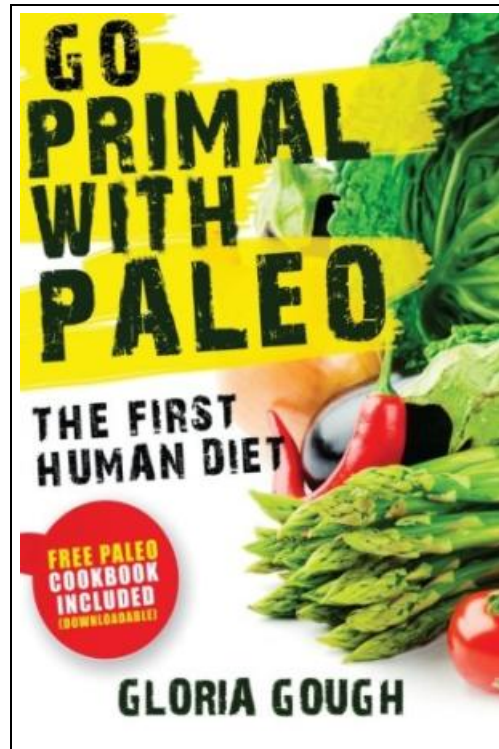


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CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 126 pages. Dimensions: 8.0in. x 5.2in. x 0.3in. Now comes with FREE Paleo Diet Cookbook (downloadable) Lose Weight, Fight Disease and Eat Yourself Lean - The Paleo Way! Strong, lean cavemen didnt need a diet! But then again, they werent faced with and surrounded by mostly on demand processed foods, as we are today. They were hunter - gatherers. Paleo, the first human diet was designed by nature to help us fight off disease, stay healthy and have a lean body. Why we get fat. . . Imagine a world where we dont get fat. We were genetically designed to eat certain foods. For too long weve broken the original design with starchy processed foods. But thats about to change - now we can learn to eat ourselves lean by following our paleolithic ancestors way of eating. Learn exactly how to do the Paleo diet. Heres what youll find inside Go Primal With Paleo. . . - What you can eat on the Paleo diet - Daily meal plansrecipes (breakfast, lunch, dinner, snacks and desserts) to help you get started - Eliminate cravings and feelings of being deprived of food (page 18) - Paleo Diet Vs Low Carb Diets: Whats The Difference (pg 12) - How To Make The Paleo Diet Fun (pg 16) - 9010 Paleo rule (pg 26) - Freedom from dieting - A Matter Of Fats: The Good The Bad and The Ugly - Cheating - I Give You Permission! (pg 34) - The Benefits Of Cheating - It Can Actually Help You Lose Weight - How To Get Back On Track After A Meltdown - Creating Your Paleo Pantry (pg 37) - Paleo Fitness (pg 78) - Play-a-cise (Play Exercise) - The Art...



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