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Vegetarian Paleo Diet

So you are a vegetarian and yet you are so intrigued with this Paleolithic diet, can you observe then a vegetarian paleo diet still? Vegetarian paleo diet is good for people who want to join the Paleo parade without eating a piece of meat at all.

Vegetarian paleo diet may seem ludicrous to those who think that paleo diet consists mostly of meat. Paleolithic diet is everywhere --- and now the vegetarian paleo diet is making a statement as well.

Our body needs to eat in order for us to survive --- and everybody also includes the non-eating meat people of this world. So why not create a vegetarian paleo diet plan to suit their lifestyle and beliefs?

Our bodies all over the centuries have been adapting to our environment in order to survive. Vegetarian paleo diet is here to welcome more followers that this diet does not mean to impose, but to accommodate and help everyone achieve a healthy body and lifestyle.

And since the caveman diet mainly consists of proteins from animals and not from legumes and beans, then this may seem to be a problem for vegetarians and vegans alike who love to eat their salads with tofu and bean sprouts.

Here are the options for paleo foods for vegetarians then:

You must eat a lot of eggs - so yes, this option is not for strict vegans. So you could eat as much as a dozen of eggs a day to be able to get enough protein and become a legitimate Paleo follower.

You must eat grain-like seeds in your foods for you to fit into the dieter profile. For the vegetarian paleolithic diet, to allow soaked and sprouted legumes and beans for the vegetarians' sake is an order. So yes, you can still enjoy your meal of baked beans still, my friend no need to worry.

The vegetarian version of this scavenger diet is mainly compose of fruits, berries, nuts, seeds and of course, vegetables still (only that they cannot eat potatoes). And the nuts that should be eaten must not have any sugar or salt in them.

Vegetarian caveman diet will help fight diseases such as heart attack and will help prevent stroke. This also helps fight cancer and diabetes. And with the combination of going vegetarian and paleo, the health benefits it could bring to a person is priceless and everlasting.

Some people are having confused thoughts about eating meat and being healthy and not eating meat and being compassionate to animals. So the issue always lies between those two dilemmas.

If your aim is to become a healthy person, then you really need meat in your diet, right? But then you can always respect the beliefs and the faith of those who value the lives of animals.

The paleo diet does not in any way challenge the meatless people because the reason of incorporating vegetarian eating habits into a paleolithic diet in their book would be defeated, right?

So go and practice eating paleo foods that let you be compassionate while maintaining your strength, energy and healthy body on the side --- eat only the vegetarian caveman way!

CaSandra Poulos offers a free email mini course, "Nourish Your Inner Caveman" at her [Paleo diet](#) website that tells you all about the [paleo foods](#) you can eat.

<http://goarticles.com/article/Vegetarian-Paleo-Diet/5476216/>

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