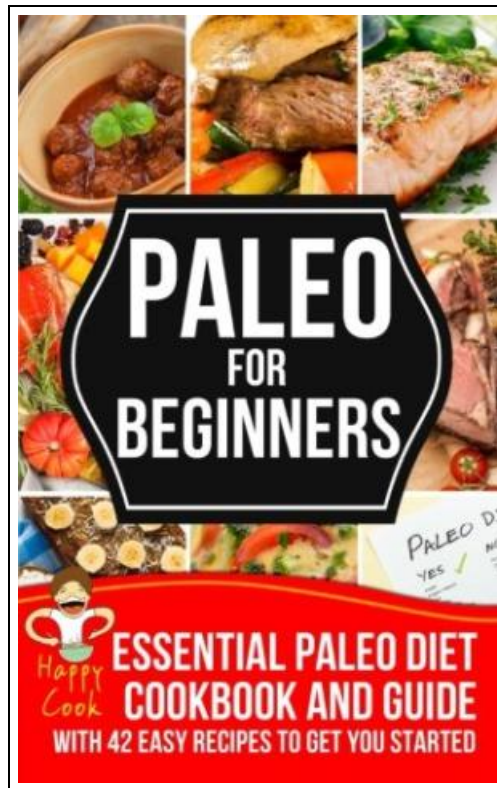


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CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 166 pages. Dimensions: 8.0in. x 5.0in. x 0.6in. Paleo For Beginners is an enjoyable and easy-to-read beginners guide to the Paleo diet and lifestyle. It includes all the info you need to know to go Paleo plus a delicious collection of 42 essential recipes to get you started. If you follow the guidelines in this book, your Paleo journey will make you feel great about yourself, and get you the results you want. We hope you enjoy what weve put together for you, but most of all we hope you can walk away from this book feeling like the champion we know you can be! Diet fads come and go. Some are more substantial than others, some are outright scams designed to help you drop money, not pounds. The Paleo diet is a relative newcomer, but its roots go back further than any of the new diets you hear about, and it has the power to change your life more deeply than youd expect. The purpose of this book is to answer your questions; to help you make an informed decision about the changes you want to make and ease you into a new, healthier lifestyle. Well be touching on some of the science and thinking that underlies the Paleo Lifestyle (dont worry, no math!) and well go through the transition from a wayward modern diet to a hearty, healthy Paleo diet step by step. Included in this unique Happy Cook Beginners Paleo guide: - Paleo for weight loss and health - The 8020 Rule - Grocery List and Shopping Tips - 7 Day Meal Plan - What foods to eat - What foods to avoid and more. Purchase today to get the party started! This...



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