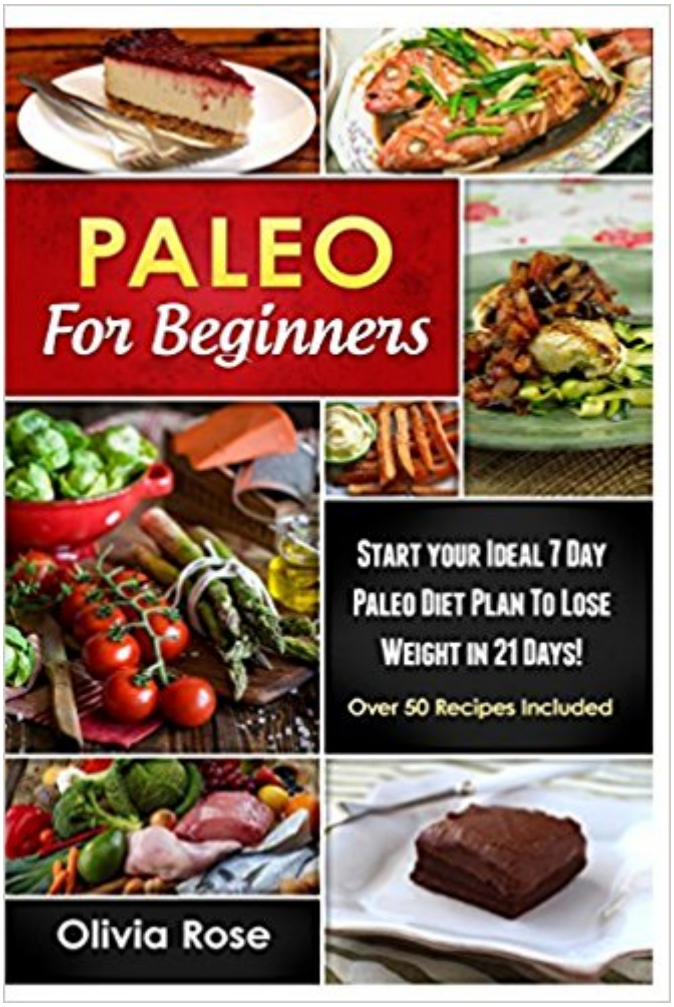
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Paleo For Beginners: Start Your Ideal 7-Day Paleo Diet Plan For Beginners To Lose Weight In 21 Days



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Synopsis

Are You Ready for An Adventure? Paleo Diet Is Waiting for You! Welcome into the Paleo's World! Are you planning on going to the Paleo Diet soon? In that case, you've come to the right place! Aren't you excited? I guess, you are! Maybe you have already formed a vague idea of what Paleo will imply, and maybe it feels a bit overwhelming. The Paleo diet is known by other names such as the cavemen diet, hunter-gatherer diet, and Stone Age diet. The concept behind this diet came from the premise that what worked for the forefathersÃ¢â ¬â„¢ health would also work for todayÃ¢â ¬â„¢s population. Adoption of the eating habits, food selections, and lifestyle of our prehistoric ancestors are the main objectives. Included in the diet are mostly fish and meat and products of plants such as vegetables, fruits and nuts. As there were no ways to process foods back then, all processed foods are to be avoided in this diet. The only sugar that is allowed is honey. Salt, on the other hand, is limited. Off-limits are the grains, dairy products and all canned, cured, smoked, and preserved products I wrote this book specifically thinking of you: the one's that who wants to weight loss while staying energized and healthier. I wrote this book to show you how you can have an absolutely amazing experience while you are in the Paleo Diet. I will tell you what to eat or not, how to follow a simple 7 day meal plan, how to prepare some amazing recipes (over 50 paleo recipes includes!). The Paleo diet is a success because of the following reasons: it is simple, doable, and effective. Weight loss is achievable within three weeks and great health is possible for good with continuous implementation of this diet in your lifestyle. My goal is simple. I will help you prepare your journey with Paleo, transforming it into an absolutely amazing experience. I will teach you what to eat or not, showing you how to make some amazing paleo recipes. I will take you through a step by step with 7 Day Meal Plan where you simply can't get lost! So let's go for it! Here Is A Sneak Preview Of What You'll Learn After Downloading this Paleo For Beginners book Introduction Chapter One - Paleo Diet: An Introduction Chapter Two - Paleo Diet And Its Holistic Benefits To The Modern Man Chapter Three - The 21-day Challenge Chapter Four - The Basics of the Paleo Diet Chapter Five - Goodbye To These Ã¢â ¬â œRestricted Foods in the Paleo Diet Chapter Six - Sample Paleo Meals For A Week Chapter Seven - Amazing Paleo Recipes Chapter Eight - Frequently Asked Questions Chapter Nine - The Paleo Diet: The Conclusion Much, much more! Download your copy NOW! Click the buy button! Tags: paleo, paleo diet, paleo for beginners, paleo recipes, paleo book, paleo for weight loss, paleo cookbook, Paleo Recipe Book, paleo lunch, paleo dinner, paleo snack, paleo breackfast, paleo diet, paleo diet recipes, paleo diet recipes for beginners, cookbook, weight loss, healthy living, get ripped, paleo diet recipes for weight loss, paleo diet plan, paleo diet rapid fat loss, fat loss, paleo diet mistakes

