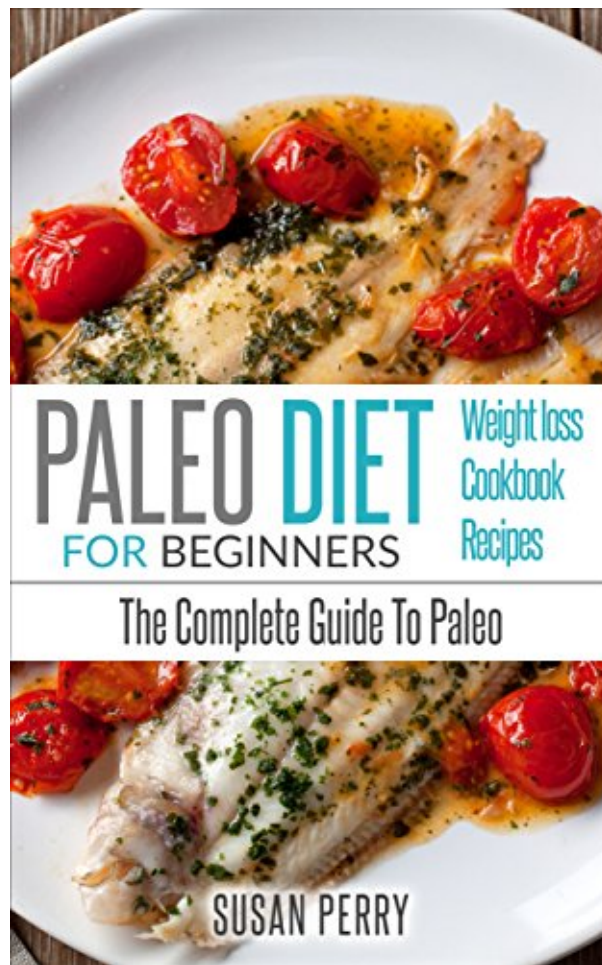


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SUSAN PERRY

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Look and Feel Great with the Paleo Lifestyle!

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Do you consume too many carbs?

Are you tired filling your body with chemicals every time you eat processed foods?

Is it time to lose weight, get healthy, and give your family the best possible nutrition?

If so, Paleo for Beginners is the book you've been waiting for. This comprehensive guide to the Paleo lifestyle explains the ins and outs of the Paleo diet. Inside, you'll learn how to get the diet humans evolved to consume, cut out gluten, and sculpt a fit, healthy body. When you replace the toxins found in grains and processed foods with a natural, well-rounded diet, you'll be amazed at how great you can feel!

Paleo for Beginners explains why your body needs a diet full of tasty fruits, nuts, tubers, and naturally-raised animal products. It also explains which processed, nonorganic, and processed foods you must stop eating – immediately!

Since you're probably wondering how to fit this diet into your everyday life, Paleo for Beginners provides a wealth of Paleo Diet recipes for every meal of the day –Breakfast, Lunch, Dinner, and even Snacks:

- Basil and Zucchini Breakfast Frittatas
- Strawberry Paleo Muffins
- Poppy Seed Breakfast Bread
- Paleo Pancakes
- Plantain and Chorizo Hash
- Chicken Fajita Salad
- Grilled Peach and Shrimp Salad
- Paleo Squash Soup

- Potato Soup with Ham
- Ceviche, Mahi Mahi, and Mango Tacos
- Marinated Flap Steak
- Fajita and Poblano Kabobs
- Ginger Steak Bulgogi
- Red Beef Curry
- Chicken and Pineapple Kabobs

and so much more!

You'll impress your friends and family with the delicious Paleo Diet meals, treats, and snacks you'll find in Paleo for Beginners. Imagine surprising your guests with coconut popsicles on a hot day, filling your home with the smell of Vanilla Berry Tarts, or sending your loved ones off at the beginning of the day with a batch of Paleo Cookie Bars!

Don't wait another minute to start enjoying a happier, more energetic, and healthier you. Get your copy of Paleo for Beginners right away!

Just scroll up and select the "Buy With One Click" Button – It's quick and easy!

You'll be so glad you gained this valuable information!

- Sales Rank: #27032 in eBooks
- Published on: 2016-07-09
- Released on: 2016-07-09
- Format: Kindle eBook

Most helpful customer reviews

6 of 6 people found the following review helpful.

Great book if you are starting out on Paleo!

By Amazon Customer

I've recently been experimenting with different diet approaches including intermittent fasting, vegan and now I am doing paleo. What I like about this book was that it simply breaks down specific dishes whether it's breakfast lunch or dinner. More importantly it gives a great list of foods to eat and not to eat. As an organic eater I love how the author pointed out to stay away from processed food in particular processed meat. The reason being because our bodies don't absorb the same amount of nutrients from processed meats as it does from a hormone free meat. I'm a believer that healthy heating is not just about what we put into our body but how well our body digests it...Great read I highly encourage to give it a try if you are new to Paleo and want guidance. Best.

3 of 3 people found the following review helpful.

Great Recipes, Poor Editing

By Sara

I purchased this as a gift for my mother, and purchased another one for myself. First day, I made the Paleo Breakfast Bread. Though I made a substitution of raspberries (I am allergic to strawberries), the bread turned out AMAZING. So fluffy and notcrumbly like other fake-breads. Absolutely delicious with a spread of organic "Melt" over it (its an organic butter stick substitute that I use in a Paleo diet).

I will be making more recipes soon.

The grammar in this book is subpar and there are so many typos that some recipes are completely unclear. This knocks a star off the rating. Otherwise, for the price I paid for it and the amount of usable recipes, I'd say it's worth having in your cupboard. I also have Against all Grain and there is no recipe overlap. All new ideas.

4 of 4 people found the following review helpful.

A highly recommended book for beginners.

By Alan Lee

I have always wanted to try Paleo diet to help me in adding more muscle mass while at the same time decrease my body fat in a more natural way. When I got this book, as a beginner, I find it very helpful. The book in basic outlines what Paleo diet really is and elaborate the types of food to take and to avoid. The author also shares useful recipes for breakfast, lunch and dinner and not forgetting some snack recipes for us to try. A highly recommended book for beginners.

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