



Paleo Diet - Get Started, Get Motivated, Feel Great

By Elizabeth Gordon

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Make a change today and increase your odds of a long and healthy life. Discover the PALEO diet and the penny drops: GOOD HEALTH IS NO LOTTERY! YES, Paleo can help you lose weight, but there is far more to it than that. I will quote studies and research to show how a Paleo lifestyle can help you avoid cancer, diabetes, heart disease and many more of today's health bogeymen. Paleo Diet: Get Started, Get Motivated, Feel Great aims to introduce and explain the benefits and rules of Paleo. * I help you get started with a 7 day meal plan packed with delicious recipes for every meal including snacks. * Chapter two gives you all the reasons, research and facts you will need to convince you that the only way is PALEO. * There are recipes for Paleo puddings and snacks, so you will never feel hungry. * You will be eating all your favourite meat, fish and seafood dishes with tasty vegetables. * Advice on Paleo exercise. * Ten sporting and screen star celebs who...



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