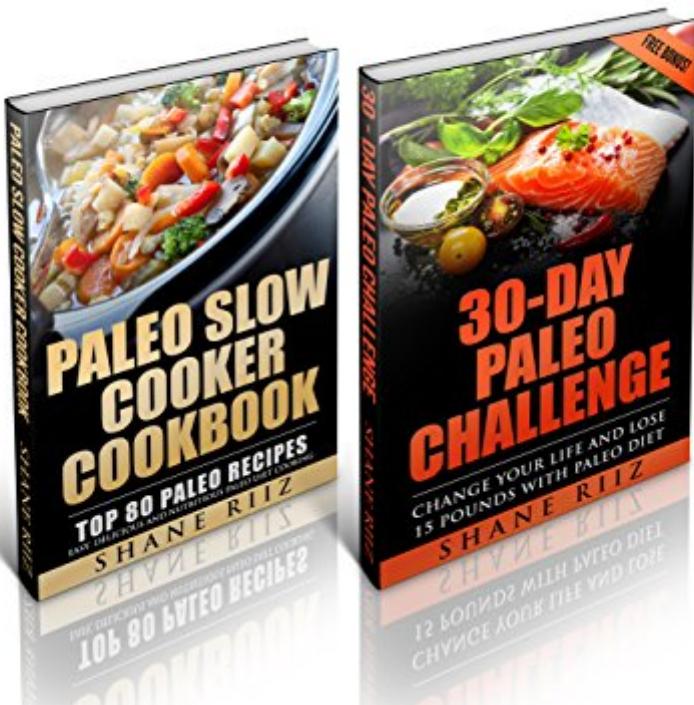


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Paleo: 30-Day Paleo Challenge - Change Your Life And Lose 15 Pounds With Paleo Diet, Paleo Slow Cooker Cookbook - Top 80 Paleo Recipes (Paleo Series)



Synopsis

PALEO BUNDLE - 30-DAY PALEO CHALLENGE and PALEO SLOW COOKER COOKBOOK PALEO DIETERS LOSE 15 POUNDS IN 30 DAYS!***Claim Your FREE BONUS at the end of the book***Download this Bestseller today! Regularly priced at \$6.99. Read on your PC, Mac, smart phone, tablet or Kindle device.Want to try the Paleo diet? Follow this 30-day challenge and you'll be AMAZED with the results!30-DAY PALEO CHALLENGE - Change Your Life and Lose 15 Pounds with Paleo Diet guides you through each and every step of the challenge everyday for the next 30 days.Yes that's right, EVERY SINGLE DAY!This book is not just another book on Paleo diet. It is meticulously put together and provides the most comprehensive information on Paleo diet. This book will be your best friend for the next 30 days because it pushes and motivates you so that you will achieve your desired weight loss goal at the end of the 30 days.Is the Paleo diet just another fad diet?No, in fact the Paleo diet brings you back to the basics of eating not only good food but also healthy food. Using the Paleo diet opens you to a whole range of advantages. Health risks are reduced, endurance and energy are multiplied and most importantly for some Paleo diet followers, weight is controlled and reduced to your desired levels.So what is the Paleo Diet all about?The Paleo diet is one of the few diets that is slowly but surely gaining worldwide acceptance. Its success can be credited to its unique take on the proper diet that is best for consumption. The basic foundation of the diet is found on the Paleolithic era or most commonly known as the Stone Age. The idea behind the diet is that our human ancestors, the cavemen, are one of the most physically fit humans to have ever walked the face of the earth.The secret behind the cavemen's ability is their source of nutrients and energy.During those ancient times, the caveman diet consisted primarily of all natural foods. The food was neither processed nor refined. The contents of the diet were also low on sugar and dairy. The major food groups, which were also the only ones available at that time, were those that were naturally growing in the environment of the caveman. These were simple meats, vegetables, fruits, nuts and seeds.The Paleo diet focuses on weight loss and muscle tone through healthy eating and full-sized portions. NO MORE calorie counting, starvation, or unhealthy changes to your diet!Your target weight is well within your reach as the information and detailed guidance contained in this book will bring you closer to making your health dreams come true!See you on the inside!*Don't forget to claim your FREE BONUS at the end of the book!

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Paleo

Customer Reviews

If you don't have enough time to prepare healthy and delicious meals and snacks, this is the book for you. Here you'll be introduced with the benefits of eating a Paleolithic diet. This book is informational, to the point and organized in such a way that you can come back to it again and again for easy reference. Glad to have this awesome recipe book.

Paleo one of the best book for dieting. I was searching for such for long time but didn't find then one of my friends suggests me this one and I found this one extremely useful. This book is written in very easy and clear way that everyone can easily understand. The methods and techniques are very simple and easy to follow.

Paleo diet is a very interesting method. These books are especially wonderful because it uses the 30-day challenge idea with Paleo and who could ask for a better combo! Paleo diet is like diet focused more on high-protein, fruit and vegetables and less on the fat, sugar, and carbohydrates. These helps with the tendency to keep repeating recipes and getting burnt out too quickly. Excellent explanation of the paleo diet with information of the nutritional value and advice on changing to this healthy eating plan. Was easy to read and understand.

Can't seem to get going on it. They said it's easy, but it's not.

I have read this book from my friend who are into Paleo Diet in few months and he share me this wonderful book that provides every important information why you should go into Paleo. Well, I am surprise how precise their information on how Paleo Diet give us a healthier and fit body. Will, get my own copy on this book soon.

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