://www.pinterest.com/pin/181621797446382940/>
14. Jerk Chicken - Paleo Diet Lifestyle <http://www.pinterest.com/pin/21462535697241105/>
15. Spiced Turkey Tacos - a hint of honey <http://www.pinterest.com/pin/473863192014786767/>
16. A Healthier Paleo Diet <http://www.pinterest.com/pin/218213544416168930/>
17. Paleo Diet Miami Menu <http://www.pinterest.com/pin/231583605811669673/>
18. The Perks of the Paleo Diet <http://www.pinterest.com/pin/156289049542414190/>
19. Apple Cinnamon Cake | 18 Recipes That Make The Paleo Diet Look (Almost) Easy <http://www.pinterest.com/pin/66709638203322390/>
20. Eat Like a Cavewoman: 32 Perfectly Paleo Recipes <http://www.pinterest.com/pin/509962357777286620/>
21. Shrimp Stuffed Eggplant - Paleo Diet Lifestyle <http://www.pinterest.com/pin/272749321155525161/>
22. Spicy & Sweet Morocan Shrimp.. recipebook paleo diet <http://www.pinterest.com/pin/130393351684411088/>
23. almost paleo diet.. <http://www.pinterest.com/pin/94083079687966144/>
24. 101 delicious paleo diet recipes <http://www.pinterest.com/pin/214765475953217758/>
25. MARK SISSON, PALEO DIET <http://www.pinterest.com/pin/158118636889587396/>

**Facebook most likes share & Comments on Paleo Diet**

1. Paleo Pizza <https://www.facebook.com/paleoleap/posts/703946062982331?stream_ref=10>
2. Slow Cooker Sloppy Joes <https://www.facebook.com/paleoleap/posts/703785199665084?stream_ref=10>
3. Chicken Cranberry Salad <https://www.facebook.com/paleoleap/posts/703312633045674?stream_ref=10>
4. Balsamic Steak Rolls <https://www.facebook.com/paleoleap/posts/702839753092962?stream_ref=10>
5. Egg, Salmon and Apple Sandwich <https://www.facebook.com/paleoleap/posts/701938133183124?stream_ref=10>
6. Citrus and Avocado Salad <https://www.facebook.com/paleoleap/posts/701282916581979?stream_ref=10>
7. Coconut Macaroons With Lemon Curd <https://www.facebook.com/paleoleap/posts/699609406749330?stream_ref=10>
8. Guacamole Stuffed Eggs <https://www.facebook.com/paleoleap/posts/698827050160899?stream_ref=10>
9. Frozen Easter Eggs <https://www.facebook.com/paleoleap/posts/698547783522159?stream_ref=10>
10. Fried Honey Banana <https://www.facebook.com/paleoleap/posts/698284636881807?stream_ref=10>
11. Pork Loin Braised in Coconut Milk <https://www.facebook.com/paleoleap/posts/697419393634998?stream_ref=10>
12. Orange Chicken <https://www.facebook.com/paleoleap/posts/696158283761109?stream_ref=10>
13. Beef Strips with Mushroom Sauce <https://www.facebook.com/paleoleap/posts/693118637398407?stream_ref=10>
14. Baked Eggs With Asparagus and Leeks <https://www.facebook.com/paleoleap/posts/692489944127943?stream_ref=10>
15. Grilled Maple Dijon Salmon with Bacon <https://www.facebook.com/paleoleap/posts/10100766579741066?stream_ref=10>
16. Portobello Pizza <https://www.facebook.com/paleoleap/posts/10100752759576786?stream_ref=10>
17. Zucchini and Egg Breakfast <https://www.facebook.com/paleoleap/posts/10100748965315516?stream_ref=10>
18. Sweet Potato Casserole <https://www.facebook.com/paleoleap/posts/10100748537198466?stream_ref=10>
19. Asian Stir-Fried Brussels Sprouts <https://www.facebook.com/paleoleap/posts/10100745075016706?stream_ref=10>
20. Creamy Mushroom Stew <https://www.facebook.com/paleoleap/posts/10100747015283396?stream_ref=10>
21. Coffee-Flavored Chocolate Mousse <https://www.facebook.com/paleoleap/posts/10100742879157226?stream_ref=10>
22. Chicken Salad With Almond Dressing <https://www.facebook.com/paleoleap/posts/10100741940258786?stream_ref=10>
23. Carrot Cake Pancakes <https://www.facebook.com/paleoleap/posts/10100740300195486?stream_ref=10>
24. Paleo Diet Lifestyle is now Paleo Leap <https://www.facebook.com/paleoleap/posts/710118289039600?stream_ref=10>
25. Fruity Sweet Potato Salad <https://www.facebook.com/paleoleap/posts/10100738003029026?stream_ref=10>
26. Oven Fried Pickles <https://www.facebook.com/paleoleap/posts/10100734559629626?stream_ref=10>
27. A Paleo Guide to Tea <https://www.facebook.com/paleoleap/posts/10100733752192736?stream_ref=10>
28. Lemon And Thyme Chicken <https://www.facebook.com/paleoleap/posts/10100732243151866?stream_ref=10>
29. Surf And Turf Dinner <https://www.facebook.com/paleoleap/posts/10100727365357006?stream_ref=10>
30. Is Paleo Healthy for Women? <https://www.facebook.com/paleoleap/posts/10100724956893586?stream_ref=10>

