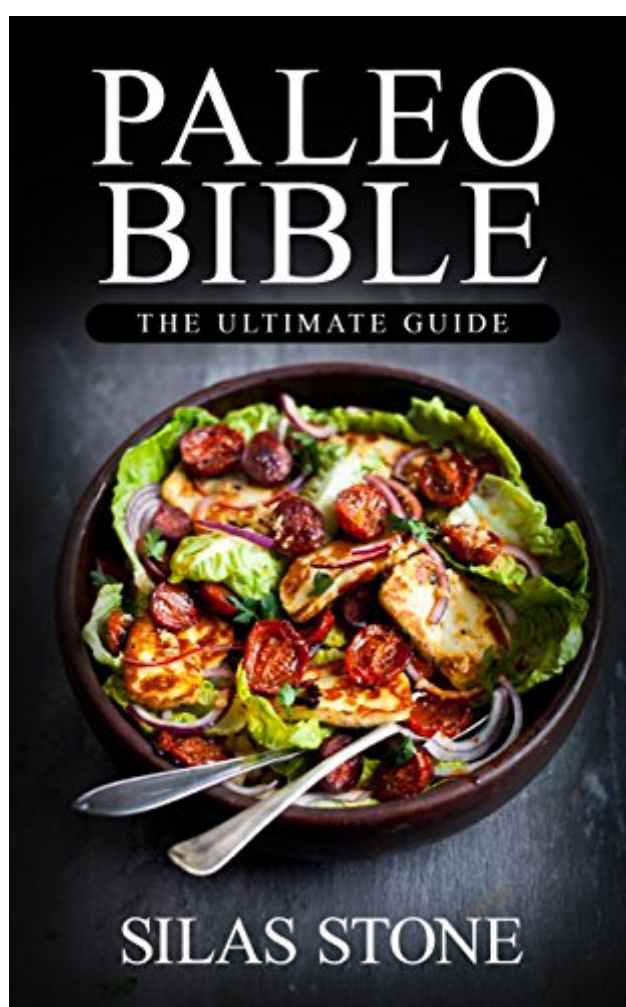


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Paleo Diet: The Paleo BIBLE® With Top 350+ Recipes & 1 FULL Month Meal Plan For Boosting Energy, Healthy Weight Loss & Vibrant Living (The Approved Beginners Paleo Cookbook)





Synopsis

If Creative Low-Carb Paleo Recipes are What You Seek, then Look No Further. Follow the ONLY nutritional approach that works with your Genetics to help you stay Lean, Strong and Energetic...just the way our Ancient Ancestors Lived!The 150+ Authentic, Original & Wild recipes with 1 FULL Month Meal Plan found in this book will get you excited to be in the kitchen, re-creating your favorite dishes with new ingredients that will tempt your palate.This book will use a step-wise approach to take you through the Paleo Diet and further beyond into the practical application of making healthy and super tasty recipes.This lifestyle expounds on a practical and sustainable way to nourish our bodies to maintain life long health, physical performance and overall wellness.Some of the Profound Benefits You will Experience:Increase Energy Levels & VitalityAccelerated Fat LossImproved Mental FocusLower Blood Sugar & CholesterolHormonal BalanceNormalized Sleeping Patterns Reduced Anxiety and StressThink of the Paleo Diet like pushing the "reset" button with your overall health and relationship with your food habits.Here Is A Preview Of The Wholesome recipes you will find in this book:Coconut Paleo MuffinsWhite and Green QuichePork and Egg Breakfast CasseroleZucchini and Chorizo CasseroleFruity Breakfast ShakeEggless Mexican Breakfast BowlWarm Grain Free CerealMexican Romaine SaladSpicy Italian SaladTuna - Watercress SaladGrilled Pork Chops with VeggiesPaleo Style BurgerMexican Beef Stuffed PeppersBaked Beef with Mushroom and SquashWild Tuna BurgersSpicy Beef RoastPaleo "Pizza"Lemon Zested ShrimpsChicken ala Veg SoupSweet & Sour Paleo Pork...Let this book be your guide as you start your journey to a healthier, happier, fitter and more successful life!

Book Information

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Customer Reviews

This eBook will provide you a better understanding about Paleo Diet. It contains a brief overview about this diet and discover the amazing health benefits you can get from this diet. This eBook is the perfect tool you can use in guiding you on the food that are allowed in the Paleo diet. What I like about this eBook are the delicious recipes which are divided into three categories of meal from breakfast, lunch and dinner. The recipes are easy to prepare and the instructions are clear and well-detailed. You may find it very challenging at times but once you get used to it you'll be amazed with the result of having a healthy lifestyle!

I have recently learned I am gluten intolerant and also have sensitivity to dairy, eggs and soy. Yikes! This is a diet I can actually live on and it's designed to give you all the nutrients you need. From an evolutionary standpoint, it makes sense to me. I thought I had rheumatoid arthritis, but after a couple of weeks wheat free, I am free of the pain!

This book provides over a hundred recipes which will help create one's favorite dishes. I really applaud the approach, it relates the paleo diet further away from been just theoretical to being practical. An exposure of top recipes that would help sustain and nourish our bodies to maintain life long health.

I've been looking for a guide for healthy living. Luckily, I found this Paleo diet book. It is very informative and useful for you and your family. The author specified the importance of eating organic foods than fast food. The ingredients are also easy to find and the instructions are so easy. With the help of this book, I am looking forward to a healthier and rejuvenated life. Thumbs up to the author and looking forward to read more books from him.

We always want to live longer but look younger. Experts say this can be attain through the food we take. And so, Paleo diet is presented to be one of the best lifestyle to live. This is not just an

ordinary diet program. It is one of the best way to push you to the journey of a healthier and happier lifestyle.

I liked the intro of the book explaining the negative side effects of dairy, grains, and sugar. Helped to further my knowledge on what a Paleo lifestyle is so important for health. The recipes are fantastic and unique. They sound delicious and can't wait to get started.

Very informative! This book has helped me understand the Paleo diet. I appreciate how this one offers advice on how to motivate yourself and change your mindset. I would highly recommend this book for anyone that is serious about eating and getting healthy. GREAT BOOK!

I am not into Paleo diet because one of my biggest concerns isn't the variety but the price. This book caught my eye with some interesting looking recipes that I plan to try out. I am not hesitant to try these meals and very much thankful to the author because of the easy recipes. So, if you're loving the Paleo, this book is a must-have.

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