



The Paleo Primer

By Keris Marsden, Matt Whitmore

Paperback. Book Condition: New. Not Signed; If you want to try living primally but are not sure where to begin, The Paleo Primer is the book you need to get started. Using clear guidance, straightforward explanations and delicious recipes, fitness experts Keris Marsden and Matt Whitmore will show you how to transform your body with simple changes to the food you eat. You'll learn how to: lose fat without losing muscle; get clear, glowing skin; balance your moods and boost concentration; and feel strong, fit and full of energy. Including over 100 paleo recipes, plus helpful shopping lists and nutrition tips, The Paleo Primer is the essential guide to a healthy and enjoyable primal lifestyle. book.



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