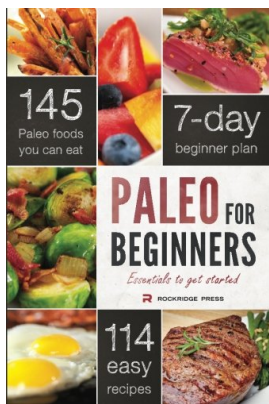


[PDF] Paleo For Beginners: Essentials To Get Started

John Chatham - pdf download free book



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Description:

#1 AMAZON BESTSELLER

The Paleo diet is not just another fad diet; it is the diet humans were designed to eat. Also known as the Primal diet, the Caveman diet, and the Stone Age diet, the Paleo diet focuses on low-carb, high-protein meals, and removes all processed foods.

Paleo for Beginners will show you how to adopt a Paleo lifestyle in order to feel healthy, lose weight, and increase your energy level. With ***Paleo for Beginners***, start enjoying the best health of your life today--all while losing weight and decreasing your odds of diabetes, hypertension, heart disease, cancer, osteoporosis, and many other modern health maladies.

Paleo for Beginners is a comprehensive yet concise guide to embracing the Paleo lifestyle, walking readers through a successful Paleo diet in a straightforward, easy-to-read format.

- Successfully make the transition to a Paleo lifestyle with a 7-day, step-by-step plan for beginners
- Set yourself up for success with the Paleo shopping guide and a list of 117 Paleo-recommended foods (and an extensive list of what food items you should avoid).
- Enjoy Paleo-friendly versions of 99 mouthwatering recipes for every meal. Recipes include Eggs Benedict Paleo Style, High-Protein Grain-Free Burgers, Chicken Avocado Wraps, and Paleo Waffles.

Starting a new diet can be difficult, but with ***Paleo for Beginners*** learning how to do so shouldn't be.

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