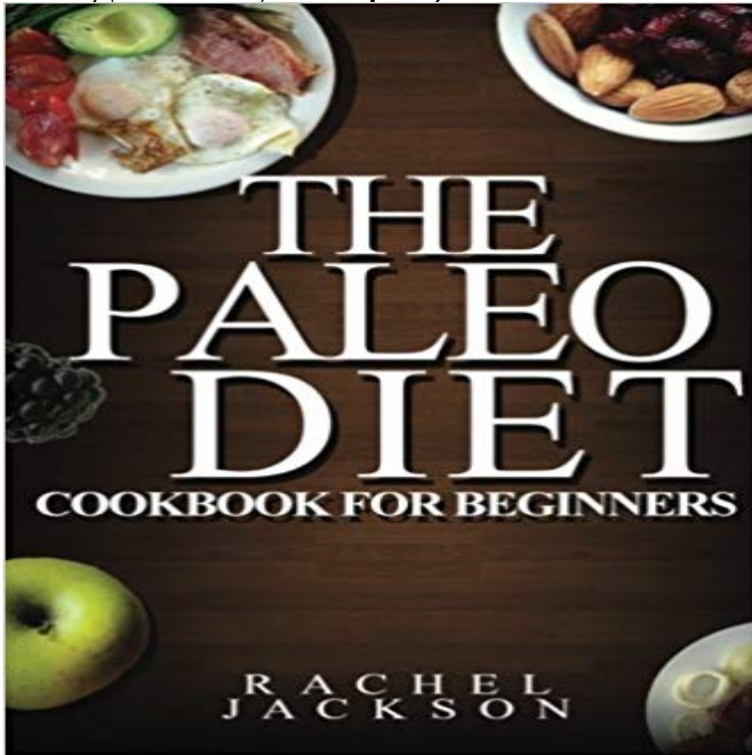


The Paleo Diet: The Ultimate Paleo Diet Cookbook for Beginners from Healthy Recipes to Weight Loss (Paleo Diet, Cookbook, Beginners, Weight Loss, Recipes)



After reading The Paleo Diet, you will truly understand how and why to follow this fantastic lifestyle, from the origins of the diet and how it benefited our ancestors, to a 28-day-plan complete with a variety of delicious recipes to get your Paleo journey kick-started. We cover: Paleo health benefits; simple dos and donts; foods you can and cant eat; an incredibly easy-to-follow recipe list (including prep and cook times); and how to incorporate the Paleo Diet into your every-day life, including Paleo and alcohol, sharing with friends and a large variety of snacks to prepare.

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