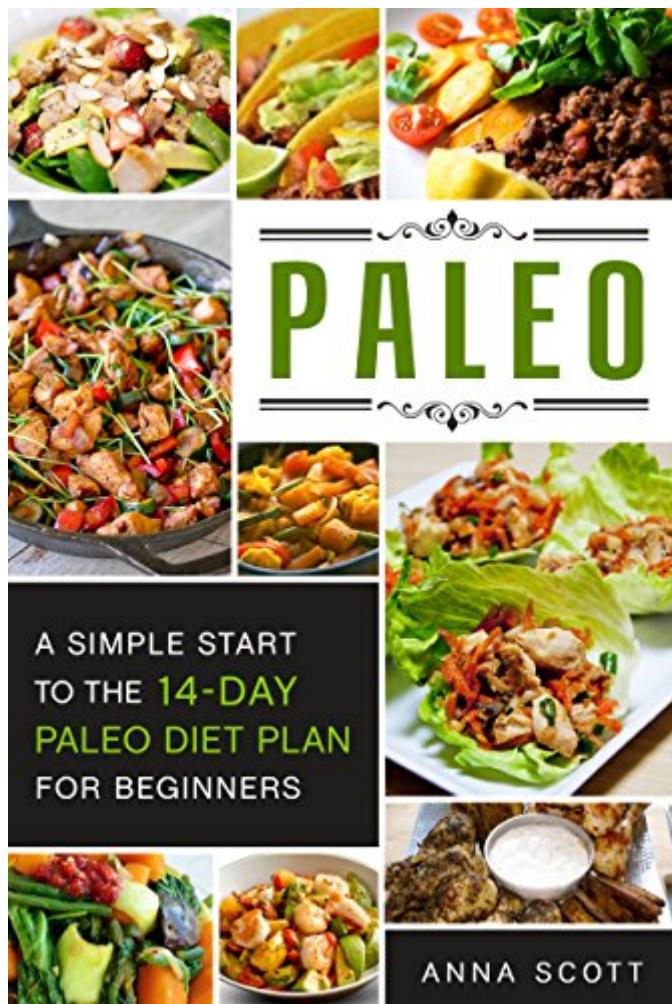


The book was found

Paleo: A Simple Start To The 14-Day Paleo Diet Plan For Beginners(paleo Books, Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, ... Slow Cooker) (Cookbook Delicious Recipes 3)





Synopsis

Paleo : A Simple Start To The 14-Day Paleo Diet Plan For BeginnersRead on your PC, Mac, smart phone, tablet or any Kindle device.~ READ FREE WITH KINDLE UNLIMITED~Ever wonder how the prehistoric people lived longer and healthier lives compared to the 21st modern man despite the absence of advanced technology? There are three keys to this secret rolled into one approach known as the Paleo Diet. In this book, Paleo For Beginners: A Simple Start To The 14-Day Paleo Diet, you will discover the three components that made Paleo such a success. More and more people are becoming Paleo enthusiasts for one reason only — the Paleo diet works! Unlike hundreds of diet fads available to man today, Paleo diet can boast of the following:• It has withstood the test of time. Paleo diet has survived for hundreds of thousands of years already. Plus, with the way things are going for Paleo, it is obvious that this dietary regimen is here to stay for thousands of years more. It has holistic benefits. Paleo is more than just giving you your dream physique. It is also about giving you a mental, emotional, psychological, social, occupational and even spiritual health. It focuses on the totality of the person, not just on one aspect only. Its main target is for man to have a quality, successful, healthy, and happy life. • Compliance to the therapy is high. Why? Simple. Paleo is easy to do, fun and effective. • Plus, paleo offers so much more! Learn about them today. Let this book be your guide as you start your journey to a healthier, happier, fitter and more successful life! Here is a preview of what you would find in this book. Chapter 1 Paleo Is Not A Diet Fad, It's A Way of LifeChapter 2 The Evolution of Paleo Diet — Prehistoric Era to Present TimeChapter 3 Understanding the Mechanics of Paleo DietChapter 4 The Other Components of Paleo Diet (Simple Living & Healthy Lifestyle)Chapter 5 Why Paleo Diet Is A SuccessChapter 6 The Science of Paleo Diet — How Does It Work?Chapter 7 The Paleo Solution and Its Holistic BenefitsChapter 8 The Paleo Kitchen — How Does it Look Like? Chapter 9 The 14-day Plan — Sample 2 Weeks Meal Plan Chapter 10 Easy To Make And Delicious Paleo RecipesChapter 11 Paleo and You (The Paleo Girl and The Paleo Boy)Live your life to the fullest. With the help of Paleo diet, you can enjoy life and experience real living!Download your copy today! To order, click the BUY button and download your copy right now!

Book Information

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Customer Reviews

I thought there would be more recipes. This was a lot of hype and misinformation. Very disappointing. I love the part where cavemen had no stress. Right.....

Sucks don't waste your money.

Very informative and quick introduction to paleo. Just what I needed.

Good meal plan with delicious meals and food ideas. I really like eating this way. Convenient, easy, healthy and tasty. A great way to get healthy and fit.

Looks like a good book. I know people who have been on paleo and have lost a lot of weight. Shipped quickly thru. Can't wait to try it.

Was broken down to be very informative and easy to understand. Great meal plan added so you had the 14 days outlined for you.

The book is short. Maybe could use more recipes. It does say beginner and basic though. Good over view about Paleo eating. Simple.

Cant wait to get his in hard copy. I am not big on reading them on a tablet. Very good recipes and easy to follow.

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