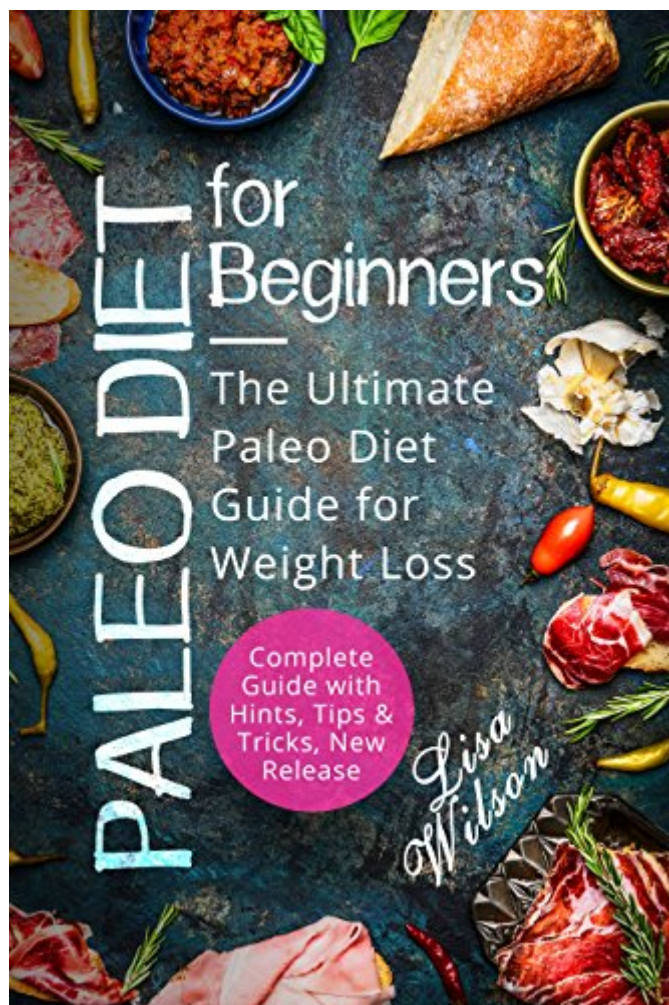


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# Paleo Diet For Beginners: The Ultimate Paleo Diet Guide For Weight Loss (Paleo Diet Cookbook, Paleo Diet Recipes, Paleo Diet For Beginners, Rapid Weight Loss, Paleo Diet Meal Plan, Burn Fat)





## Synopsis

Are you struggling with weight loss? Do you want to change your whole life? Do you want to look more beautiful and filled with much more energy? Use these weight loss tips and delicious recipes to achieve happiness, health, and beauty, without boring workouts. Our distant ancestors did not have sushi and pizza delivery, there were no vending machines with chips, nuts and soda. In general, the relations with the food of the ancient people were quite tense - they had to sweat a lot before finding their food. However, according to contemporary anthropology, the ancient people rarely died of hunger, but at the same time did not suffer from excessive weight and contemporary diseases. Maybe for this generation, suffering from overeating, obesity, and countless diseases, it's time to return to the roots and dramatically change its style of eating? Those, who follow the paleo diet believe that paleo diet is the most natural and healthy way of eating. It is based on the theory that mankind began to get sick and suffer from excess weight with the beginning of agriculture. Therefore, the diet consists of healthy products that primitive people ate during the Paleolithic period. This type of diet will bring great benefits to your health and help you with easy weight reduction and keeping it at a constant level. In this book, you will learn more about paleo diet, including some researches done on paleo diet, its principles and rules, the benefits of paleo diet and some problems with transitioning to paleo diet, as well as ways to resolve them. You will also learn what foods are allowed in paleo diet and which should be eliminated. A short guide on how to go on a paleo diet, which includes a sample paleo menu for a week and more than 30 paleo recipes, will help you make this transition much easier and become beautiful and healthy. Catch the chance to get this copy by click BUY NOW button at the top! Read for FREE With Kindle Unlimited!

## Book Information

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## Customer Reviews

Planning meals can be hard, especially if you're used to grains or beans as staple foods. The basic concept looks like this... a huge pile of vegetables " at least half the plate, 1-2 palm-sized servings of animal protein (or 3-4 eggs). Some healthy fat, like olive or coconut oil. Optionally, some starchy vegetables, fruit, or nuts. The plan assumes you'll be eating 3 meals and a snack every day. It's fine to skip the snack, or even one of the meals, and just eat larger amounts at the other two meals. It's also fine to add more food if you're hungry.

The information in this book is for me new but interesting. This is a great little introduction to the Paleo Diet. The author gives information in weight loss with help of Paleo Diet. This book includes on extensive list of acceptable Paleo food. The recipes are very detailed and simple. I liked this book. I don't follow fad diets and Paleo is definitely a lifestyle for me. If you truly want to understand the Paleo Diet and have the tools to make this life change this book is for you.

Good guide! In this book, you will learn more about paleo diet, including some researches done on paleo diet, its principles and rules, the benefits of paleo diet and some problems with transitioning to paleo diet, as well as ways to resolve them. You will also learn what foods are allowed in paleo diet and which should be eliminated.

This book contains proven steps and approaches on how to lose weight with the aid of Paleo diets without endangering ones health in the process. In this book I have learn a lot of useful information like what exactly is a paleolithic diet, why it is very successful in weight management and a lot more. The book has been generous also in giving away so many recipe ideas that will help me get thru the entire diet. For me, this is an important consideration when choosing a diet. So yes, this has been a really good read.

This book discusses the Paleo diet and why its healthy to adopt it. It gives a list of the foods used, and what will need to be given up, then provides recipes. All in all it was informative and the recipes were easy to follow. It would be good for meal prepping.

I used different books on proper nutrition and weight loss, and then I found this book just for me, here recipes all simple and understandable they are easy to prepare and they turn out delicious and most importantly useful.

I'm delighted with this book. It contains amazing recipes for diets for beginners. I advise everyone to read it.

This book has introduced an appropriate way of implementing a suitable paleo and get benefited from it but you need to follow this book given paleo principles and tasty recipes which will help you in reducing fats. Less fat more muscles. I want that chocolate and Honey Pork Tenderloin right now..It also gives scientific evidence why some foods really aren't that good for us, compared to fresh natural foods. It could have included more recipes, but otherwise a great read!

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