**ClickBank Products on Paleo Diet**

#### [Paleo Recipe Book - Brand New Paleo Cookbook](http://zzzzz.snsuccess.hop.clickbank.net) Grav: 123.99

#### [Primal Burn - Paleo Burn Fat Burner System](http://zzzzz.xfitstrong.hop.clickbank.net) Grav: 28.74

#### [Feast Your Fat Away](http://zzzzz.miyakifit.hop.clickbank.net)Grav: 22.96

#### [The Paleohacks Paleo Cookbook](http://zzzzz.paleohack1.hop.clickbank.net)Grav: 21.27

#### [1000 Paleo Recipes - Earn Up To $75/sale - High Conversions!](http://zzzzz.1000paleo.hop.clickbank.net)Grav: 18.07

#### [Xtreme Fat Loss Diet - 7 Figure Winner-all Time Best Seller](http://zzzzz.xtremefl.hop.clickbank.net)Grav: 17.44

#### [Family Friendly Fat Burning Meals](http://zzzzz.dianakeu.hop.clickbank.net)Grav: 16.08

#### [Wild Diet & Fat-burning Chef By Abel James, Fat-burning Man](http://zzzzz.jamesstrat.hop.clickbank.net)Grav: 15.6

#### [Paleo Diet Guides From Robb Wolf](http://zzzzz.badgato.hop.clickbank.net)Grav: 14.36

#### [Paleo Cookbooks - Complete Paleo Recipe Guide To Healthy Eating](http://zzzzz.paleo123.hop.clickbank.net) Grav: 11.53

#### [30 Day Guide To Paleo](http://zzzzz.foodlvrs11.hop.clickbank.net)Grav: 10.94

**Amazon Product on Paleo Diet**

### [Practical Paleo: A Customized Approach to Health and a Whole-Foods Lifestyle](http://www.amazon.com/Practical-Paleo-Customized-Whole-Foods-Lifestyle/dp/1936608758/ref%3Dsr_1_4?s=books&ie=UTF8&qid=1398684032&sr=1-4&keywords=paleo+diet)

### [Well Fed: Paleo Recipes for People Who Love to Eat](http://www.amazon.com/Well-Fed-Paleo-Recipes-People/dp/061557226X/ref%3Dsr_1_10?s=books&ie=UTF8&qid=1398684032&sr=1-10&keywords=paleo+diet)

### [The Paleo Solution: The Original Human Diet](http://www.amazon.com/Paleo-Solution-Original-Human-Diet/dp/0982565844/ref%3Dsr_1_6?s=books&ie=UTF8&qid=1398684032&sr=1-6&keywords=paleo+diet)

### [Against All Grain: Delectable Paleo Recipes to Eat Well & Feel Great](http://www.amazon.com/Against-All-Grain-Delectable-Recipes/dp/1936608367/ref%3Dsr_1_23?s=books&ie=UTF8&qid=1398684662&sr=1-23&keywords=paleo+diet)

### [Paleo Comfort Foods: Homestyle Cooking for a Gluten-Free Kitchen](http://www.amazon.com/Paleo-Comfort-Foods-Homestyle-Gluten-Free/dp/1936608936/ref%3Dsr_1_20?s=books&ie=UTF8&qid=1398684662&sr=1-20&keywords=paleo+diet)

