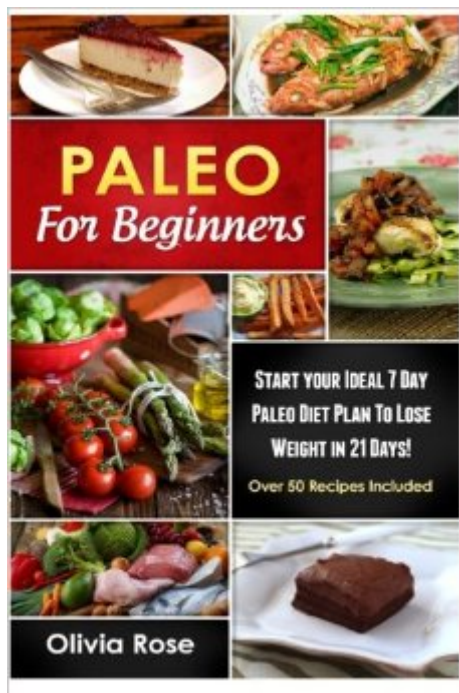


The book was found

Paleo For Beginners: Start Your Ideal 7-Day Paleo Diet Plan For Beginners To Lose Weight In 21 Days



Synopsis

Are You Ready for An Adventure? Paleo Diet Is Waiting for You! Welcome into the Paleo's World!

Are you planning on going to the Paleo Diet soon? In that case, you've come to the right place!

Aren't you excited? I guess, you are! Maybe you have already formed a vague idea of what Paleo will imply, and maybe it feels a bit overwhelming. The Paleo diet is known by other names such as the cavemen diet, hunter-gatherer diet, and Stone Age diet. The concept behind this diet came from the premise that what worked for the forefathers's health would also work for today's population. Adoption of the eating habits, food selections, and lifestyle of our prehistoric ancestors are the main objectives. Included in the diet are mostly fish and meat and products of plants such as vegetables, fruits and nuts. As there were no ways to process foods back then, all processed foods are to be avoided in this diet. The only sugar that is allowed is honey. Salt, on the other hand, is limited. Off-limits are the grains, dairy products and all canned, cured, smoked, and preserved products. I wrote this book specifically thinking of you: the one's that who wants to weight loss while staying energized and healthier. I wrote this book to show you how you can have an absolutely amazing experience while you are in the Paleo Diet. I will tell you what to eat or not, how to follow a simple 7 day meal plan, how to prepare some amazing recipes (over 50 paleo recipes includes!).

The Paleo diet is a success because of the following reasons: it is simple, doable, and effective. Weight loss is achievable within three weeks and great health is possible for good with continuous implementation of this diet in your lifestyle. My goal is simple. I will help you prepare your journey with Paleo, transforming it into an absolutely amazing experience. I will teach you what to eat or not, showing you how to make some amazing paleo recipes. I will take you through a step by step with 7 Day Meal Plan where you simply can't get lost! So let's go for it! Here Is A Sneak Preview Of What You'll Learn After Downloading this Paleo For Beginners book

Introduction Chapter One - Paleo Diet: An Introduction Chapter Two - Paleo Diet And Its Holistic Benefits To The Modern Man Chapter Three - The 21-day Challenge Chapter Four - The Basics of the Paleo Diet Chapter Five - Goodbye To These "Restricted Foods in the Paleo Diet Chapter Six - Sample Paleo Meals For A Week Chapter Seven - Amazing Paleo Recipes Chapter Eight - Frequently Asked Questions Chapter Nine - The Paleo Diet: The Conclusion Much, much more! Download your copy NOW!

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Customer Reviews

This is definitely a beginner's guide and gives you the list of foods you can and should not eat. There are numerous recipes but you're going to need to buy numerous products for these recipes. It is very helpful for someone just starting out but I would have enjoyed more very basic recipes. Overall, it was well explained.

Paleo: Paleo For Beginners: Start Your Ideal 7-Day Paleo Diet Plan For Beginners To lose Weight In 21 days This book has lots of great recipes. They are pretty easy and helpful when you're stuck on what to fix to eat. I love how it explains what Paleo is and tells you what you can eat and what to stay away from. Its very informative and I love the recipes it shares! I would recommend this to someone trying to learn about this way of eating! Enjoy!

I really liked the premise of this book but was turned off after the first few pages because of the number of errors in both grammar and content. It is possible that the author is learning English as a second language or did not take the time to proofread. In any case, there were many contradictions especially in terms of what was allowed and what was not allowed on the diet. It was as if the author compiled a few different food lists and recipes from the internet and pasted them into a document without regard for consistency. Strange to say the least and probably a waste of money unless you have just arrived in this country and have never heard the word paleo. Anyone else might just want to spend a few more dollars and get a copy of The Primal Blueprint by Mark Sisson.

This book has bunches of awesome formulas. They are quite simple and supportive when you're adhered on what to settle to eat. I adore how it clarifies what Paleo is and lets you know what you can eat and what to avoid. This is extremely useful manual study. It was as though the creator assembled a couple of various nourishment records and formulas from the web and glued them into an archive without respect for consistency. The book offers fixings that you can make when taking after a paleo diet. Fixings are classified into breakfast, lunch, and supper.

This book help me to lose body weight in just 21 days through Paleo diet. I found that Paleo has a big impact to me that's why I choose this as my helper to lose weight. Paleo has many benefits to our body not just we gain lose weight but also can help us to maintain our body pressure to avoid high blood, unhealthy fats and diabetes. This book also contains a lot of delicious recipes for us to served meal in our daily lives.

I knew nothing about the Paleo diet so I got this book to learn a little about it. It was a good starter book and I am definitely more interested in getting more Paleo recipes. I would recommend this for others like myself that want to know what Paleo is. This book did give me a lot of helpful information. It's a basic beginners book so if you are wanting to research more in depth information I wouldn't begin here.

This is very good book study about the Paleo Diet. This is very helpful guide book study. It was as if the author compiled a few different food lists and recipes from the internet and pasted them into a document without regard for consistency. The book offers ingredients that you can make when following a paleo diet. Ingredients are categorized into breakfast, lunch, and dinner.

Just trying out Paleo diet and this 7-day meal plan is the best way to get started with it. The recipes were great and I don't feel like I'm on a diet at all. Will definitely follow this diet in the coming weeks and hope to see results.

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