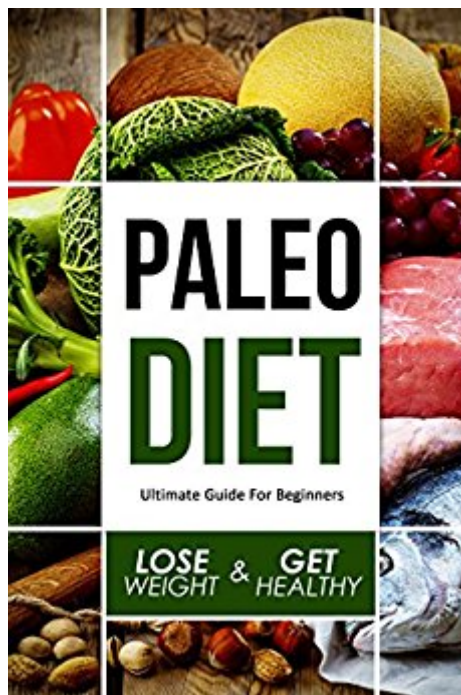


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# **Paleo Diet: Ultimate Guide For Beginners, How To Lose Weight And Get Healthy (Paleo For Beginners, Paleo Diet Cookbook , Paleo Diet Recipes, Paleo Diet For Rapid Weight Loss, Paleo Diet Plan)**



## Synopsis

You are about to discover how the Paleo Diet works and how to simply use it yourself to get healthier and leaner. If you have heard about the Paleo diet and want to try it yourself; then this comprehensive, yet concise Paleo guide is the right choice for you. Paleo is not a fad diet; it is a healthy, delicious, and simple diet that the humans were designed to eat. The Paleo diet can help you lose weight, increase your energy and make you feel healthy. The Paleo diet is the diet of our Paleolithic ancestors; it is based on unprocessed grass-fed meat, fresh vegetables, whole fruits, seeds, nuts and healthy fats. The diet is low-carb, fiber-rich, and high in vitamins and minerals. Numerous dietitians and health experts recommend the Paleo lifestyle as one of the most effective ways to lose weight, promote better health and improve the quality of life. The book includes all the information you need to know to start the Paleo diet, and describes delicious recipes that are easy to make and prepare. By focusing on high-protein, moderate fat, and low-carb meals and removing all processed foods, this Paleo diet guide will help you lower your risk of heart disease, hypertension, osteoporosis, high cholesterol, diabetes and more. The Paleo diet is the scientifically proven diet to help you lose weight naturally, fight disease and provide maximum energy while you enjoy satisfying and delicious meals. Here Is A Preview Of What You'll Learn...How And Why The Paleo Diet WorksHow To Lose Weight On The Paleo DietWhich Food Is Included On The Paleo DietHow To Properly Plan The Paleo DietHow To Set Your Mind In Order To SuccessHow To Get PreparedWhich Exercise Are The Best Combined With The Paleo DietHow To Manage DifficultiesProven Paleo Tips And TricksSimple Yet Proven Paleo Recipes For Breakfast, Main Meal And DessertRead on your PC, Mac, smart phone, tablet or Kindle device.Download your copy today!It's time to take action and download this book for a limited time discount of only \$1.20!

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## Customer Reviews

A well balanced book. This is by far the best of the Paleo diet books I've looked at. This book has been written for those of us who just want to get into it with out the professional complex detail. After I read it I gave it to my wife to read who agreed that it was simple and easy to understand. If you are a health professional or fitness fanatic, it's probably to lite and simple because you will be looking for all the complex detail, but for Mr Average, this is the book to buy. Highly recommended.

I am very new to Paleo and wondering what advice you can pass on that you live by daily? This author came up with these tips and they were so useful that i decided to share them into a mega list of friends. It was interesting to read about how many people have conflicting pieces of advice. It just goes to show that there's no one right way to eat paleo, and that what works for someone else may not work for you. Bear that in mind when you pick which of the tips below to apply to your own life

I had read a little about the Paleo diet before reading this quick summary, and now that I know more about it, I may give it a try. The author outlines the basic principles of the diet, which include eating high quantities of eggs, meat and fish and forgoing carbs and sugars, including all grains and dairy products. I am glad I got it and am looking forward to changing the way I eat. As a newby, I found this to be a helpful way to get started.

This is pretty good read about the Paleo diet, its origins, and the benefits of going on the diet. The real showcase though is the recipes at the end of the book that are tasty and rather easy to follow. Great book if you looking for a diet to follow.

Bought for my sister who wants to start with Paleo diet. She had to start eliminating processed

foods, alcohol, grains and sugar. So far, she's liking it. It's hard at first to eat fruits and veggies only but she's getting better at it. Nice guide!

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