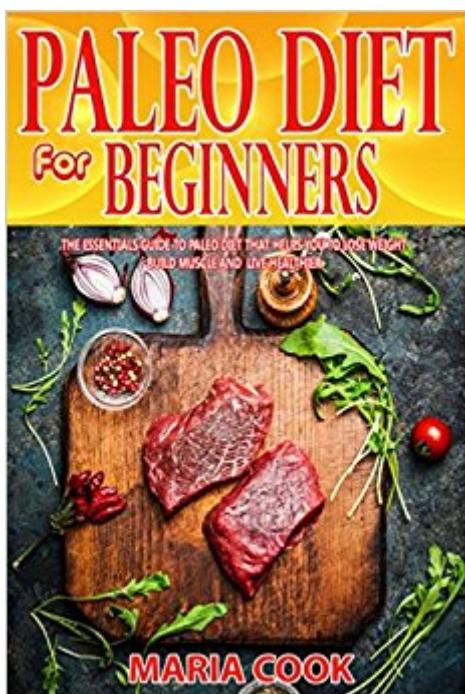


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# Paleo Diet For Beginners: The Essentials Guide To Paleo Diet That Helps You To Lose Weight, Build Muscle And Live Healthier



## Synopsis

Do you want to lose weight? Do you wish to lead a healthy life? Well, if you answered “yes” to any of the above questions, you have come to the right place! The Paleolithic diet, more commonly known as the Paleo diet, is a diet plan designed to take you back in time — way back in time! The Paleo Diet is based on the premise that our Paleolithic ancestor was a lot healthier than the present day humans, without suffering from a lot of diseases such as diabetes, obesity or any kind of cardiovascular diseases. So, while following the Paleo Diet, you are encouraged to only consume the foods that were available to humans that lived in the Paleolithic era. This diet calls for the consumption of vegetables, nuts, organ meats, fruits, roots and meats, while avoiding foods such as grains, legumes, salt, coffee, dairy products, sugar, processed oil and all kinds of alcohol. You don’t just need to avoid heavily processed modern foods, but you also need to avoid everything that humans began consuming after the dawn of the Neolithic Revolution. It was during the Neolithic Revolution when humans gave up their gatherer and hunter lifestyle, in favor of a more settled agro based lifestyle. Paleo for Beginners explains why your body needs a diet full of tasty fruits, nuts, tubers, and naturally-raised animal products. Since you’re probably new to this diet, Paleo for Beginners provides a wealth of Paleo Diet recipes for every meal of the day — Breakfast, Lunch, Dinner, and even more.

## Book Information

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## Customer Reviews

Top Customer Reviews5.0 out of 5 starsThe Paleo Diet for Beginners is the only book diet novices

will ever need to buy!ByMichael Bon May 1, 2017Paleo Diet is new to me, but with this guide it help me a lot, weight loss can be made simple with this diet.This book is very informative and great explanation about Paleo diet which successfully breaks down the Paleo diet for those interested in it. The diet, which encourages people to eat like a "caveman" is explained to readers in a clear way that is sure to make shedding pounds a little easier and healthierOverall, the book can be used by readers to increase the success of their diet, and is sure to be an effective tool in weight loss.There are many recipes for easy to start the journey, withClearly written instruction and easy to find ingredients, the author layout in the way everyone can do.5.0 out of 5 starsA great book for Paleo beginnersByMichaelleon May 6, 2017Lately Paleo diet is more popular. Many people with this diet have great success with lose weight, but also with a significant improvement in their health.

I'm resolved to persist in this diet. I picked up this book because it is intended for beginners. I have looked through these recipes, and I must say that this is an excellent book for those who want to start with the Paleo diet. This book will guide you into the world of Paleo diet, with excellent information, but also with a very clearly written recipes. Recommend!5.0 out of 5 starsPaleo for

BeginnersByS.M HUSAINon May 4, 2017I've read a few books on the Paleo diet and have a fairly good understanding of the diet. However, until I read this book, I didn't have a clear idea of how to start and what to cook, besides grass fed beef! Liked that it got straight to the point and was easy enough to follow and reference. I will be using it for that.4.0 out of 5 starsA lot of Paleo

recipes and advices how to lose weight...ByJackson Owenon May 6, 2017I was little I have been an overweight kid until I realized that I am already an obese. Being an obese made hindrances for me to do what I like and it also lowered my self esteem. I dislike the feeling of being laughed at because of my weight, I know a lot of people can relate. By the guidance of this book I have lost weight, true that it is rapid. I also have intestinal problem which makes it harder for me to digest, now I am not having any trouble with that. Not only that I am losing weight, I am also getting healthier and it definitely boosted my self confidence. Thanks to this book! Highly recommended.4.0 out of 5

starsInformative and delicious recipesBySmithon May 5, 2017Going on Paleo Diet is one of the good ideas out there. It is not hard to maintain. It is great for a long-term and sustainable diet. It is nice that this book has the list of what to avoid and what to eat and the rationales behind these. This book is informative and the recipes are delicious.4.0 out of 5 starsFocuses on consumption of fruits and vegetablesByDELCA Amoreeon May 6, 2017

Lately Paleo diet is more popular. Many people with this diet have great success with lose weight, but also with a significant improvement in their health. I'm resolved to persist in this diet. I picked up

this book because it is intended for beginners. I have looked through these recipes, and I must say that this is an excellent book for those who want to start with the Paleo diet. This book will guide you into the world of Paleo diet, with excellent information, but also with a very clearly written recipes. Recommend!

I've read a few books on the Paleo diet and have a fairly good understanding of the diet. However, until I read this book, I didn't have a clear idea of how to start and what to cook, besides grass fed beef! Liked that it got straight to the point and was easy enough to follow and reference. I will be using it for that.

Eating Paleo can be life altering.. Unfortunately, it can be awful tasting. I started this way of eating with Whole 30 ( Google it). The majority of the 30 day recipes are delicious. I happen to find flax seed very off putting so recipes including it....yuk. What I realized is this book offered nothing new. Whole 30 helped me understand how to cook paleo. It's all I need

Not what I thought it would be.

Concise and to the point information. The book gives you the "must know" information and then some recommendations on how to get started.

Glad I only paid .99 for it It had some good info but the recipes are all wraps.

Really good informative book about Paleo diet. it help me a lot. I also think the recipes are great, not many but they are really easy to prepare and tasty.

Using too many items that beginners should avoid.

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