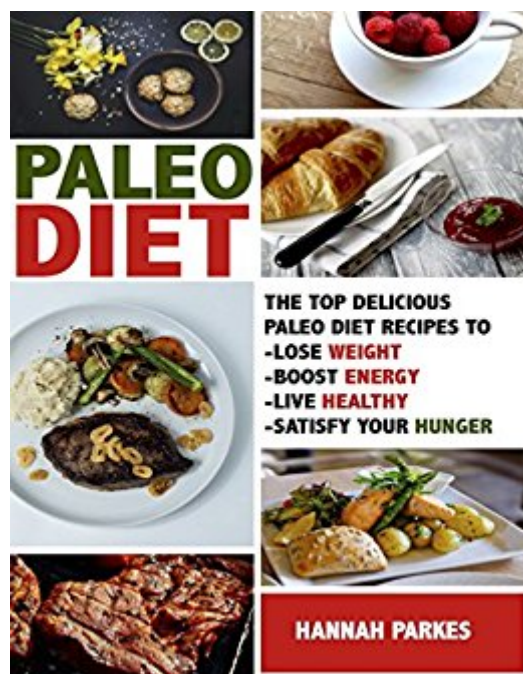


The book was found

Paleo Diet: Top Delicious Paleo Diet Recipes To Lose Weight, Boost Energy, Live Healthy, And Satisfy Your Hunger! (Beginners Cookbook Includes A 31 Day Paleo Diet Challenge - Best For Weight Loss)



Synopsis

Learn how to live your HEALTHIEST, STRONGEST, HAPPIEST life with the Paleo Diet book and its many delicious recipes! Even though it's very popular, the Paleo Diet is often misunderstood. You probably wonder if it can live up to the hype, and want to know if it's something that can work for you. If you've tried other diets, you know it can be frustrating trying to adapt to extreme foods and meal schedules, and you often slip back into old habits. This book will help you break the cycle of stressful dieting and get you on your way to satisfying your hunger, losing weight, and living healthily. By explaining the science behind the Paleo diet, this book offers an honest look at how you can make changes to your life, at your speed. The book includes three different levels of introduction so you can start as slowly or as quickly as you need to. For people who are absolute nutrition beginners, the book offers recommendations for substitutions, and how to combat carb cravings. Also included is a handy guide breaking down Paleo Go and No Go foods, and explanations about why certain foods are better for you than others. You'll also find tips for making your kitchen Paleo-friendly, and how to make meals ahead of time using proven techniques and tools. No book would be complete without recipes, and this book includes basic, quick fix meals and more advanced culinary creations, all of which adhere to the Paleo diet. You'll learn how to keep your favorite recipes in rotation by using "Paleo hack" substitutions, so you don't have to throw out your recipe box. You'll even get tips on how to make Paleo desserts so when your sweet tooth acts up, you can satisfy your cravings without breaking your diet.

Book Information

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Customer Reviews

Great book to read. This book is amazing and helpful. Great introduction to Paleo diet it has lots of useful information and recipes to get started. It has tips and how to make meals ahead of time using proven techniques. You will learn in this book how to live healthier and happiest life. Very well written for a beginner to understand and begin a Paleo diet lifestyle.

This is not just fad that your miserably quitting after weeks. I have been collecting different diet books and I find this one ahead over others because it has persuasive thoughts and explanation. Recipes here are quite delicious and really strikes my palates. This book proves that you can satisfy cravings without breaking your diet. Recommended!

A thorough and detailed analysis of how to go from a meat eater to a paleo diet. It is also shows the data that backs up the paleo diet as healthy and life changing in the long run. The recipes are great and the author do an awesome job summarizing their own life change and how to slowly adapt into a new healthier person! Thoroughly enjoyed.

If you're interested in learning more about how to change your lifestyle for the better and start the Paleo Diet then this is your first step to taking the plunge. The book not only discusses the Paleo Diet it also helps by giving you delicious recipes to choose from. You'll have a lot of options and variety it will be hard deciding which ones to try first!

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