### [The Paleo Diet Revised: Lose Weight and Get Healthy by Eating the Foods You Were Designed to Eat](http://www.amazon.com/Paleo-Diet-Revised-Healthy-Designed/dp/0470913029/ref%3Dsr_1_1?s=books&ie=UTF8&qid=1398684032&sr=1-1&keywords=paleo+diet)

### [Everyday Paleo](http://www.amazon.com/Everyday-Paleo-Sarah-Fragoso/dp/098256581X/ref%3Dsr_1_97?s=books&ie=UTF8&qid=1398685113&sr=1-97&keywords=paleo+diet)

### [Nom Nom Paleo: Food for Humans](http://www.amazon.com/Nom-Paleo-Food-Humans/dp/1449450334/ref%3Dsr_1_14?s=books&ie=UTF8&qid=1398684662&sr=1-14&keywords=paleo+diet)

### [Everyday Paleo Family Cookbook: Real Food for Real Life](http://www.amazon.com/Everyday-Paleo-Family-Cookbook-Real/dp/1936608634/ref%3Dsr_1_12?s=books&ie=UTF8&qid=1398684032&sr=1-12&keywords=paleo+diet)

### [The Paleo Approach: Reverse Autoimmune Disease and Heal Your Body](http://www.amazon.com/Paleo-Approach-Reverse-Autoimmune-Disease/dp/1936608391/ref%3Dsr_1_9?s=books&ie=UTF8&qid=1398684032&sr=1-9&keywords=paleo+diet)

### [Paleo for Beginners: Essentials to Get Started](http://www.amazon.com/Paleo-Beginners-Essentials-Get-Started/dp/1623150310/ref%3Dsr_1_2?s=books&ie=UTF8&qid=1398684032&sr=1-2&keywords=paleo+diet)

### [Paleo Diet For Beginners - The Complete Paleo Diet Guide Including 21 Delicious Paleo Recipes!](http://www.amazon.com/Paleo-Diet-Beginners-Including-Delicious/dp/0989313557/ref%3Dsr_1_3?s=books&ie=UTF8&qid=1398684032&sr=1-3&keywords=paleo+diet)

### [The Paleo Diet Cookbook: More Than 150 Recipes for Paleo Breakfasts, Lunches, Dinners, Snacks, and Beverages](http://www.amazon.com/Paleo-Diet-Cookbook-Breakfasts-Beverages/dp/0470913045/ref%3Dsr_1_5?s=books&ie=UTF8&qid=1398684032&sr=1-5&keywords=paleo+diet)

### [40 Top Paleo Recipes - Quick and Easy Paleo Diet Recipes For Weight Loss & Optimum Health (Paleolithic Diet Cookbook...](http://www.amazon.com/40-Top-Paleo-Recipes-Paleolithic-ebook/dp/B00CGBYVTW/ref%3Dsr_1_7?s=books&ie=UTF8&qid=1398684032&sr=1-7&keywords=paleo+diet)

### [Paleo Slow Cooker: 75 Easy, Healthy, and Delicious Gluten-Free Paleo Slow Cooker Recipes for a Paleo Diet](http://www.amazon.com/Paleo-Slow-Cooker-Delicious-Gluten-Free/dp/1623150949/ref%3Dsr_1_8?s=books&ie=UTF8&qid=1398684032&sr=1-8&keywords=paleo+diet)

### [Your Personal Paleo Code: The 3-Step Plan to Lose Weight, Reverse Disease, and Stay Fit and Healthy for Life](http://www.amazon.com/Your-Personal-Paleo-Code-Reverse/dp/031632289X/ref%3Dsr_1_15?s=books&ie=UTF8&qid=1398684662&sr=1-15&keywords=paleo+diet)

### [Well Fed 2: More Paleo Recipes for People Who Love to Eat](http://www.amazon.com/Well-Fed-Paleo-Recipes-People/dp/0989487504/ref%3Dsr_1_53?s=books&ie=UTF8&qid=1398684985&sr=1-53&keywords=paleo+diet)

