

The paleo diet (also nicknamed the caveman diet or Stone Age diet) is hugely popular these days. It's basically a high-protein, high-fiber eating plan that promises you can lose weight without cutting calories, also it improved gut health and increased nutrient absorption and lowered risk of heart disease, diabetes and cancer etc.

Go Paleo, and you'll eat a lot of fresh lean meats and fish, fruits, and vegetables, and healthier fats (including olive oil and coconut oil).

You can't eat any processed foods on this diet. So say goodbye to wheat and dairy, grains and legumes, refined sugar, salt etc.

If you want to know Paleo Diet, or like to know the benefits of Paleo Diet, please check the link below:

<http://paleoleap.com>

<http://thepaleodiet.com>

<http://eatdrinkpaleo.com.au>

Introduce our Paleo Mousse Cake, which is gluten free, egg free, dairy free, refined sugar free, and guilt-free ! :) While it is extremely smooth, tasty and full of nutrition.

### **Paleo Mousse cake**

**(Gluten, Egg, Dairy, Refined Sugar Free)**

Raspberry and mixed nuts mousse cake. Contained almond, cashew nuts, dates, coconut oil, honey and coconut sugar. Healthy and vegetarian choice.



Try it know! If you are the first time of tasting our cake, you will have 10% discount.

[Go back to www.sweetlab.dk](http://www.sweetlab.dk)