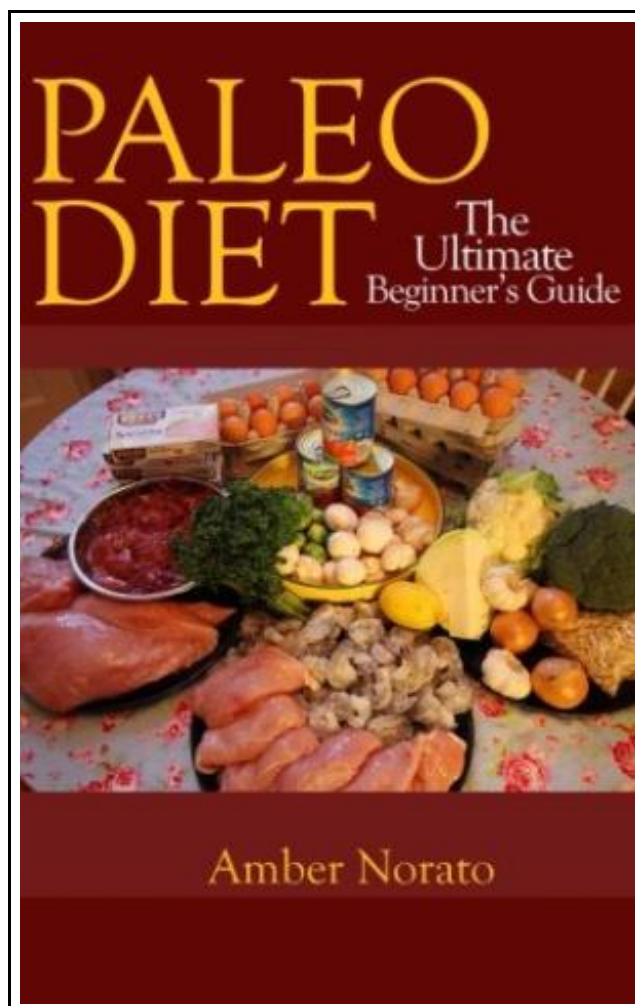


Paleo Diet: The Ultimate Beginners Guide



Filesize: 6.79 MB

Reviews

Definitely among the best book I have possibly read. I have study and i am sure that i will going to go through once more once more later on. Your lifestyle span is going to be convert when you full looking at this publication.

(Prof. Damon Kautzer III)

PALEO DIET: THE ULTIMATE BEGINNERS GUIDE



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Createspace. Paperback. Book Condition: New. This item is printed on demand. Paperback. 50 pages. Dimensions: 8.0in. x 5.0in. x 0.1in. Paleo Diet: The Ultimate Beginners Guide, is a comprehensive, yet concise guide to starting a Paleo lifestyle. This book offers answers to the most commonly asked Paleo questions, and gives you tips to get started on the right foot! After all, although starting a new diet can be difficult, learning about one shouldn't be! Is the Paleo diet just another fad diet? No! The Paleo Diet has been around since the beginning of mankind. It is what humans were designed to eat, and is completely healthy and natural for the body! What is the Paleo diet? The Paleo diet, also known as the Paleolithic diet, is a diet that works WITH your genetics to help you stay fit, healthy, and energetic! It is the healthiest diet out there due to its natural approach and simplicity. Best of all, it helps you lose weight while preventing and treating diabetes, cancer, heart disease, osteoporosis, hypertension, and many other diseases! Is the Paleo diet healthy or will I have to starve in order to lose weight? The Paleo diet is all about eating full-sized portions of HEALTHY, natural foods. Calorie counting and starving yourself are NOT a part of the Paleo lifestyle! The Paleo diet also focuses on avoiding processed foods that can be difficult for the body to digest and typically contain unhealthy chemicals and additives that our bodies were not designed to consume! Why postpone losing weight, feeling healthy and increasing energy one more day - The 7-day meal planner helps you get on the right track as to what you should eat during your first 7 days on the Paleo diet! You don't need a complicated Paleo cookbook as these...



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