### [500 Paleo Recipes: Hundreds of Delicious Recipes for Weight Loss and Super Health](http://www.amazon.com/500-Paleo-Recipes-Hundreds-Delicious/dp/1592335322/ref%3Dsr_1_13?s=books&ie=UTF8&qid=1398684662&sr=1-13&keywords=paleo+diet)

### [Paleo Cooking from Elana's Pantry: Gluten-Free, Grain-Free, Dairy-Free Recipes](http://www.amazon.com/Paleo-Cooking-Elanas-Pantry-Gluten-Free/dp/1607745518/ref%3Dsr_1_24?s=books&ie=UTF8&qid=1398684662&sr=1-24&keywords=paleo+diet)

### [Make-Ahead Paleo: Healthy Gluten-, Grain- & Dairy-Free Recipes Ready When & Where You Are](http://www.amazon.com/Make-Ahead-Paleo-Healthy-Gluten--Dairy-Free/dp/1936608375/ref%3Dsr_1_60?s=books&ie=UTF8&qid=1398684985&sr=1-60&keywords=paleo+diet)

### [The Wahls Protocol: How I Beat Progressive MS Using Paleo Principles and Functional Medicine](http://www.amazon.com/Wahls-Protocol-Progressive-Principles-Functional/dp/1583335218/ref%3Dsr_1_63?s=books&ie=UTF8&qid=1398685031&sr=1-63&keywords=paleo+diet)

### [The Paleo Manifesto: Ancient Wisdom for Lifelong Health](http://www.amazon.com/Paleo-Manifesto-Ancient-Wisdom-Lifelong/dp/0307889173/ref%3Dsr_1_96?s=books&ie=UTF8&qid=1398685095&sr=1-96&keywords=paleo+diet)

### [Intro to Paleo: Quick-Start Diet Guide to Burn Fat, Lose Weight, and Build Muscle](http://www.amazon.com/Intro-Paleo-Quick-Start-Weight-Muscle-ebook/dp/B0089F60FW/ref%3Dsr_1_124?s=books&ie=UTF8&qid=1398685149&sr=1-124&keywords=paleo+diet)

### [Paleo for Beginners: The Guide to Getting Started](http://www.amazon.com/Paleo-Beginners-Guide-Getting-Started/dp/0989558614/ref%3Dsr_1_137?s=books&ie=UTF8&qid=1398685203&sr=1-137&keywords=paleo+diet)

### [The Slim Palate Paleo Cookbook](http://www.amazon.com/Slim-Palate-Paleo-Cookbook/dp/162860011X/ref%3Dsr_1_26?s=books&ie=UTF8&qid=1398684833&sr=1-26&keywords=paleo+diet)

### [The Paleo Cookbook: 300 Delicious Paleo Diet Recipes](http://www.amazon.com/Paleo-Cookbook-Delicious-Diet-Recipes/dp/1623151554/ref%3Dsr_1_30?s=books&ie=UTF8&qid=1398684833&sr=1-30&keywords=paleo+diet)

### [Paleo Lunches and Breakfasts On the Go: The Solution to Gluten-Free Eating All Day Long with Delicious, Easy and...](http://www.amazon.com/Paleo-Lunches-Breakfasts-Gluten-Free-Delicious/dp/1624140165/ref%3Dsr_1_22?s=books&ie=UTF8&qid=1398684662&sr=1-22&keywords=paleo+diet)

### [The Paleo Diet for Athletes: The Ancient Nutritional Formula for Peak Athletic Performance](http://www.amazon.com/Paleo-Diet-Athletes-Nutritional-Performance/dp/160961917X/ref%3Dsr_1_11?s=books&ie=UTF8&qid=1398684032&sr=1-11&keywords=paleo+diet)

### [The Paleo Answer: 7 Days to Lose Weight, Feel Great, Stay Young](http://www.amazon.com/Paleo-Answer-Weight-Great-Young/dp/1118404157/ref%3Dsr_1_18?s=books&ie=UTF8&qid=1398684662&sr=1-18&keywords=paleo+diet)

### [Paleo Diet:Lose 15 Pounds In 2 Weeks With The Gluten Free Diet That Works, The Paleo Diet](http://www.amazon.com/Paleo-Diet-Pounds-Weeks-Gluten/dp/1490540296/ref%3Dsr_1_16?s=books&ie=UTF8&qid=1398684662&sr=1-16&keywords=paleo+diet)