

Download Crossfit And Paleo The Tried And True Reasons Why Crossfit

Great article! When I first started CrossFit in 2013 I tried a Paleo vegan diet based on a guest article from this blog. It was my first time even hearing or experiencing the Paleo diet. Okay, it wasn't the only reason, but it was a major factor. I mention this not to show how messed up my dating life/requirements may be, but to show how strongly I feel about the marketing scheme that is Crossfit. Tim Ferriss, the bestselling author of *The 4-Hour Workweek*, *The 4-Hour Body*, and *The 4-Hour Chef* returns to *Fat-Burning Man* this week ([click here](#) to listen to his first appearance on FBM where we talk about eating crickets and more). There are some amazing paleo meal delivery services now available, using ingredients that are difficult to find yourself: grass fed, grass finished meats, wild seafood and organic, and even seasonal produce from local farms.