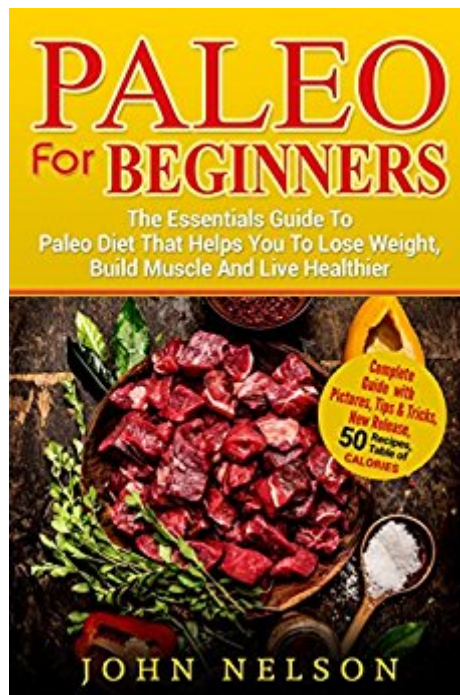


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# **Paleo For Beginners: The Essentials Guide To Paleo Diet That Helps You To Lose Weight, Build Muscle And Live Healthier: Complete Guide With Pictures, New Release, 50 Recipes, Table Of Calories**



## Synopsis

Are you trying to strike a balance between healthy eating and awesome eating? Are you looking for recipes that will make your family ask for more? Are you in dire need of something special in your food time table? Or you are just a lover of knowledge as regards food (Although this book will instantly turn you to a foodie). Then, you need to search no more as this book the PALEO COOKBOOK brings to you a compendium of highly nutritious, healthy and easy to get food. The book contains fifty recipes on our daily intake, matching it up with the kind of nutrients and calories that they have. With this cookbook, you can easily plan a full course meal over and over again without having to repeat meals because recipes for dessert, breakfast, stew and soup, chicken and beef and likewise seafood are expressly talked about in the book. As this book was highly researched to be healthy to eat by people having health issues, people preventing some health issues and people with none of these. Not only is this cookbook comprised of recipes, but it also gives the amount of calories there is in the food we commonly eat, and making you keep track of the amount you take per day. What better way to bring fun and live to eat than knowing what you are eating and your body system is quite happy with it? If your question is, is there any cookbook that can satisfy my curiosity, adventure in food, knowledge and healthy eating, the ultimate answer is PALEO COOKBOOK!!

## Book Information

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## Customer Reviews

What really drew me to this book was how literally down to earth it is. By keeping to a simple diet consisting of lean meats, healthy fats, nuts, fruit, and vegetables, you'll feel and look healthier, and shed some serious pounds. This diet isn't unrealistic or complicated and requires no exotic ingredients or crazy exercise routines. While this is more of a lifestyle change than a crash diet, it will eventually eliminate your cravings for all the bad food that causes so many health problems. As a person with a gluten allergy, I especially liked how it was naturally gluten free. I felt it was truly motivational. I can't wait to start looking and feeling better by eating like a modern day cave-dweller!

The book contains fifty recipes on our daily intake, matching it up with the kind of nutrients and calories that they have. With this cookbook, you can easily plan a full course meal over and over again without having to repeat meals because recipes for dessert, breakfast, stew and soup, chicken and beef and likewise seafood are expressly talked about in the book.

At the beginning of the book there is a huge calorie table, and this is awesome. After reading this book I can say that the recipes are quite unique and interesting. The recipes are very clear and easy to follow, I guess my favorite is Paella at the moment.

We are what we eat, that's why I got this book. There are healthy delicious recipes, they help me everyday to become better. There is a wide variety of recipes for everyone. Be healthy and successful. Enjoy.

Here you will find diverse recipes that are both healthy and tasty. Every recipe has a nutritional info. The instructions are simple and easy to follow.

It is an great book for beginner paleo dieters. This book entails several easy, delicious recipes. My top 3 favorite recipes from the book: 1. Japanese Soba Vongole 2. Golden Seafood Curry 3. Chicken Marsala plan on giving the diet a try.

I read it, really enjoyed it. I will apply on myself. I advise.

If you are still a beginner in Paleo diet, this book will help you. It gives you a better understanding on what this diet is all about. This is a perfect paleo diet cookbook. Every recipe is perfectly described here so the readers will never feel any problem in following the recipes. This is a great masterpiece of paleo diet cookbook and this book will never disappoint you by any means.

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