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experts in Paleolithic nutrition. Wolf has transformed the lives of tens of thousands of people around the world via his top ranked iTunes podcast and wildly popular seminar series. Robb Wolf - The Healthy Rebellion A former biochemist, Wolf studied under Dr Cordain and is author of The Paleo solution, another popular resource, first published in 2010. Mark Sisson (Mark's daily apple and The Primal Blueprint) An ex-athlete, Mark Sisson's Primal Blueprint is a slightly different version of the Paleolithic approach and a popular online resource. What is the Paleo diet? - BBC Good Food Paleo dieters can enjoy this granola recipe in the morning with almond or hemp milk, or as a snack during the day. It's packed with fiber thanks to the

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