Twelve Famous People Following the Paleo Diet

1. "Tim McGraw recently attributed his jaw-dropping 40-pound weight loss to the Paleo diet and CrossFit."

2. “True Blood” star Joe Manganiello maintains his rippling physique with the combination of the low-carb Paleo diet and twice-daily workouts

3. Scarlett Johansson used Paleo and Crossfit-style regime for Avengers Black Widow

4. "Jessica isn’t being coy about the credit she deems due to the Paleo Diet for her envy-worthy pre-wedding body. Jessica freely admits that the Paleo Diet works for her."

5. "Miley Cyrus has a gluten allergy, making the Paleo Diet a natural fit for this starlet."

6. "Jack Osbourne follows strict Paleo Diet to help his fight against Multiple Sclerosis"

7. "Robin Wright has adopted the low-carb Paleo diet to lose weight for her role as Claire Underwood in House of Cards"

8. "Paleo diet helped Megan Fox lose baby weight... Twice as effective for weight loss"

9. "Grant Hill This seven-time NBA all-star is a strong proponent of the Paleo Diet."

10 "Miami star Eva La Rue attributes strictly following the Paleo Diet to helping her majorly slim down for her wedding."

11. "Matthew McConaughey eats Paleo 90% of the time, but he admits to cheating every now and then to indulge in favorites with his kids."

12. "Uma Thurman has Paleo to thank in part for her ripped, butt-kicking body in Kill Bill."

Want to learn more about Paleo diet?

Before going to Paleo lifestyle?

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