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Paleo Diet For Beginners: 36 Delicious Recipes with 7 Day Paleo Diet Plan

Michael Alexander

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Paleo Diet For Beginners: 36 Delicious Recipes with 7 Day Paleo Diet Plan Is for ANYONE Serious About THRIVING on the Paleo Diet - For Life!

GRAB THIS BOOK FREE FOR A LIMITED TIME

Yes, **FREE** the recipes in this book are universally healthy and whether you're a stay-at-home Mom, an elite athlete or a busy exectutive.

Remember: when you consume foods we as humans have evolved to eat and you cut out the "modern" foods that don't mix with our genes and DNA...

You trigger a wave of rejuvenation throughout your body one that's visible on your midsection, your muscle tone, skin, hair, face and much more.

This is just one reason why so many people from all walks of life are turning to the Paleo diet because it produces results without the oppressive, tasteless foods and portion or calorie control you find on most diets.

WHAT IS THE PALEO DIET?

The Paleo Diet is the world's healthiest diet. Eat wholesome, contemporary foods from the food groups that our hunter-gatherer ancestors thrived on during the Paleolithic era, or Stone Age.

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.

Simply put, the Paleo diet is the diet that humans were intended to eat. The Paleo Cookbook will make it

easy to start your Paleo journey.

Low carb, high protein, and full of wholesome, natural foods, the Paleo diet has gained rapid popularity for those who truly savor good cooking, but no longer want to be weighed down by processed or unhealthy food. THE PALEO COOKBOOK simplifies the transition into the Paleo lifestyle

- Includes 36 simple, all-new recipes for delicious and Paleo-friendly breakfasts, brunches, lunches, dinners
- Contains 7 Day Paleo Diet meal plans and recommended reading
- Features over 40 Paleo color photographs
- Helps you lose weight and boost your health and energy by focusing on lean protein and non-starchy vegetables and fruits

And if eating foods like this on a daily basis wasn't enough, you'll be getting slimmer... more energized... have better muscle definition... sick less often... your mood will be better... your skin brighter... and so much more!

Still wondering if this is for you?

CUSTOMER TESTIMONIAL

"I am glad I bought this book. It is a steal. You get it absolutely free. You get a whole bunch of delicious Paleo Recipes along with 7 Day Paleo Diet Plan. That too for free!! Yikes"
- **Allen Wood, University of Chicago**

CUSTOMER TESTIMONIAL

"Almost all of my digestion issues have disappeared. These recipes will now be a permanent part of my life"
- **Barry Anderson, Sportman**

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