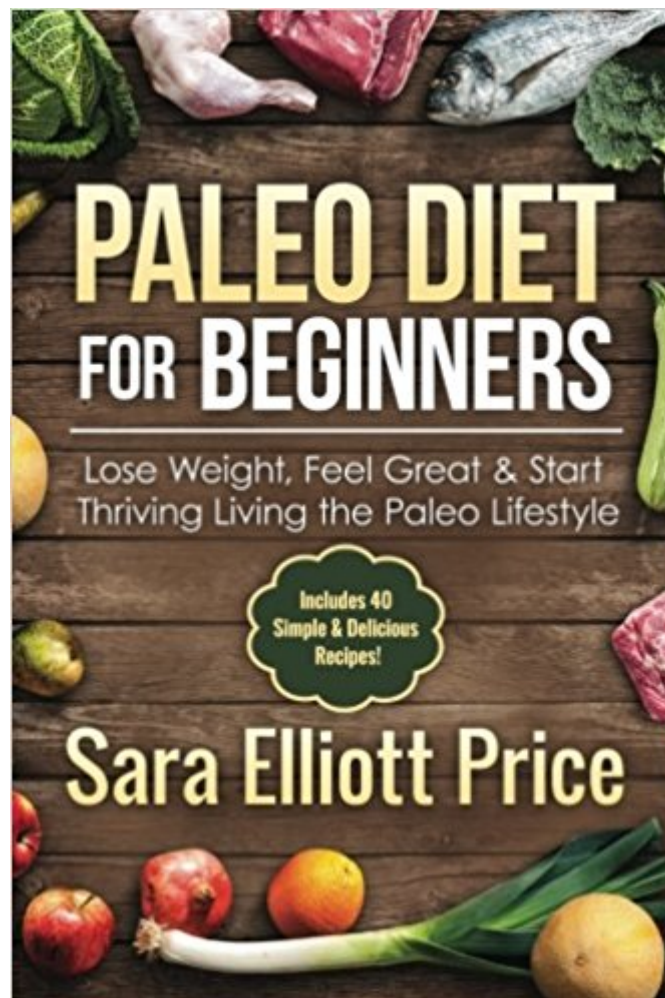




The book was found

Paleo Diet For Beginners: Lose Weight, Feel Great & Start Thriving Living The Paleo Lifestyle



Synopsis

The Paleo Diet Can Completely Transform Your Health And Change Your Life Forever! Despite what you may believe, you can have more energy, look and feel younger and kick the sugar addiction. If it sounds too good to be true, I promise it's not! You can have all of this and more, simply by adopting a Paleo lifestyle. Maybe you've heard news stories about eating like a caveman on the Paleo Diet, but wonder if it's right for you? Are you planning a round of Whole30? Are you unsure where to start? In 'Paleo Diet for Beginners' we'll cover how to eat primal in the modern world and how and how you can use it to revive your health--and life! If You're Trying To Keep Yourself And Your Family Healthy, The Prospects Are Daunting... So, how can you make sense of it? An increasing number of people are overweight or obese, including children. Pick up any package and read the ingredient list and it's easy to see why. You may need a degree in chemistry first if you want to decipher the ingredients in what you're eating. The Good News For You Is That The Paleo Approach Is Part Of A Movement To Simplify Things! Complications may seem like a necessary part of modern life, but it's surprisingly easy to simplify things if you make an effort. Processed foods are ubiquitous and inexpensive, but it doesn't mean that they're healthy! The Paleo Diet can help you decipher which foods are healthiest for you and shorten your shopping time by eliminating time spent sorting through processed foods. Eating healthy and losing weight would be reason enough to try the Paleo Diet, but there are additional health benefits that go far beyond weight loss. Here's What You'll Find Inside... Why the Paleo Diet is the best diet--hands down, for weight loss! Why the Paleo Diet should be considered a lifestyle and not some "fad diet" How eating Paleo can help prevent disease and aging How eating Paleo works--without even having to count calories! A variety of 40 delicious Paleo recipes to jumpstart your new lifestyle or your Whole30! How to get the most out of your grocery shopping trips How to get your kids on board with your Paleo journey Why the words 'local', 'grassfed' and 'organic' should be high on your priority list Plus, so much more! 'Paleo Diet for Beginners' will help you decide if eating like our primal ancestors is the right choice for you and give you all the information you need to start reaping the benefits of a Paleo lifestyle! Hungry for More? Here are some of the delicious recipes you'll be able to try out... Almond Butter Pancakes Paleo Egg Muffins Blueberry Protein Bites Texas Style Chili Crispy Fish Sticks Chicken Tortilla Soup And over 30 more! Are You Ready To Go Primal? ==> Scroll up and click the 'add to cart' button to get your copy now!

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Customer Reviews

Sara Elliott Price is a best selling author in the health and self development genres. From a very early age she knew she had a passion to help others become healthier, better versions of themselves and her dream has come alive through her writing. Sara enjoys writing books on health and self-help topics as well as a sampling of other subjects that she is passionate about. She considers herself an avid learner--especially when it comes to nutrition and how our lifestyles affect our health. In her spare time she enjoys practicing yoga, developing easy and delicious healthy recipes and spending time with friends and family.

I have known about Paleo for a year or so and even attempted it for a short time. I'm always reading and learning more about it and why it is better for you. This was the perfect beginner's guide to learning Paleo and even though I have been researching it for some time, I still learned more facts in this book. The link to our traditional American diet and Diabetes is astounding! It shows that the Paleo diet is more than just a fad diet to shed a few pounds, but a true key to having full body health. I loved the included recipes and I tried out the pancakes...mmm..mmm delicious!

This is a good book for people who are just beginning the diet or who are thinking of starting. Paleo diet is common today, but it seems like most people fixate on weight loss. This diet has other health benefits. This book spells out what you can eat and is easy to understand. I never thought about having to know where my food comes from and making it the closest I can get to natural. Losing weight is not just for looks, but also to prevent diabetes and hypertension. This diet should be good for helping to reduce the inflammation in my joints.

I love these recipes! Healthy with ingredients that aren't hard to find. A great healthy spin on some not so healthy favorites.

I love this book. it explains how the paleo diet works, it has grocery shopping tips and it even explains how the paleo diet improves health, and helps you lose weight. I love how much detail and information is in this book. Great Read!!!!

The author is quite brilliant and was able to deliver a book with all the components of the diet in a succinct way. Great read for those looking for an easy way to manage your weight using a simple diet.

A nice guide for beginners. The recipes at the end look fabulous, especially the chicken soup and tacos in lettuce shells.

It had good recipes but I would like more recipes. I would like just a bit more info. Good introduction to Paleo type eating.

Pros: This book is a quick read with the basic knowledge to get started on the paleo diet. It does not go into all of the scientific knowledge that would cause some of us to close the book. Con: I would have like a complete list of paleo foods in this book as a reference.

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