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Customer Reviews

I don’t like having to give negative reviews, but I was very disappointed in this book. A lot of the recipes use ingredients that are not allowed on the Paleo diet. The true Paleo recipes that I saw were copied from online sources. The photos link to the uploaded photo at the original website instead of to the post, so it isn’t even a benefit to the bloggers who did the real work. The English is poor, and some of the instructions are impossible to figure out.

I really liked the premise of this book but was turned off after the first few pages because of the number of errors in both grammar and content. It is possible that the author is learning English as a second language or did not take the time to proofread. In any case, there were many contradictions especially in terms of what was allowed and what was not allowed on the diet. It was as if the author compiled a few different food lists and recipes from the internet and pasted them into a document without regard for consistency.Strange to say the least and probably a waste of money unless you have just arrived in this country and have never heard the word paleo. Anyone else might just want to spend a few more dollars and get a copy of The Primal Blueprint by Mark Sisson.

This ebook was listed in the Kindle store for $0.00. That’s right zero for the ebook. However, the seller has decided to charge me $5.99 for shipping! IT’S AN EBOOK, THERE IS NO SHIPPING! Besides that, they charged it to my American Express which I no longer use on . How did they get the number? I have contacted with no response so far and have disputed the charge on American

Express. I have spent a lot of time on this. Save yourself the time and stress and DON'T DO IT!

The paleo diet is a diet program that brings us back to how our early ancestor ate. The diet is composed mostly of lean meat from grass-fed sources, wild fishes, fruits, and dark and leafy vegetables. All should be organic and not prepared or ready-to-eat. Eating carbohydrate foods are also controlled by this diet. Food made of refined sugar and preserved food are strictly prohibited if one has to religiously follow the paleo diet. The book offers ingredients that you can make when following a paleo diet. Ingredients are categorized into breakfast, lunch, and dinner. But I'm convinced that, after you read this book, you will be surprised of the benefits this kind of diet can have on your health that you will be very motivated in implementing it.

This was very helpful for me because I knew a little about Paleo but needed to know a bit more to help decide if this was something I might be interested in. It Gives a good overview and intro to the most basic paleo systems and why many people choose it. Has a few good recipes and is a great tool to try out a pale diet without buying a course load of books. The biggest thing that you have to remember is to stay away from refined sugars as they will kill any kind of progress that you make. This is no magic pill you will have to work your butt off if you want to improve but it is definitely worth it.

Thankfully this was free because 10+% of the text contradicts the paleo tenants. For example, recipes contain cheese and call for "mini sausage". Milk products are not paleo and most sausages, unless uncured, are not considered paleo. What exactly is a "mini sausage" anyways? A little smoky comes to mind. Definitely not paleo. Furthermore, alcohol is not paleo, the author states this many times, but then says it's OK to have "a quality, red wine, " as long as it's "small glass". What exactly is quality wine ? Better than Mad Dog 20/20? What constitutes a small glass? My best friend and I each have a HUGE wine glass, solely for the purpose of saying, "We only had one glass". It's our running joke. Readers seeking knowledge of the paleo lifestyle want clear instructions. So if you're new to paleo, the information on alcohol, and other foods, is inaccurate and will derail your diet. Furthermore, what many readers are looking for is quality recipes. Unfortunately, overall, the recipes are lack- luster, not fully paleo, and/or contain ingredients that aren't normally on hand, even in a paleo kitchen. Moreover, the protein list includes bear and turtle. Granted, I'm a tree hugger, but seriously, turtle? The species is under enough stress. No need to add it to our menu again.On the plus side, the content was free, and the reading was far from complex. The snack and dessert

recipes were interesting and different than most I've encountered. There are a few I plan on trying. Finally, the author doesn't go into great detail, which is refreshing if you are familiar with the paleo lifestyle.

I knew nothing about the Paleo diet so I got this book to learn a little about it. It was a good starter book and I am definitely more interested in getting more Paleo recipes. I would recommend this for others like myself that want to know what Paleo is. This book did give me a lot of helpful information. It's a basic beginners book so if you are wanting to research more in depth information I wouldn't begin here.

Having a bit of experience with Paleo I can tell you that Agave and Maple syrup are not part of the diet. This book features both prominently in multiple recipes.

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