



Paleo for Beginners: Paleo Cookbook Box Set: 120 Easy and Delicious Paleo Recipes for Weight Loss and Healthy Living (Paperback)

By Sarah Moore

Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Paleo For Beginners: Paleo Cookbook Box Set (3 in 1) Book 1: Paleo For Beginners: Easy Paleo Recipes for Weight Loss and Optimum Health Do you want to adopt the Paleo lifestyle? Are you ready to lose weight, have more energy and feel amazing? Paleo For Beginners can help! The Paleo diet is inspired by the diet of our ancestors during the caveman era. Supported by medical and scientific research, the diet is all about eating healthy foods and staying away from processed foods and artificial sweeteners. It takes you back to the days of our primitive ancestors who did not have to worry about diseases such as high blood pressure, diabetes or obesity. Many people turn to the Paleo diet as a way to live a healthier life. Others who struggle with health conditions have found that this diet plan can help relieve or even reverse their health problems. By reading this book you ll learn: - Health benefits of the Paleo diet - The foods that you should be eating and the foods that you should avoid on the Paleo...



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