The prehistoric humans had a diet rich in meat, which was a source of essential nutrients. They were skilled hunters and gatherers, and their diet varied depending on the location and availability of resources. The cycle of seasons and weather conditions played a significant role in determining their diet. In the spring, they relied on fresh vegetables and fruits, while in the fall, they hunted and gathered more to prepare for the winter months. In the summer, they had access to a variety of wild plants and berries, and in the winter, they primarily relied on stored food and game. The diet of the prehistoric humans was crucial to their survival and played a significant role in their adaptation to the changing environments.