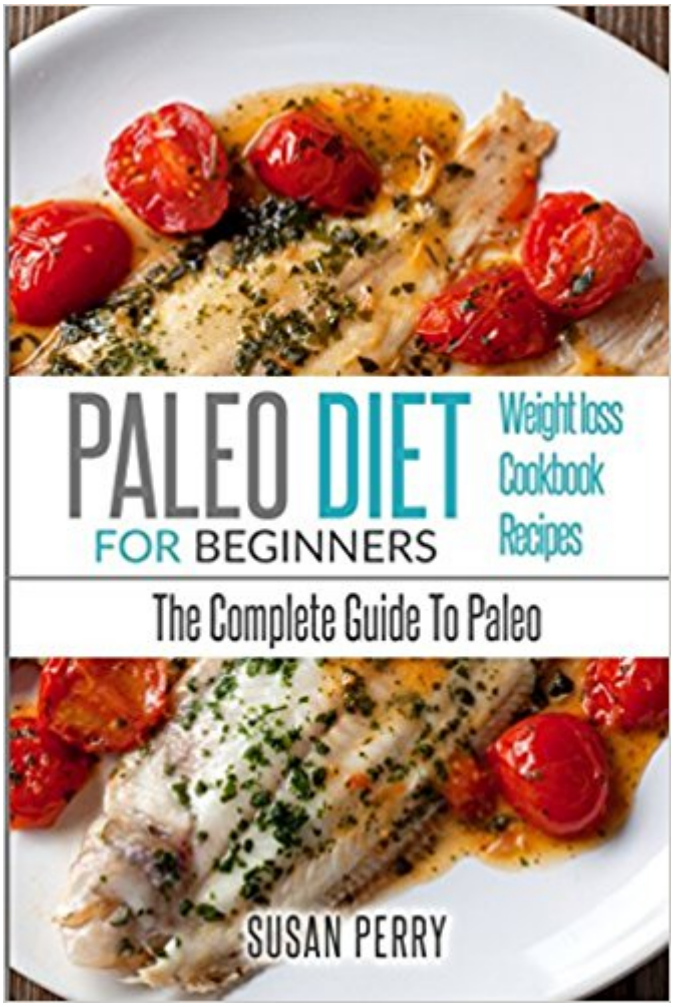
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Paleo For Beginners: Paleo Diet Ã¢â‚¬â€œ The Complete Guide To Paleo Ã¢â‚¬â€œ Paleo Cookbook, Paleo Recipes, Paleo Weight Loss



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Synopsis

Look and Feel Great with the Paleo Lifestyle! Do you consume too many carbs? Are you tired filling your body with chemicals every time you eat processed foods? Is it time to lose weight, get healthy, and give your family the best possible nutrition? If so, Paleo for Beginners is the book youÃ¢â ¬â„¢ve been waiting for. This comprehensive guide to the Paleo lifestyle explains the ins and outs of the Paleo diet. Inside, youÃ¢â ¬â„¢ll learn how to get the diet humans evolved to consume, cut out gluten, and sculpt a fit, healthy body. When you replace the toxins found in grains and processed foods with a natural, well-rounded diet, youÃ¢â ¬â„¢ll be amazed at how great you can feel! Paleo for Beginners explains why your body needs a diet full of tasty fruits, nuts, tubers, and naturally-raised animal products. It also explains which processed, nonorganic, and processed foods you must stop eating Ã¢â ¬â œ immediately! Since youÃ¢â ¬â„¢re probably wondering how to fit this diet into your everyday life, Paleo for Beginners provides a wealth of Paleo Diet recipes for every meal of the day Ã¢â ¬â œBreakfast, Lunch, Dinner, and even Snacks: Basil and Zucchini Breakfast Frittatas Strawberry Paleo Muffins Poppy Seed Breakfast Bread Paleo Pancakes Plantain and Chorizo Hash Chicken Fajita Salad Grilled Peach and Shrimp Salad Paleo Squash Soup Potato Soup with Ham Ceviche, Mahi Mahi, and Mango Tacos Marinated Flap Steak Fajita and Poblano Kabobs Ginger Steak Bulgogi Red Beef Curry Chicken and Pineapple Kabobs and so much more! YouÃ¢â ¬â„¢ll impress your friends and family with the delicious Paleo Diet meals, treats, and snacks youÃ¢â ¬â„¢ll find in Paleo for Beginners. Imagine surprising your guests with coconut popsicles on a hot day, filling your home with the smell of Vanilla Berry Tarts, or sending your loved ones off at the beginning of the day with a batch of Paleo Cookie Bars! DonÃ¢â ¬â„¢t wait another minute to start enjoying a happier, more energetic, and healthier you. Get your copy of Paleo for Beginners right away! Just scroll up and select the Ã¢â ¬Å“Add To CartÃ¢â ¬Â• Button Ã¢â ¬â œ ItÃ¢â ¬â„¢s quick and easy! YouÃ¢â ¬â„¢ll be so glad you gained this valuable information!

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Customer Reviews

I have always wanted to try Paleo diet to help me in adding more muscle mass while at the same time decrease my body fat in a more natural way. When I got this book, as a beginner, I find it very helpful. The book in basic outlines what Paleo diet really is and elaborate the types of food to take and to avoid. The author also shares useful recipes for breakfast, lunch and dinner and not forgetting some snack recipes for us to try. A highly recommended book for beginners.

If you are still a beginner in Paleo diet, this book will help you. It gives you a better understanding on what this diet is all about. It provides all the details on how to transition in this kind of diet. It also provides Paleo recipes that you can prepare for every meal that are good for you and your family. If you want to lose weight and be healthy, try Paleo!

I did not know anything about a Paleolithic diet, so I wanted to start right at the beginning. This book gave me all the info needed to make an educated start. Plenty of recipes. My only problem with paleo is that it does require a rather large investment in paleo-specific ingredients. I would recommend this book to anyone interested in paleo.

I have problem with weight. I tried several diets, and results were or temporary or there were not at all. I like food, I enjoy eating every type of food. I discovered that it is not problem in diets, but in me. So I started thinking about everything and realized that my body is not designed for this type of food I was giving to it. Reading a lot about paleo diet, this book and others I changed my habits and slowly I got results, not fully, but I hope that in time I will feel better and better. I can recommend this book, it helped me to start healthy life journey.

Such a great guide to Paleo Diet. This books gives the basics of the diet along with a specific meal plan and a list of recipes. It is very easy to understand how it works and why. It is an excellent start to one who wants to learn what they may be getting into with the Paleo Diet. The recipes are very delicious and am sure you will enjoy them all. If you also want to cut of some weight and remain

healthy as well, then this diet is the best and you should have this book.Overall it is a very useful guide for anyone looking to improve their health through Paleo Diets.

This is the most complete guide of paleo diet for beginners. The book contains A LOT of recipes for every meal of the day, making more easy to start going paleo. With this guide you will always know what to put on the menu and what don’t

Not very helpful. Recipes are complicated and are full of things not readily available: arrow root flour, tapioca flour, cocao nibs, coconut aminos etc.

The book has a really good intro that speaks about Paleo dieting and it’s history. It is hard to come up with new ideas with the paleo foods that still taste great and this is a simple solution. The Paleo diet or recipes helps you to eliminate high processed foods, additives, grains, pasta, deep fried foods, dairy products etc. This book has lots of delicious recipes in it, can’t wait to try them all out!Paleo has worked for a lot of my friends and I am excited to finally be introduced to it.

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