



Paleo Diet For Beginners: Ultimate Guide for Getting Started, including a 7-Day Paleo Diet Plan & 50 Paleo Recipes

Sally Thomas

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Paleo Diet Cookbook For Beginners - Delicious Paleo eats with 7-Day Paleo Diet Plan

The paleo diet isn't just a fad diet - it's a great way to eat in order to lose weight and improve your health. You will enjoy better digestive health, more energy, and a host of other positive changes, including lowering your risk for many serious health conditions such as diabetes, heart disease, cancer, and others.

Paleo Diet For Beginners will show you how to focus on foods that are low in carbohydrates and high in protein all while avoiding all processed foods as well as foods that have been known to cause weight gain or hamper weight loss. And you will be pleased at how non-restrictive the Paleo diet is, as you will discover in this Paleo beginners cookbook 170+ foods you CAN eat along with 50 paleo recipes for breakfast, lunch, snack, and dinner.

Also included is a sample 7-Day Paleo Diet Meal Plan to help you get started the right way and show you how easy it can be.

Paleo Diet Recipes include:

- * Blueberry Walnut Muffins
- * Chocolate Chip Banana Pancakes
- * Tropical Fruit Smoothie
- * Creamy Egg Salad
- * Spicy Guacamole
- * Mini Meatballs
- * Fried Zucchini Fritters
- * Fudge Chocolate Brownies

And many more ...

Learn how to transition to a Paleo diet with ease with this simple, straightforward guide that includes delicious Paleo beginners recipes.

Scroll up and get your copy today.

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Jacqueline Ramos:

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Charlie Attwood:

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Lisa Phelps:

Your reading 6th sense will not betray a person, why because this Paleo Diet For Beginners: Ultimate Guide

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