



Paleo Diet for Beginners: Lose Weight and Start Living the Paleo Lifestyle. Easy Paleo Diet Recipes for Weight Loss(paleo books, Paleo Diet, Paleo ... diet, living paleo for dummies) (Volume 2)

Jane Johnson

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Paleo Diet for Beginners

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Lose Weight and Start Living the Paleo Lifestyle. Easy Paleo Diet Recipes for Weight Loss

Since the 1970s, the nutrition world has been interested in the Paleo diet. And for the last decade, the Paleo diet has proven it is a practical and effective alternative to other more trendy diets, for weight loss and for improved health. With this book you will be on the fast track to implementing the Paleo diet and benefitting from the practical and intelligent choices it provides. Don't suffer any longer with food cravings and out-of-control weight issues. Take control of your health and your diet using the Paleo diet methods. You will not regret it!

In Paleo Diet for Beginners, I have provided an easy-to-read, quick reference on the Paleo diet, including :

- The history of the diet
- Why you need to eliminate sugar and grains now
- Simple tips for buying Paleo
- Easy Paleo recipe

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