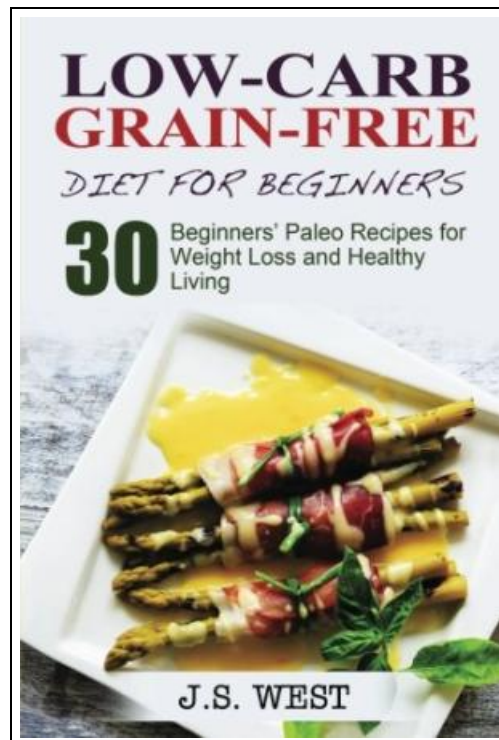


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Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. After reading this book you will learn all about grain-free diet and paleo dietary lifestyle The Health and Wellness Benefits Will Be Incredible! This book is all about how to eat on a low-carb, grain-free diet and how it can help you lose weight fast. Greatly reducing the daily intake of carbohydrates in the consumption of food is a tried and true method of losing weight quickly and easily, and this book provides plenty of recipes that will help you to do just that. The first chapter of the book is devoted to explaining what low-carb and grain-free mean, how they can help you to lose weight, and how they fit into the paleo style of dieting. This chapter will also explain how paleo style dieting is the best overall method for quick, easy, extreme weight loss without damaging your body in any way. The following chapters contain thirty delicious and easy recipes to help you get started on your weight loss journey. These recipes have all been created with the beginner in mind. The ingredients are easy to find in most markets and grocery stores, and if you can find the vegetables, fruits, and meats fresh from local vendors, all the better! The recipes are designed to help you transition from your old way of eating to your newer, healthier method with little to no problems whatsoever. Within just a few days of making this change, you are sure to notice a difference in how you feel. Eating right is the key not only to extreme weight loss, but also to better clarity of mind, increased levels of energy throughout the day, balanced blood sugars, reduced joint pain,...



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