



Paleo for Beginners: Paleo Diet - The Complete Guide to Paleo - Paleo Cookbook, Paleo Recipes, Paleo Weight Loss (Paperback)

By Susan Perry

Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Look and Feel Great with the Paleo Lifestyle! 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...



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