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Paleo Diet for Beginners: A Comprehensive Guide to Healthy Eating *** Bonus Paleo Meal Plan! *** (Paleo Diet, Paleo Diet for Beginners, Paleo Diet Recipes, Paleo Diet Cookbook)

By Ashley Seymour

Createspace Independent Publishing Platform, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Lose Body Fat, Stay Healthy And Gain More Energy- Includes Paleo Meal Plan! *** LIMITED TIME OFFER! GET THIS BOOK AT THE DISCOUNTED PRICE *** Being the healthiest diet around, Paleo diet is the best nutritional approach that works with your genetics to help you lose weight, get rid of that stubborn body fat, and stay strong, lean and energetic. This Paleo diet book will help you learn: *How to burn fat and lose weight fast *How to get maximum nutrition by eating the Paleo foods *How to prevent diseases by avoiding the non-Paleo foods *How to become more productive by increasing your energy levels *How to build muscle and lose body fat *How to include more fat in your diet to burn your body fat *How to move like the caveman *A Paleo diet plan that you can follow *Easy steps to jumpstart your Paleo plan *Paleo recipes, including Paleo breakfast recipes, Paleo lunch recipes, Paleo dinner recipes, and Paleo dessert recipes *And much more. What Is The Paleo Diet? Also known as the Caveman...



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