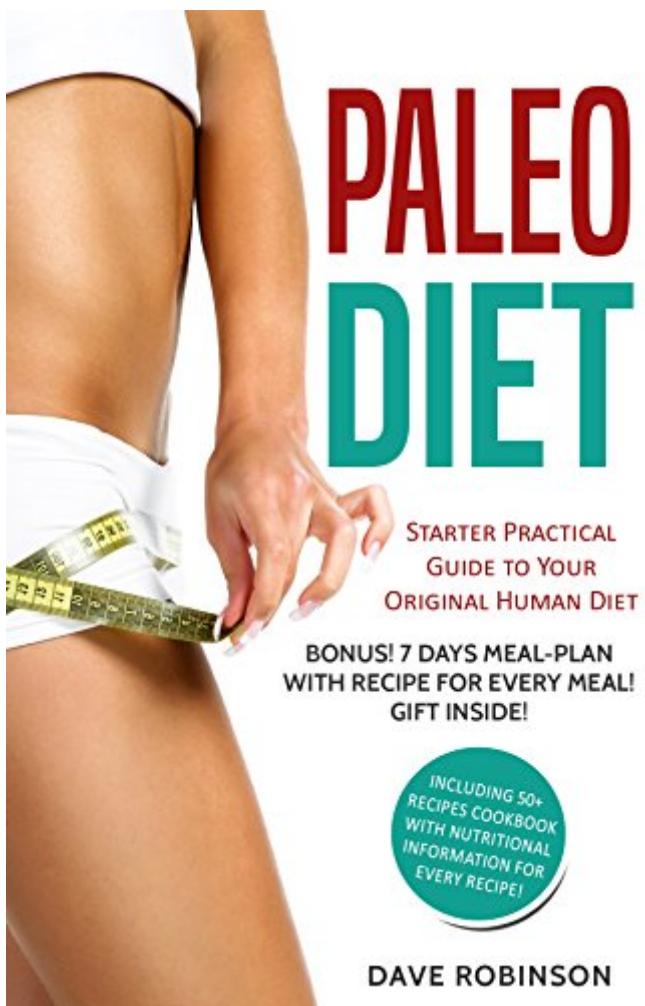


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# PALEO DIET: Weight Loss The Essential Guide For Beginners And Cookbook Of 50 Caveman's Recipes. (Whole Foods For Fast Diet And Clean Eating)





## Synopsis

Buy a paperback version of PALEO DIET book and get a Kindle edition as a gift! ABSOLUTELY FREE! Meet YOUR Beautiful and Energetic Body with the PALEO DIET! You have probably heard about the Paleolithic Diet, but do you know exactly what it is? It's the diet for which our bodies were designed! This diet is based on the nutrition of our ancestors — cavemen. It contains a lot of meat, fish, fresh vegetables, fruits, and greens. Sounds great, right? It's not the kind of diet that makes you give up the food you love. With the Paleo Diet, you are fully nourished! You eat the foods that best suit you and that give you maximum health and energy. The Paleolithic Diet is your way to a healthy, energetic way of life and a beautiful body! In this book you will find:- The principles of the Paleo Diet- Useful tips on starting and following a diet - An initial weekly meal plan with recipes- The common mistakes beginners make- Pitfalls about which you need to know- Tips for fitness training and lifestyleAnd, of course, an excellent cookbook with more than 50 recipes for your diet.- 10 breakfasts- 10 lunches- 15 courses for lunch- 6 recipes for snacks- 10 desserts+ A gift! Five additional incomparable recipes for dessertsEVERY recipe contains: Number of servingsCooking timeNumber of calories per servingNutritional information (quantity of proteins, fats, and carbohydrates)The ingredients are easy to buy at the nearest market, and cooking the meals doesn't take long! Just follow the simple instructions for each recipe and start your Paleo Diet today! Feel stronger, leaner, and healthier! Click the buy button! ATTENTION! When buying a paperback version, you will receive the Kindle version of the book ABSOLUTELY FREE! Limited time only!

## Book Information

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## **Customer Reviews**

An excellent book! This book helps us to know how can we will be healthier in life. There are so many diet plans available today, but now there is a new type of diet that is not really new. In fact, it was the diet our ancestors followed during the Paleolithic Era . It is called the Paleo Diet, which is short for Paleolithic Diet. It is also called many other names, such as the Caveman Diet or the Stone-Age Diet. So, you may be wondering how one eats like a caveman.

There are so many diet plans available today, but now there is a new type of diet that is not really new. It is Paleo diet that our ancestors followed during the Paleolithic Era. There are a lot of interesting and delicious recipes of paleo in this book. It can be helpful for anyone. I recommend this book.

Bad book.... lays out the fundamentals of paleo eating. The book tells you what kind of foods to eat and what foods not to eat. The bulk of this book is recipes and A LOT OF THEM contain the foods that it tells you not to eat. For example, the book says "no dairy" and has recipes that call for sour cream or yogurt. Another one I noticed was oils. Waste of money.....

This book gives you a clear plan to achieve weight loss on Paleo and see if you like it. I liked it because you can eliminate the foods which you just plain don't like! No diet is going to work if you don't enjoy the food. The simplicity of the recipes in this book took most of that fear away. Many if not all of these recipes will be worth your time again even if you don't decide to switch to paleo full time. It also goes into insights to why may wanna step into the paleo world and some things you probably wanna cut out of your eating right now.

This is the most common sense nutrition plan out there. Explains what our bodies are designed to eat. I stumbled into this book in researching a couple nutritional truths I learned by experience, and now I have the whole picture.

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