



AARP The Paleo Diet Revised

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Summary : Free aarp the paleo diet revised pdf download - aarp digital editions offer you practical tips proven solutions and expert guidance eat for better health and weight loss the paleo way with this revised edition of the bestselling guide with over 100 000 copies sold to date healthy delicious and simple the paleo diet is the diet we were designed to eat if you want to lose weight-up to 75 pounds in six months-or if you want to attain optimal health the paleo diet will work wonders dr loren cordain demonstrates how by eating your fill of satisfying and delicious lean meats and fish fresh fruits snacks and non-starchy vegetables you can lose weight and prevent and treat heart disease cancer osteoporosis metabolic syndrome and many other illnesses breakthrough nutrition program based on eating the foods we were genetically designed to eat-lean meats and fish and other foods that made up the diet of our paleolithic ancestors this revised edition features new weight-loss material and recipes plus the latest information drawn from breaking paleolithic research six weeks of paleo meal plans to jumpstart a healthy and enjoyable new way of eating as well as dozens of recipes this bestselling guide written by the world s leading expert on paleolithic eating has been adopted as a bible of the crossfit movement the paleo diet is the only diet proven by nature to fight disease provide maximum energy and keep you naturally thin strong and active-while enjoying every satisfying and delicious bite

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