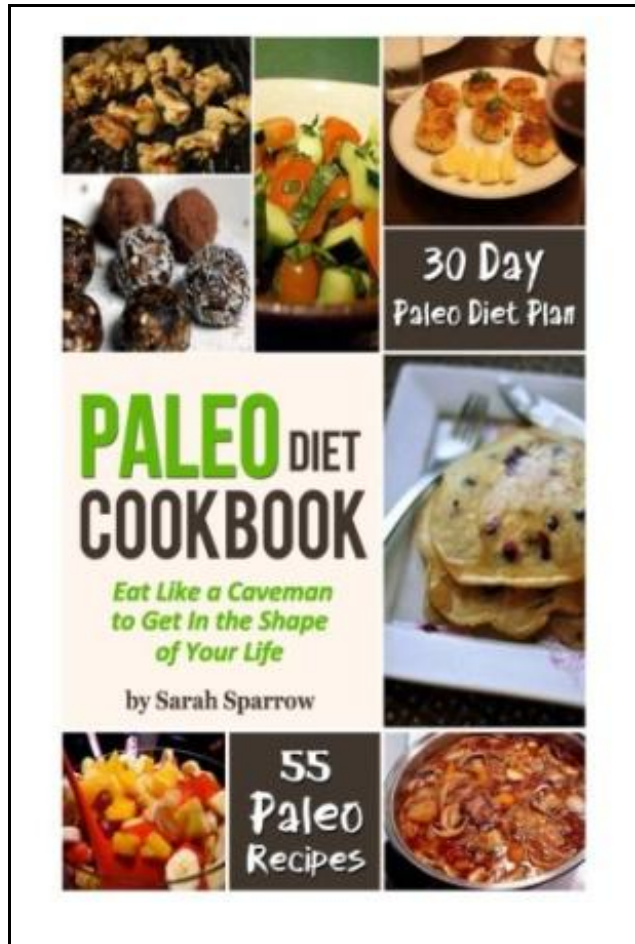


Paleo Diet Cookbook: Eat Like a Caveman to Get in the Shape of Your Life, Including 30 Day Paleo Diet Plan and Paleo Recipes



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PALEO DIET COOKBOOK: EAT LIKE A CAVEMAN TO GET IN THE SHAPE OF YOUR LIFE, INCLUDING 30 DAY PALEO DIET PLAN AND PALEO RECIPES



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Createspace, United States, 2013. Paperback. Book Condition: New. 224 x 150 mm. Language: English . Brand New Book ***** Print on Demand *****.Losing weight is difficult. It takes hard work, motivation and knowledge. You can be completely committed to a meal plan or diet, but if you are eating the wrong things then you will not be getting the results that you deserve. You might think that you have tried everything out there in your efforts to lose weight, but all of the systems that you have tried are flawed. That is because diets offer a short-term solution to a long-term problem. They are aimed at helping you to lose weight quickly, but are not sustainable, which means that your results are not going to be sustainable either. Paleo Diet Cookbook: Eat Like a Caveman to Get In the Shape of Your Life, Including 30 Day Paleo Diet Plan and Paleo Recipes introduces the Paleo diet which will be explained in depth in this guide. It offers you a permanent solution for weight loss and better health. It is not a quick fix, but rather a lifestyle that will help you to lose weight and live a better quality of life. This guide includes a 30 day Paleo diet plan complete with delicious recipes to get you started in eating in the right direction and being fit and healthy. Check out our 55 Paleo recipes: - Breakfast Smoked Salmon and Scrambled Eggs Bacon Egg Cups Fruit Smoothies Steak and Eggs Blueberry Pancakes Egg Muffins Spicy Scrambled Eggs Fruit Salad - Snacks and Sides Kale Chips Bacon and Guacamole Sandwiches Paleo Cereal Bars Ants on a Log Baked Sweet Potatoes Paleo Hummus Lettuce Wraps Fresh Tomatoes and Cucumber with Basil Coconut Bread Vegetable Kebabs Olive Tapenade Paleo Burger Buns - Pork...

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